



801 N. Last Chance Gulch * Helena, MT 59601 * 442-4644 * www.bigskybikes.com

Youth Mountain Biking Registration

Class size is limited and registrations will be accepted on a first come, first serve basis.

These co-ed mountain biking programs provide an introduction to the sport of mountain biking. They offer skill development, supervised trail riding, biking etiquette and trail maintenance lessons taught by instructors with many years of experience as mountain bikers. No matter your skill level, you will find the opportunity to learn, develop your skills, and be a positive role model in the sport of mountain biking. Kids should be ages 7 through 12.

- Mountain Biking 101 (June 12-15, 2023)** **Mountain Biking 201 (June 19-22, 2023)**
 Mountain Biking 101 (June 26-29, 2023) **Mountain Biking 201 (July 10-13, 2023)**
 Mountain Biking 101 (July 24-27, 2023) **Mountain Biking 301 (August 7-10, 2023) *new (ages 9-12)**

Participant First Name	Last Name	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female
Address	City	State & Zip
Birth date	Age (on first day of class)	Main phone contact #
School	Current Grade	
Parent / Guardian First Name	Last Name	E-mail Address
Home Address (if different than participant)	City	State & Zip
Cell Phone 1, first name	Work Phone	Cell Phone 2, first name
Participant's Physician	Physician's Phone #	Any Health Concerns?

Release of Liability

I approve this registration and certify that my child is capable of such an experience. I understand that recreational activities do involve inherent risks which are beyond the control of Big Sky Cycling, their staff, volunteers and members. I know that biking is a sport that carries significant risk of serious personal injury, death or property damage. I also know that there are natural, mechanical and environmental conditions and risks which independently or in combination with my child's activities may cause property damage, or severe or even fatal injuries to my child or others.

I do understand that by participating in the mountain biking class that I hereby assume all risks for the behavior, actions, and safety of, my minor child or children while involved in the activities. Therefore, I assume full responsibility for personal injury to my child and/or to members of my family, or for loss or damage to my or my child's personal property and expenses thereof as a result of my negligence or the negligence of my child participating in said activities. In case of accident or illness, Big Sky Cycling is authorized to secure emergency medical treatment. Prudent attempts will be made to contact the parents immediately.

I also give Big Sky Cycling permission to utilize pictures of my child in marketing, promotions, and print media.

I have read and understand this agreement and release of liability, and do voluntarily agree.

Parent's Signature

Printed Name

Date



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Youth Mountain Biking Information

Mountain Biking 101: Basic Skills & Beginner Trails

Get the basics on easy trails in the Helena South Hills area with Big Sky Cycling experienced staff. Begin learning the basics of off-road biking skills. Day one starts at Centennial Park with a bike safety check, seat adjustments, and some basic biking etiquette. From there, we move into skill development and basic trail riding.

Fee: \$70, (Discount of \$10 for second class for same child)

Schedule: Classes run 4 days (June 12-15, June 26-29, or July 24-27) from 8:30 – 10:30am.

Location: Centennial Park and Davis Gulch trails

Mountain Biking 201: Intermediate Trails

Challenge yourself on more difficult trails in the South Hills while learning the basics of off-road biking skills, etiquette, and safety with our experienced staff! Most of these trails are single track with some steep terrain. The first day will consist of drills and discussion. The remainder of the week will be spent riding trails.

Fee: \$70 (Discount of \$10 for second class for same child)

Schedule: Monday – Thursday, (June 19-22nd or July 10-13th) from 8:30 - 10:30am. Locations to be announced. Please see bottom of the page for items to bring.

Mountain Biking 301: Advanced Trails (New Class for 2023)

Advanced Class for kids that have taken MTB-101 and MTB-201 and are ages 9-12. If you feel confident and strong in the MTB201 class, this could be for you. The rider must have good technical skills and stamina as we will be climbing for distances and long descents on some days.

Fee: \$70 Schedule: Offered one week only August 7th-10th, 2023 (Monday- Thursday)

What to bring:

Your child will need to bring his or her own bike and helmet for the program. The bike needs to meet the following requirements (all bikes will be subject to instructor approval):

- equipped with at least six gears
- water bottle cage w/ water bottle (unless using a hydration pack)
- size appropriate (1-4 inches of clearance between cross bar and groin area when straddling)

We encourage each child to bring the following items:

- comfortable, light clothing and shoes
- cycling gloves
- sunscreen
- snack