

Mountain Bike Clinics

written by Chris Guibert | June 18, 2022

Revolve Mountain Bike Instructional Clinics at the Keweenaw Mountain Lodge



The Keweenaw Mountain Lodge and [Revolve Mountain Bike Coaching](#) will partner to host a weekend mountain bike instructional clinic on July 16 and 17, 2022. This clinic will focus on mountain bike fundamentals and is designed for beginners or intermediates looking for a refresher on core skills. Participants have the choice to either do a one day or two day option. This curriculum is designed for adults, participants 16 must be years old. Women, men or couples are all encouraged to sign up.

Each day will be broken into morning and afternoon sessions, approximately three hours each. Morning sessions will be drills based on fundamental skills. Afternoon sessions are a mountain bike ride where participants have a chance to practice the skills from the morning session. Revolve Coaching uses an ipad for filming participants for immediate feedback and custom built

skills features designed for learning fundamental skills.



Instruction:

Revolve your life around your passion – Revolve Mountain Bike Coaching.

As [PMBIA](#) certified coaches, Kelly Raber and Jared Hlavac are committed to helping you reach your personal riding goals and make sure you have fun doing it.

Kelly has been riding bikes since the 1990's. In 2012 she attended her first Women's Clinic in Copper Harbor where she discovered her passion for mountain biking. 2022 will be her 10th year involved in [Copper Harbor Women's Weekend](#) as an assistant coach and photographer. She has volunteered in additional clinics in Marquette MI, Wausau WI and Bentonville AK. Additionally, she has been teaching kids for her local [NICA](#) team in Green Bay, Wisconsin.

Jared became serious about mountain biking 4 years ago. He grew up skateboarding and snowboarding across Wisconsin. His love of snowboarding brought him to the [Alpine Valley Resort](#) in East Troy Wisconsin where he instructed at their [ski/snowboard school](#) for 10 years. Jared is aggressively playful on the trail. He enjoys fast flowy downhill with drops and features to chunky, rocky technical terrain.

Both Kelly and Jared run the [Lake Superior Gravity Series](#) (LSGS) where they handle the overall scoring of the series. They also promote the events across the upper Midwest, encouraging riders to experience the various trail systems and the sport of [enduro mountain bike racing](#).



Itinerary:

Saturday, July 16, 2022

9am – 11:00 am: Skills and Drills

11:00am – 12:00 pm: Practice skills on KML trails

12:00pm – 1:00 pm: Lunch

1;00pm – 3:30pm: Group rides which apply skills to the trail and also practice sessions on beginner skills features.

3:30pm – 4:00pm: End of day review and discussion.

Total Time: 7 hours

Day 2 -Sunday, July 17, 2022

9:00am – 9:30am: Discussion of previous day's skills.

9:30am – 12:30pm: Group rides which apply skills to the trail.

12:30pm – 1pm: Review – Feedback – Takeaways.

1:00pm – 2:00 Lunch

2:00 – 4:00 pm Group Ride with Coach Chris.

Total Time: 7 hours

Cost:

Both options include professional instruction, lunch and a souvenir water bottle.

1 Day clinic: \$300 + tax – Saturday, July 16 only.

2 Day Clinic: \$400 + tax – Saturday, July 16 and Sunday, July 17.

Payment must be made in full when registering. Keweenaw Mountain Lodging guests receive a 10% discount.

Registration:

Space is limited. If you any have questions or would like to register, contact [Chris Guibert](#) with the Outdoor Activity Center:

Email: chris@keweenawresort.com