

Mountain Bike Clinics

written by Chris Guibert | June 18, 2022



Mountain Bike Instructional Clinics at the Keweenaw Mountain Lodge



A coach gives pointers on the proper technique for riding berms.

The Keweenaw Mountain Lodge has partnered with [Brooks Adventures](#) for 2 weekend mountain bike instructional clinic during the summer of **2023**:

[June 9-11](#)

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[August 25-27](#)

These clinics focus on mountain bike fundamentals and are designed for beginners or intermediates looking for a refresher on core skills. The curriculum is designed for adults, participants must be 16 years old. Women, men or couples are all encouraged to sign up.

Each day will be broken into morning and afternoon sessions. Morning sessions are drills based, focusing on fundamental skills. Afternoon sessions are mountain bike rides where participants have a chance to practice the skills from the morning session.



Coaches have participants practice fundamental skills in a flat area before heading out on the trails.

About Brooks Adventures:

Angela & Matt, wife and husband, have been riding together for nearly 20 years. They have been coaching together since 2017 and are certified coaches and instructors on mountain bikes. Nothing is more thrilling to them than teaching someone how to ride a mountain bike.

Angela began teaching kids to ride in the late 90's and in recent years, earned her Bike Instructor Certification 1 & 2 from [Bike Instructor Certification Program \(BICP\)](#) BICP. Both the [National Interscholastic Cycling Association \(NICA\)](#) and the BICP have contracted her to coach their coaches for them.

Matt started riding bikes with his dad when he was a wee lad and lives for biking. Throughout his life he has encouraged countless friends to ride including his 3 daughters. He is a level 3 National Interscholastic Cycling Association mountain bike coach and a certified BICP coach. He loves working with kids and has been a 4th grade teacher for over 20 years!



Itinerary

Day 1 – Friday

- 7:30 – 9:00 pm: Fireside Meet and Greet
- Total Time: 1.5 hours

Day 1 – Saturday

- 9am – 12:00 am: Skills and Drills
- 12:00pm – 1:00 pm: Lunch (included) & Biking discussion with coaches
- 1:00pm – 3:00pm: Group rides to apply skills on the trails and trail features
- 3:00pm – 4:00pm: End of day review and discussion.

- 6:30pm – 8:00pm: Group Dinner
- Total Time: 7 hours of instruction

Day 2 – Sunday

- 9:00am – 9:30am: Discussion of previous day's skills.
- 9:30am – 12:30pm: Practice skills that were not covered Saturday & ride on KML trails
- 12:30pm – 1pm: Review – Feedback – Takeaways.
- 1:00pm – 2:00pm: Lunch (not included)
- 2:00 – 4:00 pm Group Ride with Coach Chris.
- Total Time: 7 hours of instruction

What is included:

- 2 nights of lodging in a [historic cabin](#)
- Friday night fireside meet and greet
- 2 days of mountain bike instruction – limited to 12 guests
- Breakfast Saturday and Sunday morning
- Rustic and worldly lunch on Saturday
- Group [private dinner](#) in the historic dining Keweenaw Mountain Lodge dining room

Cost:

- Single occupancy: \$1,350 per person
- Double occupancy: \$1,150 per person

Registration

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

Email: chris@keweenawresort.com

