

Mountain bikers of all skill levels are welcome. Ride sessions will be based on skill level. The camp will also include education sessions on topics important to mountain bikers, including: bike maintenance, environmental and trail ethics, trail design/construction/maintenance, nutrition, and yoga.

Students will stay at Hynd's Lodge or camp at Curt Gowdy State Park. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park. Food will be provided for the entire camp. There will be a minimum of one adult leader per five students. Parents are welcome to camp at the state park and join education sessions. Optional evening activities will include: campfire, star gazing, evening hikes, and mountain bike movies.



Offering girls of all ability levels the opportunity to gain confidence and skills through mountain biking.

Tackling the challenges of trail riding together, in a supportive environment, to develop the ability to handle diverse terrain.

Increase your enjoyment of the outdoors while making new friends and fostering an appreciation of cycling as a lifelong activity.

# SPONSORS



**CURT GOWDY STATE PARK**  
**JUNE 8-10, 2017**

## DATES:

June 8-10, 2017

## COST:

Registration fee is \$150. Scholarships are available for those students in financial need. The camp is being run through volunteers and sponsorships to keep the costs low.

## AGE GROUP:

Female students entering grades 7-12 during the 2017-18 school year.

## FOOD:

Food will be provided. Please let us know ahead of time if you have any dietary restrictions.

## WHAT TO BRING:

Basics - Bike, helmet, appropriate mountain biking attire, casual clothing, towel, swimsuit, and a great attitude. For a more extensive list of what to bring refer to the list posted on the sponsor websites.

## RULES:

The Colorado High School Cycling League and NICA rules will be used as a basis for the camp rules. Rules will be posted and enforced.

## REGISTRATION:

The registration link will be posted at <http://laramieenduro.org>. The link will be activated on February 24th. You will be required to complete the on-line registration and make the payment to complete the registration. Contact Rich Vincent to make alternate arrangements: 307-760-1917 or [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com).

## CONTACT:

For additional information, e-mail us at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com)

## ABOUT THE INSTRUCTORS:

Kate Rau helped found and is the Executive Director of the Colorado High School Mountain Bike League. She was the Program Manager of Singletrack Mountain Bike Adventures (SMBA) where she directed a 7-month season for riders ranging in ages from 7 to 17. She served as community outreach coordinator, sponsorship liaison, and planned adventures from trail work to epic rides across mountain passes. She is passionate about the benefits of positive youth development from the saddle of a mountain bike. Kate has a Masters Degree in Education and volunteers as a Court Appointed Special Advocate (CASA). She was a supervisor, training coordinator, and ski and snowboard instructor at Eldora Mountain Resort for 15 years. Kate's background includes working in the mental health field and environmental consulting.

Cynthia Dywan has been a professional bicycle mechanic for 14 years and earned her USA Cycling Race Mechanic certification in 2011. She is working on a masters in public administration at the University of Wyoming. Cindy is also the head coach of the Laramie high school mountain bike team (7220 Racing), a USA Cycling Level 2 Coach (with distinction), president of Laramie BikeNet, a member of the UW Bicycle and Pedestrian Safety Committee, a member of the Laramie Enduro Community Outreach Committee, raced in and completed the 2014 Tour Divide.

## SCHEDULE (TENTATIVE):

### Thursday, June 8

12 – 1 PM - Sign in and orientation  
1 – 2 PM - Bike/equipment inspection  
2 – 4 PM - Check ride and organize students into groups based on skill level  
4 – 5 PM - Debrief  
5 – 10 PM - Dinner and evening activities

### Friday, June 9

7 – 7:30 AM - Yoga  
7:30 – 8:30 AM - Breakfast  
8:30 – 10 AM - Education or skill session  
10 AM – 12 PM - Ride session  
12 PM – 1 PM - Lunch  
1 – 2 PM - Education session  
2 – 4 PM - Ride session  
4 – 6 PM - Education session and dinner prep  
6 – 10 PM - Dinner and evening activities

### Saturday, June 10

7 – 7:30 AM - Yoga  
7:30 – 8:30 AM - Breakfast  
8:30 – 10 AM - Education session  
10 AM – 12 PM - Ride session  
12 PM – 1 PM - Lunch  
1 – 3 PM - Ride session  
3 – 4 PM - Clean lodge  
4 – 5 PM - Student pick-up (If you would like to pick up your student before 4 PM you must work this out with Kate and/or Cynthia ahead of time.)

Education sessions may include riding basics, bike maintenance, nutrition, trail design, etc.

## WANT MORE?

Following this camp will be Stone Temple Mountain Bike Camp, a co-ed camp, from June 12-16 at the same location. We will make accommodations for girls on the evening of Saturday, June 11, that want to attend both camps.