

ADVANCED MOUNTAIN BIKING



The Summit Bechtel Reserve is home to some of the best mountain bike trails in the country. Built by industry leader Gravity Logic, the 36 miles of cross-country and downhill flowy, bike park-style trails are full of rollers, drops, jumps and berms. And they are so well built we can ride in the pouring rain without worrying about damaging the trail surface.

For bikes, the Summit provides hardtail XC bikes, dual-suspension all-mountain bikes and dirt jumpers.

We have the trails and the bikes...now we need people who are ready to take their mountain biking adventures to the next level.

Summit
BECHTEL RESERVE 

ADVANCED MOUNTAIN BIKING

OVERVIEW

The Advanced Mountain Biking program provides a week-long, in depth skill development opportunity for those interested in pursuing mountain biking as a life-long sport.

The program includes five days of intensive riding and instruction in advanced MTB maneuvers, including high speed cornering, rolling or dropping ledges, pumping and jumping.

In addition participants will gain an appreciation for outdoor ethics specifically as they relate to mountain biking; understand and participate in trail building and maintenance; and understand proper mountain bike care and maintenance, both at home and on the trail.

PREREQUISITES

Because this is an advanced program, participants should already be comfortable with basic mountain biking skills, including ready position, standing off seat with level pedals, braking smoothly and shifting smoothly.

FITNESS

This program includes a great deal of trail riding. Proper fitness and stamina will increase your level of participation and enjoyment.

A BSA Annual Health and Medical Record signed by a physician must be completed for each participant.

GENERAL PROGRAM INFO

Participants will camp at the Paul R. Christen National High Adventure Base at the Summit. Tents and cots will be provided. Breakfast and dinner will be served in the Summit dining facility. A shelf stable lunch may be picked up after breakfast to accompany the participant to the activity venue.

Evening programs take place in the Scott Summit Center. This area contains small versions of all Summit Adventure Zone venues. As such, Advanced MTB participants will be able to sample the other activities available at the Summit during the evening hours in the Summit Center. For more detailed Summit Center info, please visit www.SummitBSA.org.

SCHEDULE

- DAY 1: Arrival & Orientation
- DAY 2: Skill Assessment
Bike Maintenance
- DAY 3: Cross Country Trails
High Speed Cornering
Safety
Trail Building & Maintenance
- DAY 4: Downhill
Downhill Safety Issues
Rolls and Drops
Intro to Jumping
- DAY 5: Downhill
Dirt Jumps
Pump Tracks
Dual Slalom Course
Trail Building & Maintenance
- DAY 6: Choose Downhill or Cross-Country
- DAY 7: Departure

Downhill and cross-country days will include stopping along the trail to session specific drops, rolls and jumps as a means to increase competence and skills in these areas.

AVAILABLE DATES & COST

Advanced MTB programs run Sunday to Saturday beginning June 7, 2015. The final session begins on August 9, 2015.

The 2015 Program Fee is \$879 per person.

Please note that this program has both a minimum and maximum capacity each week. If the minimum capacity is not reached, participants will be contacted to reschedule their date or to choose an alternate program on the same date.

QUESTIONS?

Contact us at (304) 465-2800 or email summit.program@scouting.org.