

Between the Trees MTB

Suwanee Fat Tire Fest MTB Skills Schedule

FRIDAY MTB SKILLS

9 am to 10 am

- Body Position & Body Contact Points.

Learn the correct body position along with how to properly connect to your bike from your feet to the pedals & your hands on the controls.

10:30 am to 11:30 am

- Wheels off the ground.

Learn how to properly get your front wheel and rear wheel off the ground along with learning control and timing for different riding situations.

Lunch Break Activity - stop by for **fun contests** during lunch. Prizes - Win big!

1 pm to 2 pm

- Braking.

Learn how to use your brakes for different riding situations.

2:30 pm to 3:30 pm

- Intro to Drops

Learn the different techniques to handle drops.

SATURDAY MTB SKILLS

9 am to 10 am

- Body Position & Body Contact Points.

Learn the correct body position along with how to properly connect to your bike from your feet to the pedals & your hands on the grips!

10:30 am to 11:30 am

- Slow Speed Skills

Rock Dodge, Ratcheting, Track Stands.

Lunch Break Activity - stop by for **fun contests** during lunch. Prizes - Win big!

1 pm to 2 pm

- Kids Mini **FUNDamentals Clinic**

Learn correct body position, balance, braking, shifting, trail scanning and trail awareness.

2:30 pm to 4 pm

- **Guided Ride** - on sections of Bridge to Bridge. This is designed for beginner/intermediate level riders but open to everyone.

SUNDAY MTB SKILLS

9 am to 11 am

- **Guided Ride** - On trail beginner / intermediate ride on Fosters Hammock focusing on climbing, descending and drops.