



# MTB GROMS: JULY 6-10



## Groms Summer Camp (FULL Day) Information

### What to bring!

- **Helmet**
- **Knee pads (optional)**
- **Gloves**
- **Backpack**
- **Water bottle**
- **Athletic shoes (no crocs)**
- **Weather ready athletic clothing**
- **Healthy lunch and snacks**
- **Spare tube (must fit the riders tire)**
- **Please leave go pros at home**



- **If weather is poor, adjustments to the schedule may be made. These will be communicated through email and phone call.**
- **Refunds will be issued for the cancelled session**
- **No refunds are issues for riders missing sessions due to personal reasons**
- **Please dress for the weather and arrive in clothes that can get wet, muddy and keep riders warm in cold weather and cool in hot weather**
- **Please call Echo Centre at 250-723-2181 if you are unable to attend in advance to the start of the session.**

**BIKES MUST BE IN SAFE AND EFFICIENT RIDING CONDITION. WE DO NOT PROVIDE BIKES FOR PARTICIPANTS**



**Mon.  
July 6**

Drop off and Pick-up location: EJ Dunn Elementary School parking lot  
Start with mini games and learn bike checks and safety before hitting the trails

**Tues.  
July 7**

Drop off and Pick-up location: Cougar Smith Park  
Start with mini games and learn pumping and basic jumping. Progressing to bunny hops and riding trails

**Wed.  
July 8**

Drop off: Portal Berym Trails (Top of Burde Street by yellow gate)  
PICK UP: Beaver Ponds (Log train Trailhead on Burde Street)

**Thurs.  
July 9**

Drop off and Pick-up location: Cougar Smith Park  
Learn about line choices on trails and risk assessments. Filed Games and Trail riding.  
**Reminder: pack extra socks. May be going to creek**

**Fri.  
July 10**

Drop off and Pick-up location: EJ Dunn Elementary School parking lot  
Start with mini games. Trail riding, races, and biker's choice!  
**Reminder: Hot Dog Lunch provided!**