

# **GORBA Adult Clinics**

## **What You Will Learn**

### **Lesson #1 (Week 1)**

- 1) Helmet Fit
- 2) "pre-flight" (ABC's)
- 3) Mount, dismount
- 4) Braking

### **Lesson #2 (Week 2)**

- 1) Nutrition / Hydration
- 2) Hand / body position
- 3) Look ahead
- 4) Slow speed maneuver
- 5) Gear selection for slow speed

### **Lesson #3 (Week 3)**

- 1) Trail Etiquette
- 2) Pushing / carrying the bike
- 3) Shifting gears
- 4) Hills, up and down
- 5) High Speed maneuvers

### **Lesson #4 (Week 4)**

- 1) First Aid
- 2) Essential Tools
- 3) Front wheel lift
- 4) Rear wheel lift
- 5) Track Stand

### **Intermediate Skills Clinic (Date and Time to be announced)**

- 1) Trail Etiquette
- 2) Up and Down a hill
- 3) Starting on a hill
- 4) Choosing a line
- 5) Roots, Rocks, Logs, Ruts
- 6) Jumps / drops
- 7) Bunny Hops