

Other Benefits of Becoming a GORBA Member

Ride Calendar: The GORBA Ride Calendar is filled with rides for all levels of members from Novice to Advanced. Plan your riding time to coincide with a GORBA ride that meets your needs.

Ad-Hoc Rides: In addition to the pre-planned rides on the GORBA Ride Calendar, members call rides on an almost daily basis throughout the summer. All members automatically receive e-mail notification of these rides.

Discounts: GORBA members enjoy a minimum 10% discount on a wide variety of merchandise at Guelph and area bicycle shops that subscribe to the GORBA Corporate Membership package.

The GORBA e-News: GORBA regularly publishes an e-newsletter for all members. Regular topics include trail updates, club news and events, members' stories, and more.

Camping Trips: Several times a year GORBA arranges camping/ riding trips to some of the best trails in Ontario. These trips have become infamous as excellent riding outings and social occasions.

Racing: Many GORBA members participate in all levels of mountain bike races around Ontario. Use your GORBA connections to form a team!



Mountain Biking For Kids

learn, fun, friends
... ride a bike

GORBA is the largest group in Guelph devoted to the needs of the off-road cyclist. Since 1992 GORBA has provided a group voice to preserve, maintain, and even increase the trail network in the Guelph area. We work closely with other trail user groups, and with the Grand River Conservation Authority and the City of Guelph.

There is always work to be done, so please purchase a membership and volunteer a few hours of your time. Help is required for construction and maintenance of trails, and light duty is available.

All this for only \$30!

About the Youth Program

The goal of this program is to help our youth improve their biking skills while creating environmental awareness. It is also designed to help develop their self-esteem and to provide our youth members with a group of friends who share the same interest.

We have had four very successful years since the 2006 start of the Youth Program and we are looking to improve and grow in 2010.

New this Summer!

Bike Clinics

3 Clinic Sessions to introduce mountain biking and the skills required. For young riders who have done our camps before the clinics will help improve and refresh their skills.

Supervised Club Rides

Weekly Club rides will be posted throughout the summer and early fall for GORBA youth members. These rides will be adult supervised, normally at a minimum of 1 adult to 4 youths. These rides will be a continuation of the skills learned at the clinic sessions as well as the opportunity to have fun riding with friends.

Clinic Dates

Thursday May 20: Brakes and gears

Thursday May 27: Riding up and down hills, how to corner

Thursday June 3: Balance and lifts

Clinics times: 6:30 pm-8 pm

Location: Riverside Park (parking lot off Woodlawn Rd)

Other topics will include:

Trail Etiquette

Trail Safety

Proper Helmet Fit

Cost: \$5 per clinic plus GORBA membership

Registration Deadline May 17

Please make sure your child's bike has been serviced by a bicycle mechanic prior to riding

GORBA Instructors are certified as Ontario Mountain Bike Instructors (OMBI) through the Ontario Cycling Association (OCA).

How to Get Involved

For girls & boys ages 8-12.

- 1) Visit our website at www.gorba.ca for more information about GORBA and the Youth Program
- 2) You will need to become a GORBA member (\$30 for first family member and \$20 for each additional member). Add \$5 for each youth clinic session (\$15 for all 3)
- 3) Follow the instructions under the YOUTH PROGRAM section on how to become a participant.
- 4) Once you become a member, we will contact you with times and dates for weekly rides
- 5) For more specific information please email us at youth@gorba.ca
- 6) Space is limited for the clinic sessions. Please sign up early



**The Guelph Off-Road Bicycling
Association Inc.**

GORBA

P.O. Box 31071, Guelph Ontario

N1K 8K1

www.gorba.ca info@gorba.ca

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What You Will Learn

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how to corner**

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How to Get Involved

For girls & boys ages 8-12.

- 1) The Bike Clinic session will have limited space but the season of weekly riding is available to all GORBA Youth members.
- 2) Browse the GORBA website to get a full understanding of our Club, what we do, and what we have to offer.
- 3) You will need to become a GORBA member (\$30 for first family member and \$20 for additional members). This can be done by returning to our home page and clicking on the "Membership Info" icon. Parents do not need to become members if they only wish to sign on their child(ren). There is an additional charge of \$5 to participate in each clinic session. \$15 for the 3 sessions.
- 4) Indicate in writing on the membership form beside the youth's name that they would like to participate in the Youth Program.
- 5) Once we receive the completed membership form you will be added to our contact list and be notified, well in advance, on all the details for the Bike Camp and also receive regular emails on all of the 2010 Youth activities .
- 6) Visit the "Frequently Asked Question" pages that follow in this document. For more specific information please email us at youth@gorba.ca

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Ad-Hoc Rides

In addition to the planned rides on the GORBA Ride Calendar, members call rides on an almost daily basis throughout the summer. All members automatically receive e-mail notification of these rides.

Discounts

GORBA members enjoy a minimum 10% discount on a wide variety of merchandise at Guelph and area bicycle shops that subscribe to the GORBA Corporate Membership package.

The GORBA News

GORBA regularly updates information on the homepage of the website. Regular topics include trail updates, club news and events, members' stories, and more.

Camping Trips

Several times a year GORBA arranges camping/ riding trips to some of the best trails in Ontario. These trips have become excellent riding outings and social occasions.

Racing

Many GORBA members participate in all levels of mountain bike races around Ontario. Use your GORBA connections to form a team!

The GORBA Trail

Your membership supports the development and maintenance of the GORBA Trail at the Guelph Lake Conservation Area.

All this for only \$30!

Frequently Asked Questions

If I miss the Bike Clinics can I still become a youth member?

Yes, of course. Regularly scheduled weekly Club rides will be posted throughout the summer and early fall for GORBA youth members. These rides will be a review and a continuation of the skills learned at the bike clinics. Our goal is to have one evening ride during the week and one morning ride on the weekend.

Do I need to participate in the Youth rides held throughout the season?

Attend what you can. We all have busy schedules and other commitments.

How does the age grouping work?

The youth program is for girls and boys ages 8-12. If they attend the clinics we will use age and skill level to group the participants for the scheduled activities. On the club rides the same process will apply. Each member is encouraged to learn at their own pace and ability.

What happens if it rains the day of the Bike Clinic?

We will try to run the clinic rain or shine but if the weather is extreme, we will then look at rescheduling the clinic for a later date.

What kind of a bike do I need?

Any type of mountain or BMX bike will do as long as it is mechanically sound. It is strongly recommended that you take your bike to a local bike shop for a spring tune-up prior to the bike clinics.

Do I need a helmet?

Each participant is required to wear an approved bicycle helmet each and every time they get on their bike. No exceptions to this rule are allowed.

Frequently Asked Questions (continued)

Can you tell me about participant safety?

Your child's safety is paramount to our instructors. We would like all participants bikes serviced by a bicycle mechanic before coming to the clinics. The first lesson of the clinic will be bike fit and helmet sizing so each member is properly protected. Should bike mechanical problems or helmet related issue be found that cannot be corrected, then for your child's own safety we cannot allow them to continue participating.

About the Youth Emergency Contact Form?

Each youth member will be required to have a completed form on file. A copy of this form is available for your viewing at the end of this document. All information on this form will be kept in the strictest of confidence and will only be used in the event of an emergency. This form will be sent out to the registered participants before the clinics.

About the instructors?

All our instructors are certified as Ontario Mountain Bike Instructors trained through the Ontario Cycling Association. Each instructor is also fully trained in sports first aid.

As a parent, will I need to be present at the Bike Clinics or Club Rides?

No. However you are welcome to watch or participate where possible. We will have enough instructors and support staff to ensure a safe and fun learning experience. The day of the clinic or for posted rides throughout the summer a drop off and pickup time will be clearly posted. Instructors/adult riders will remain with the youth members until they are picked up.

Will there be other clinic dates available?

If we have a group of 7 or more youth members that join late or were unable to attend the first group of clinic sessions then it will be at the Club's discretion to hold more sessions at a later date.

G.O.R.B.A. Youth Registration & Emergency Contact Form

(All personal information on this form will be kept in the strictest of confidence and will only be used in the event of an emergency)

Participant(s) Information (same family only)

Child's Name (First & Last)	Male/Female	Age	Date of Birth (DMY)

Registration Information - Please indicate which clinic nights you are registering for

Child's Name (First & Last)	May 20 (\$5 per child)	May 27 (\$5 per child)	June 3 (\$5 per child)

Family Information

OHIP # _____

Parent / Guardian Name: _____
(First Name) (Last Name)

Mailing Address: _____
(Street & Apt. #) (City / Town) (Postal Code)

Telephone: Home: () _____ Work: () _____ Cellular: () _____

E-mail: _____

Name of individual(s) picking up child: _____

Medical and Emergency Information (If parent / guardian above cannot be reached)

Emergency Contact Name: _____ Relationship to Child: _____

Telephone: Home: () _____ Work: () _____ Cellular: () _____

Doctor's Name: _____ Phone: () _____

Special Needs / Allergies: _____
(or other medical information (Child's Name) (Details)
or concerns we should be aware of) _____ (Child's Name) (Details)

Pictures are frequently taken throughout the camp and there is a possibility that your child's picture could appear in future brochures or on the GORBA website. Do we have your permission to use these photos? Yes () No ()

Please state any further information about your child, which may be helpful in our program development, and for our staff to be aware of: _____

I have provided G.O.R.B.A with all necessary medical information and I can be reached at the number(s) listed. In an emergency, I authorize G.O.R.B.A. to secure medical care for my child.

Dated at ____ this __ day of ____ 2010. Parent / Guardian Signature _____