

2023 Girls and Womens Mountain Bike Clinics

**GIRLS
ROC**



**LADIES
ROC**

Girls

Recommended ages 8-13

June 5th, 7th, 12th, 14th 6-8pm

New to Mountain Biking Group

Trail Ready Skills Group

Hess Field and Hopewell Park, Danville

Suggested \$25 donation

Ladies

Ages 18-54 and 55+

May 20th 10am-3pm

New to Mountain Biking

Hess Field, Danville

Suggested \$10 donation



More info: Facebook: GirlsROCMTB, or www.hammersmtb.com,



