

SPOKANE VALLEY YOUTH MOUNTAIN BIKE TEAM



JOIN US!

WHAT: Join the Spokane Valley Youth Mountain Bike Team for a fun & informative ride at Spokane's Beacon Hill. Coaches & youth members from Spokane & Spokane Valley will be present to lead the ride & offer information about the Washington Student Cycling League (WSCL).

WHEN: Saturday, October 26, 2019 from 11:00 AM to 1:45 PM

AFFILIATION: The Spokane Valley Composite Mountain Bike Team is part of the Washington Student Cycling League (WSCL). For more information, please visit: <https://washingtonleague.org>

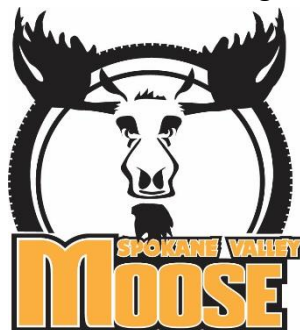
WHERE: Camp Sekani/Beacon Hill Parking Lot, E. Upriver Dr. Spokane, WA

WHO: All students currently enrolled in 6th through 12th grade

AGENDA:

- Introductions (11:00 – 11:30 AM)
- Group Rides & Bike Check (11:30 – 12:30 PM)
- Skill Olympics (12:30 – 1:00 PM)
- Chili Pot Luck (1:00 – 1:45 PM)
- Clean-Up/Q&A (1:45 – 2:00 PM)

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WSCL MEET THE LEAGUE RIDE – SPOKANE, WA



When: Saturday, October 26, 2019

Where: Beacon Hill: Camp Sekani Meadow

Time: 11:00 AM – 1:45 PM

AGENDA:

- I. **Introductions (11:00 – 11:30 AM)**
 - a. Name, School, Age, Grade, MTB Experience
 - b. Coaches/leader Introductions
 - c. Shared WSCL Experiences (students & coaches)
- II. **Group Rides & Bike Check (11:30 – 12:30 PM)**
 - a. High School Boys
 - b. Middle School Boys
 - c. High/Middle School Girls
 - d. Beginners (6th graders & rider with minimal experience)
- III. **Skill Games (12:30 – 1:00 PM)**
 - a. Foot Down
 - b. Wheelie Contest
- IV. **Lunch: Pot Luck Chili (1:00 – 1:45 PM)**
 - a. Kids visit
 - b. Coaches Available for Questions
- V. **Clean-up (1:45 – 2:00 PM)**



This event is a joint effort between the WSCL Inland and Spokane Valley Composite Mountain Bike Teams. All youth grades 6th through 12th are welcome to attend. Parental participation is encouraged. For more information about the Washington Student Cycling League (WSCL), please visit <https://washingtonleague.org/>.