

Bear Mountain and Hartland Trails Training Camp
December 15-16th

Skills and Endurance: Sat. Dec. 15

- 10:45 am Meet at Bear Mountain
- 11:00 am-12:00 Cornering Skills - Bear Mountain Bike Park
- 12:00-3:30 pm XC Bear Mtn, Thetis Lake, and Hartland Trails
- 4:00 pm Late lunch (riders on own)
- Free time
- 7:00-8:30 pm Team Dinner - Adam's House

Sunday Funday Dirt Slinging and Training Ride: Sun. Dec. 16

- 8:45 am Hartland Bike Park
- 9 - 12:30 pm SIMBS Trail Maintenance Day
- 12:30 Lunch
- 1:00 pm – 3 pm MTB skill session Hartland - rock rolls and drops
- 3:00 pm Debrief and depart

*Athletes needing accommodation can contact Adam for a discount code for the hotel