



Calling All Ladies Who Would Like To:

- Improve your mountain biking skills whether you're a beginner, intermediate or an advanced rider.
- Meet local women riders.
- Have a ton of fun.

About us

Following successful youth camps at Curt Gowdy State Park, a group of women coaches were interested in putting together a camp for women.

Our goal is to promote women on bikes. We focus on basic skills that will encourage confidence, development, and fun.

Sponsors



Contact Us

Email: rowdygowdycamp@gmail.com

Web: www.gowdywomenscamp.com



**ROWDY GOWDY
WOMEN'S MOUNTAIN
BIKE CAMP**
Promoting Women on Bikes



ROWDY GOWDY WOMEN'S MOUNTAIN BIKE CAMP

June 3-4, 2017
Curt Gowdy State Park

Promoting women on bikes.



25 participants will learn mountain biking skills, meet local riders, and enjoy IMBA Epic trails.

Located at **Camp Jack**, participants will need to bring their own camping gear.

There will be a minimum of **one** coach per **five** camp participants. Mountain bikers of all skill levels are encouraged:

- Beginner
- Intermediate
- Intermediate/advanced

Camp Information

Dates:

June 3-4, 2017

Where:

Camp Jack at **Curt Gowdy State Park**
Cheyenne, Wyoming

Cost:

Registration fee is **\$80**

Requirements:

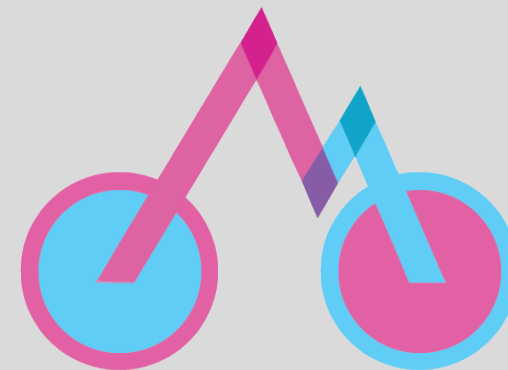
Women 21 years and up.
Limited to 25 participants

Food:

Food will be provided for meal times. Bring snacks. Please let us know if you have any dietary restrictions.

What to bring:

Bike, helmet, biking attire, casual clothing, camping gear such as tent, sleeping pad, sleeping bag, and camp chair. A more detailed list will be provided following registration.



Tentative Schedule

Saturday June 3rd

- **9:00AM** Sign-in & orientation
- **9:30AM** Bike inspection
- **10:00AM** Skills session
- **Noon** Lunch
- **1:00PM** Group ride by skill level
- **4:00PM** Camp discussion
- **5:00-10:00PM** Dinner & Evening activities

Saturday June 4th

- **7:00AM** Yoga
- **8:00AM** Breakfast
- **9:00AM** Mechanic session
- **10:00AM** Ride or Skills session
- **Noon** Lunch
- **1:00PM** Ride
- **3:00PM** Pack-up & head home