

Bike Babes Mountain Bike Get A Way

Breckenridge, CO July 31- August 2, 2009
Weekend Schedule (*Times subject to change*)

Friday Day:

- 9:00 am - 4:00 pm Arrive, settle in, optional activities
 - 9:00 am - 5:00 pm Spa Treatments Available at Sacred Tree
 - 9:00 am - 1:00 pm Pick up rental bikes or arrange rental bike for the weekend
 - 2:00 pm - 4:00 pm *If requested – Babes can arrange to have your rental bike transported to the clinic location Saturday morning
Optional Diva Trail Maintenance Day (no experience required) Breakfast and light lunch included
Optional Post Trail Day Ride
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Friday Night:

- 5:00 pm Weekend Check in
 - Location: Colorado Free Ride 114 N. Main St. Breckenridge
- 6:00 pm- 8:30 pm Bike Babes Maintenance Night/Tech Tips
 - Location: Colorado Free Ride 114 N Main St. Breckenridge
 - Provided: beverages, light snacks, bike maintenance class
 - Instruction provided by: Colorado Free Ride Staff

Saturday Day:

- 8:00 am - 9:00 am Mind over Matter ~Yoga For Bikers
 - Lead by Sacred Tree Practitioner ~ Ally Morrison
 - Location: Riverwalk Center Lawn
 - What to bring: personal yoga mat
 - What to wear: Dress for outside-comfortable clothes or yoga pants (restrooms available all day for changing, etc)
- 10:00 am -12:30 pm Skills and Drills at Carter Park
 - Intro to the Class/suit up for morning clinic
 - What to bring- mountain bike, mountain bike shoes or equivalent, bike helmet, bike gloves, bike shirt, bike shorts, rain jacket, swsunglasses, water bottle, small hydration pack, sunscreen, (all items can be rented or purchased upon arrival).
- 12: 30 pm - 1:30 pm Organic lunch provide by Amazing Grace
- 1:30 pm - 4:00 pm Putting it all together. Explore the single track close to town
 - Implement your new skills
 - Learn local trails
 - Have fun exploring on your bike.

Saturday Post Bike Clinic:

- 4:00 pm - 6:30 pm Personal Time:
 - Pre scheduled spa appointments (970-453-8558)
 - Explore Breckenridge and Relax after a day on the trails.
- 6:30 pm - 9:00 pm Organic Dinner and Wine Tasting - Amazing Grace
 - Wine Tasting Hosted By Jennifer Pace of Baroness Wines
 - Dinner/ Nutrition Talk - Eating for energy and recovery.

Sunday Day:

- 8:00 am - 9:00 am Mind over Matter ~Yoga For Bikers – Riverwalk Center Lawn
- 10:00 am - 2:00 pm Ride with skills integrated/lunch on the trail - by Amazing Grace
- 2:00 pm -3:00 pm Weekend Wrap up/good byes
- 4:00 pm -7:00 pm Spa Appointments