

Babes in the Backcountry ~ Breckenridge Bike Babe's Get A Way

July 31-August 2, 2009

**Increase your confidence and take your mountain bike skills to the next level.
Gain a centered, balanced and energized approach to tackling all of life's challenges...
both on and off the trails.**

Experience Level:

Advanced Beginner – Advanced Intermediate Riders **(Road riders welcome)**

For more info or to register:

www.babesinthebackcountry.com or (970) 453-4060

The Who, What, Why and Where:

Are you seeking more confidence on your bike or are eager to learn the basics of mountain biking in a comfortable supportive environment? Join the knowledgeable, supportive and spirited coaches from Babes in the Backcountry to increase your overall enjoyment on your mountain bike. The weekend incorporates the importance of the mind, body, spirit connection through weaving morning stretch sessions, massage, post-clinic afternoons to relax with ample time on the saddle. Whether you are a beginner looking to learn the basics or a veteran rider seeking to hone your technical skills on steep switchbacks and challenging terrain, the Bike Babes Get A Way offer this and more.

This action packed weekend combines a perfect balance of riding, skills building, socializing, culinary delights and pampering. Learn how to fix troubling mechanicals with confidence and fine tune your riding skills on the pristine single track in Summit County, CO. Babes has partnered Sacred Tree Integrative Healthcare and Wellness Spa to offer beyond just a weekend on your bike. Our shared philosophy of moving from center will be woven throughout the weekend, including morning yoga, afternoon spa treatments, healthy organic meals and a special wine tasting. The weekend will leave you inspired and empowered with a renewed inspiration for exploration both on and off your bike.

Weekend Price is \$500 and Includes:

- ***Babes Night Out:*** Friday 5:00 pm- 8:00 pm.
 - Maintenance and Tech Tips for Bike'n Babes.
 - Food for thought and fluids for inspiration:
 - Get to know your bike and how to keep it running smooth for hassle free riding.
 - Light snacks, beverages and useful information provided.
- **Saturday and Sunday skills clinic and guided rides**
- **Saturday and Sunday Mind Over Matter morning yoga sessions**
- **Saturday and Sunday Lunches:** Locally made organic sack lunches:
- **Saturday Night Dinner and wine tasting**
- **1 half hour spa treatment** of your choice at Sacred Tree
- **Babes' signature gift bag**
- **Discounts on bike rentals, bike accessories, lodging and airport transport**

More Beta:

Friday day from 9:00 am to 1:00 pm is an optional trail building day. No experience is required. Friday night head to the "Babe's Night Out" where we will get to know the mechanics of our bikes and meet the crew. Saturday morning, start the day off with yoga for bikers to gain a greater awareness of body and breath. The morning bike clinic held on the flat, grassy terrain at Carter Park, will focus on skills and drills. Our coaches will go through a user friendly skills progression applicable for all levels. After a lunch break, we will suit up to explore the local trails. This will be an opportunity to apply the skills acquired that morning including picking the right line, climbing, descending and helpful technical trail tips. The varied terrain will test our new found skills in a practical application. Saturday afternoon enjoy a spa treatment of your choice or spend time exploring historic downtown Breckenridge. Top the day off with a wine tasting and healthy dinner in town. Sunday will again start off with yoga and then we will head out for a ride to enjoy incredible aspen lined single track. The weekend wraps up @ 3 pm with time for you to spend a relaxing afternoon in town or head out to catch your flight. It is recommended that you are healthy and in good general fitness for the weekend. Do not hesitate to contact us with any questions or concerns at leslie@babesinthebackcountry.com or 970-453-4060 We look forward to you joining us and sharing a wonderful weekend together in Breckenridge.