



# LADIES GRAVITY MOUNTAIN BIKE CLINIC

Saturday, July 22, 2023

10:00am - 4:00pm

Ages 15 & Up

Ladies Only



A day of fun, girlfriends, and developing and improving mountain bike gravity skills

[www.skisugar.com/bikepark/#ladies](http://www.skisugar.com/bikepark/#ladies)

## Schedule

10:00am: Meet at the Sugar Mountain Resort ticket / rental area

10:00am – 10:30am: Bike Set-Up/Safety

10:30am – 12:30pm: Group instruction focusing on fundamentals

12:30 – 1:30 pm: Lunch (provided)

1:30 – 4:00pm: Group instruction with more personalized instruction

## Camp includes

- Full Day lift ticket and bike rental (if needed/applicable)
- Professional downhill mountain bike instruction
- Lunch
- Ladies Gravity Mountain Bike Clinic T-Shirt

## Why you should participate

- You will experience a day of outdoor fun with other ladies
- Professional mountain bike instructors will help you develop and improve your biking skills
- You will be grouped according to level of ability
- Sugar Mountain Resort bike park offers diverse trails and stunning views

## What you should bring

- Mountain bike, helmet, knee / shin & elbow pads (if you have)
- Comfortable sportswear and flat-soled footwear
- Rain coat
- Sunscreen
- Water bottle
- Cash / card in case you need to rent additional equipment or rent a locker (card only)

Full-face helmets and knee pads are required and can be rented at an additional cost.

Personal mountain bikes should be in good working condition with good tires, brake pads, and drivetrain. Disk brakes and full suspension are required.

The camp is for all levels of ability; however, we recommend that participant has ridden on mountain bike trails at least once before.

**Registration Form on Back**

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## REGISTRATION FORM

\$175, I have my own bike     \$225, I need to rent (includes bike, full face helmet, and pads)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

Phone Number \_\_\_\_\_ Contact Email Address \_\_\_\_\_

Parent/Guardian or Emergency Contact's Phone Number \_\_\_\_\_

### Waiver / Liability Release

In consideration of the acceptance of my application in the Sugar Mountain Resort Gravity Mountain Bike Camp held at Sugar Mountain Resort, Inc., I hereby waive, release and discharge any and all claims for damages including, but not limited to, personal injury, death or property damage which I may incur, or which may accrue to me as a result of my participation.

This release is to discharge in advance Sugar Mountain Resort, Inc., its agents and employees from and against any and all liability out of or connected in any way with my participation in the Sugar Mountain Resort Mountain Bike Camp.

I agree to wear a full-face helmet, knee / shin pads during all training sessions and cooperate with the Sugar Mountain Resort coaching staff.

I further understand that serious accidents occasionally occur while downhill mountain biking and that mountain bikers occasionally sustain mortal and serious personal injuries and / or property damage.

Knowing the risks of downhill mountain biking, nevertheless, I hereby agree to assume those risks and to release and hold harmless the persons and entities mentioned above.

I hereby grant Sugar Mountain Resort, Inc. the right to take and utilize photographs of me participating in this activity for the purpose of promotion and advertising.

Signature of Applicant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

### Payment Method

Check     Cash     Credit Card

If using credit card, you must register online at [shop.skisugar.com](http://shop.skisugar.com) or call 828-898-4521 x202

Applications can be mailed, emailed, or faxed to:

Sugar Mountain Resort/Ladies Gravity MTB Clinic  
PO Box 369, Banner Elk, NC 28604

bike@skisugar.com  
Fax: 828-898-6820

### Office Use Only

Date Paid \_\_\_\_\_ Amount Paid \_\_\_\_\_ Received By \_\_\_\_\_