



## **Jr. Weekend Itinerary: 2018**

### **Fruita – May 19-20 (Friday/Saturday)**

Friday, May 19:

\*8:30-9:00 – Meet at Triangle Park in Fruita. Exit off I-70 and go right, if coming from the East. At stop light, City Market is on your right, go left 1 block to Triangle Park. We will hand out goody bags and do a quick bike fit with you.

\*9:00-11:30 – Skill's Workshop on the grass working on balance exercises, cornering practice, etc. We will also ride to the terrain park to work on more skills; riding logs, rock ledges, etc.

\*11:30-12:30 – Lunch back at Triangle Park; sandwiches, vegies, chips, fruit, cookies (let us know if special dietary needs)

\*12:30 – Load up bikes in van and drive to Kokopelli Trails parking lot.

\*1:00-4:00 – Coached ride on Kokopelli Trails. We will split into 2-3 groups according to ability. We will retry sections that we don't make, if in our ability level.

\*5:30 – Let's meet at the Mexican restaurant, El Tapatio, across the street from the La Quinta. I will make a reservation. \*(dinner not included in price of camp)

Sunday, May 20:

\*8:45-9:00 – Meet at La Quinta parking lot. Load up bikes in van to drive to 18 Road Trails.

\*9:45-12:30 – Coached ride on 18 Road Trails.

\*12:30-1:30 – Lunch and awards back at 18 Road parking lot.