

Mountain bikers of all skill levels are welcome. Ride sessions will be based on skill level. The camp will also include education sessions on topics important to mountain bikers, including: bike maintenance, environmental and trail ethics, trail design-/construction-/maintenance, nutrition, and yoga.

Students will stay at Hynd's Lodge or camp. Food will be provided for the entire camp. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park. Training sessions are designed so there will be a minimum of one adult leader per five students. Optional evening activities may include, campfires, star gazing, and evening hikes.

Due to the ever-changing conditions of the Covid-19 pandemic, we may need to make changes or cancel the camps. If this happens you will be notified by early May and a full refund will be provided. We appreciate your understanding, and are hopeful that the camps will proceed as planned.

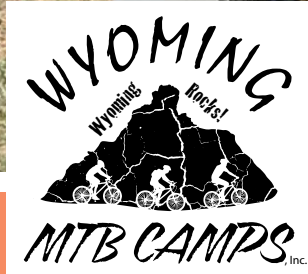


Offering girls of all ability levels the opportunity to gain confidence and skills through mountain biking.

Tackling the challenges of trail riding together, in a supportive environment, to develop the ability to handle diverse terrain.

Increase your enjoyment of the outdoors while making new friends and fostering an appreciation of cycling as a lifelong activity.

# SPONSORS



GRANITE RIDGE CAMP  
CURT GOWDY STATE PARK  
JUNE 16-20, 2021  
[WWW.WYOMTBCAMPS.ORG](http://WWW.WYOMTBCAMPS.ORG)

## DATES:

June 16-20, 2020 (6 PM Wednesday through 3 PM Sunday)

## COST:

\$395 + registration site fees. Scholarships are available for those students in financial need.

## AGE GROUP:

Female students entering grades 7-12 during the 2021-22 school year.

## FOOD:

Meals and food will be provided from breakfast on Thursday June 17 through lunch on Sunday June 20. Please let us know ahead of time if you have any dietary restrictions.

## WHAT TO BRING:

Basics – Bike, helmet, appropriate mountain biking attire, casual clothing, towel, swimsuit, and a great attitude. For a more extensive list of what to bring, download the list from our Downloads page at [www.wyoymtbcamps.org/downloads/](http://www.wyoymtbcamps.org/downloads/).

## RULES:

The Colorado High School Cycling League general student-athlete, equipment, and codes of conduct are used as a basis for the camp rules. Rules will be posted and enforced.

## REGISTRATION:

Opens at 5 PM on Friday February 5, 2021 and closes at 11:59 PM on Friday February 26, 2021. Initial participant selection will take place on February 27, 2021, so please have your student registered on the wait list by Friday, February 26, 2021 at 11:59 PM to make sure they are on the list for the initial camp selections. Students selected from the wait list will receive an e-mail on or about March 1, 2021 with the specific registration link and instructions.

If you need financial support (scholarship) for your student, please make sure to include that information when completing the wait list registration form.

Registration Limitations: Students may attend either the Stone Temple or El Alto camps in addition to the Granite Ridge camp. Students may also attend the Rock N Roller camp in addition to the Granite Ridge camp. If students wish to attend the Stone Temple, Granite Ridge and El Alto camps (i.e., all three) they should contact

## REGISTRATION LIMITATIONS:

Rich at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com) to make arrangements. Generally, students will be allowed to attend either the Stone Temple or Rock N' Roller co-ed camps, but not both, however when registering for the waitlist select all options for which you wish to be considered.

## CONTACT:

For additional information, e-mail us at [enduro.rv@gmail.com](mailto:enduro.rv@gmail.com)

## SCHEDULE (TENTATIVE):

Wednesday, June 16  
6 – 7 PM – Sign in and Orientation  
7 – 8:30 PM – Bike/Equipment Inspection  
8:30 – 10 PM – Evening Activities  
10 PM – Lights Out

Thursday, June 17  
7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12 PM – Ride Session  
12 – 1 PM – Lunch  
1 – 2 PM – Education or Skill Session  
2 – 4 PM – Ride session  
4 – 6 PM – Education Session and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

Friday, June 18  
7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12 PM – Ride Session  
12 – 1 PM – Lunch  
1 – 2 PM – Education or Skill Session  
2 – 4 PM – Ride Session  
4 – 6 PM – Education Session and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

Saturday, June 19  
7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Education or Skill Session  
10 AM – 12 PM – Ride Session

## SCHEDULE (TENTATIVE):

Saturday, June 19 (cont.)  
12 – 1 PM – Lunch  
1 – 2 PM – Skill or Ride Session  
2 – 4 PM – Ride Session  
4 – 6 PM – Education Session and Prepare for Dinner  
6 – 10 PM – Dinner, Cleanup & Evening Activities  
10 PM – Lights Out

Sunday, June 20  
7 – 7:30 AM – Yoga  
7:30 – 9 AM – Breakfast, Cleanup & Prepare for Ride  
9 – 10 AM – Skill Session  
10 AM – 12:30 PM – Ride Session  
12:30 – 1:30 PM – Lunch  
1:30 – 3 PM – Clean Lodge  
3 PM – Student Pick-up (If you would like to pick up your student before 3 PM you must work this out with Kate and/or Cynthia ahead of time.)

## ABOUT THE INSTRUCTORS:

Kate Rau helped found and is the Executive Director of the Colorado High School Mountain Bike League. She was the Program Manager of Singletrack Mountain Bike Adventures (SMBA) where she directed a 7-month season for riders ranging in ages from 7 to 17. She served as community outreach coordinator, sponsorship liaison, and planned adventures from trail work to epic rides across mountain passes. She is passionate about the benefits of positive youth development from the saddle of a mountain bike. Kate has a Masters Degree in Education and volunteers as a Court Appointed Special Advocate (CASA). She was a supervisor, training coordinator, and ski and snowboard instructor at Eldora Mountain Resort for 15 years. Kate's background includes working in the mental health field and environmental consulting.

Cynthia Dywan has been a professional bicycle mechanic for 15 years, earning her USA Cycling Race Mechanic certification in 2011. She holds a Masters Degree in Public Administration from the University of Wyoming. Cindy is a certified Colorado HS Cycling League (CHSCL) and NICA Level 3 Head Coach (7220 Racing, Laramie's high school mountain bike team), a certified Level 1 mountain bike instructor with the Bicycle Instructors Certification Program (BICP), a USA Cycling Level 2 Coach (with distinction), president of Laramie BikeNet, a member of the UW Bicycle and Pedestrian Safety Committee, a member of the Laramie Enduro Community Outreach Committee, the 2020 CHSCL North Division Coach-of-the-Year, and raced in and completed the 2014 Tour Divide.