

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, nutrition, and first aid.

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, 2022
WWW.WYOMTBCAMPS.ORG

DATES:

June 16-20, 2022 (noon Thursday through 3 PM Monday)

COST:

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

AGE GROUP:

Female students entering grades 7-12 during the 2022-23 school year

FOOD:

Meals and food will be provided from dinner on Thursday June 16 through lunch on Monday 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 wyomtbcamps.org/our-camps/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 Tuesday, February 15, 2022.

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 Rich at rich@wyomtbcamps.org 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 rich@wyomtbcamps.org.

SCHEDULE (TENTATIVE):

Thursday, June 16

12 – 1 PM – Sign in and Orientation
1 – 2 PM – Bike/Equipment Inspection
2 – 5 PM – Check/Organize students into groups based on skill level and Ride
5 – 6 PM – Debrief, Free Time & Prepare for Dinner
6 – 10 PM – Dinner, Cleanup & Evening Activities
10 PM – Lights Out

Friday, June 17

7 – 8 AM – Yoga/Stretching
8 – 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 18

7 – 8 AM – Yoga/Stretching
8 – 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

Sunday, June 19

7 – 8 AM – Yoga/Stretching
8 – 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 – Skill or Ride Session

SCHEDULE (TENTATIVE):

Sunday, June 19 (cont.)

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

Monday, June 20

7 – 8 AM – Yoga/Stretching
8 – 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 Jenn and/or Jodee ahead of time. All students are expected to help clean the camp/lodge area.)

ABOUT THE INSTRUCTORS:

Jenn Hess is a board member and volunteer coach of the Wyoming Mountain Bike Camps non-profit organization. She is a BICP Level 2 certified mountain bike coach. She is also the founder and director of the Rowdy Gowdy Women's Skills Camp and is the owner of Pedal Militia, LLC, where she organizes adult skills camps across the state of Wyoming. She is the current treasurer for the Laramie Enduro non-profit organization and volunteer coaches for numerous local organizations including the 7220 high school team. Jenn's main goal in life is to get more kids and adults on bikes!

Jodee Pring started mountain biking in 1994 on a Diamondback Sorrento Sport. She has grown to love the sport of mountain biking and in 2008 founded D.O.R.A., a mountain bike group for women riders. Jodee is a certified Colorado High School Cycling League Level 3 coach and the team director of WyoX, Cheyenne, Wyoming's middle and high school mountain bike team. She is a certified Level 1 mountain bike instructor with the Bicycle Instructors Certification Program (BICP). Jodee is on the Board of Directors for WyoX, Inc. and Wyoming Mountain Bike Camps, Inc. She is also a member of the Colorado High School Cycling League Rules Committee. Along with mountain biking, Jodee likes to hike, ski and scuba dive. She is retired and lives with her husband Mark and dog Ullr in Cheyenne, WY.