



ShredHERS/ShredCOED Grade 6 & 7 Mountain Bike Club

To: Mountain Bikers and their Parent/Guardian,

The Stoke Youth Network, in partnership with Revelstoke Cycling Association, Wandering Wheels, and SD19 are excited to offer a youth mountain biking program for Grade 6 & 7 this spring!

ShredHERS is for girl* in grades 6 & 7. This is coached by female instructors and no experience is necessary. The aim of this program is to encourage all levels of riders to get out on their bikes, have fun and build lasting confidence in the sport of mountain biking.

ShredCOED is for ALL grade 6 & 7 students. We heard that everyone wants to mountain bike so we are making it happen this year! This will be coached by Wandering Wheels instructors and no biking experience is necessary. Levels will be split up so everyone is getting the appropriate level of challenge

WHEN & WHERE

- **Date:** Tuesdays 3pm-5:30pm
- **Where:** Wandering Wheels
 - 709 Victoria Rd, Revelstoke, BC V0E 2S0
 - April 30th - June 18th
 - Alternating ShredHERS and ShredCOED Rides
 - ShredHERS Dates: April 30, May 14, May 28, June 11
 - ShredCOED Dates: May 7, May 21, June 4, June 18
- Instruction provided by Wandering Wheels coaches.
- Transportation to and from the trailhead is provided by Wandering Wheels

REGISTRATION

All youth must register AND have their online waiver signed to attend.

Please ensure the following steps have been completed:

1. Register by completing the online form. You can scan the **QR code** or visit the **link:** <https://forms.gle/BSeambZDGuEZi4Z1A>
2. Once you have accessed the online form, Parents/Guardians must and ensure they fill out an additional **online liability waiver** OR stop into the Wandering Wheels location to fill out the waiver in person.



EQUIPMENT

If you do have your own bike, please ensure it is in good working condition and bring it on the day of our ride. If you would like to participate and equipment is a barrier, please let us know on the registration form and we will do our best to provide your child with a free bike rental.

WHAT TO BRING

Helmet, comfy pants or shorts, close toed shoes, cold weather layers, backpack, water, snacks.

We look forward to having you on the trails with us this spring! If you have any questions, please email info@stokeyouthnetwork.ca.