



proudly present

9TH ANNUAL BEYOND BOW WOMEN'S MOUNTAIN BIKING SYMPOSIUM

Saturday, JUNE 13, 2009

9:00 a.m. – 4:30 p.m.

STONY CREEK METROPARK, SHELBY TWP, MICHIGAN

SKILLS CLINIC – Geared for the beginner, novice and intermediate rider. Learn how to ride trails; how to adjust your weight distribution on climbs and descents, and for cornering and braking. Learn to ride over logs and even how to do the bunny hop!



MAINTENANCE CLINIC –

Learn basic trail repair – fix a flat tire and a broken chain, the two most common problems on the trail. Find out how to clean and lube your bike properly.



MOUNTAIN BIKING 101 – A forum to answer all your mountain biking questions and share experiences with others. Discussion topics such as "I want to ride, what do I need?" "Ouch, I crashed, now what do I do?" "Want to try racing? Here's how to get started." Open Q & A.



COST OF SYMPOSIUM: \$20

Make check payable to State of Michigan

REGISTRATION DEADLINE: JUNE 5, 2009

Limited to 60 participants

COMPLETE REGISTRATION AT PAGE 2

- Symposium will be held at the West Branch "C" Picnic Area, follow the signs. For more information, go to http://www.metroparks.com/parks/pk_stony_creek.php
- Registration opens at 8 a.m. "Please be there early," the symposium will start promptly at 9.
- Participants will be riding and getting dirty; please dress accordingly. *Seminar will go rain or shine.*
- Participants will need to bring a sack lunch. Bagels and juice will be provided in the morning and snacks and water throughout the day.
- PARTICIPANTS PROVIDE THEIR OWN BIKE AND HELMET.



Michigan Department of Natural Resources

9TH ANNUAL BEYOND BOW
WOMEN'S MOUNTAIN BIKING SYMPOSIUM



REGISTRATION

This information is required by authority of the Michigan Department of Natural Resources for participation consideration.

WHERE - STONY CREEK METROPARK
WEST BRANCH "C" PICNIC AREA
SHELBY TWP, MICHIGAN

WHEN - SATURDAY, JUNE 13, 2009
ARRIVE: 8:00 TO 9:00 A.M. REGISTRATION
DEPART: 4:30 P.M.

REGISTRATIONS WILL NOT BE ACCEPTED BY TELEPHONE, FAX OR AT WORKSHOP!

Registration form fields: Name, Address, City, State, ZIP, Do you have special accommodation needs? If yes, please describe.

- All participants will participate in all clinics - Riding Skills Clinic, Maintenance Clinic, and Intro to Racing Clinic, and Mountain Biking 101.
Any questions? Contact Lynn Marla: marlal@michigan.gov 517-241-2225, or Tom Lining at bow@mmba.org

Please read and initial each section below and sign at the bottom.

I understand that bicycling can be a HAZARDOUS activity that has many dangers and risks, including injury or death resulting from accident or physical exertion. I agree to freely and expressly assume and accept any and all risks of injury or death, including injury, death, loss or damage attributable to the negligence of the sponsors and promoters of the Program, including the Michigan Mountain Biking Association (MMBA) the Michigan Department of Natural Resources (DNR) and other sponsors or affiliated organizations, and their respective agents, directors, officers, employees and volunteers.

I agree to release the MMBA and the DNR from any and all responsibility or liability for injuries or damages that result, either directly or otherwise, from my participation in the Becoming an Outdoors Woman Program (Program). I agree not to make a claim against or file suit against the MMBA, the DNR or other sponsors or affiliated organizations for injuries or damages to me relating to the Program.

If I become ill or injured, I consent to and authorize the provision of emergency first aid or medical treatment on my behalf.

CERTIFICATION

I certify that: All the information I have provided is true and accurate to the best of my knowledge, I have read and understand the information contained herein; I recognize and understand that the program involves some risks and I take responsibility for all action or injury that may result from participation, and I release the State of Michigan, and its agents and instructors, from any and all liability for any such injuries.

Signature Date

Make check or money order payable to "State of Michigan" and send with completed and signed Registration to:

CASHIER'S OFFICE
MICHIGAN DEPARTMENT OF NATURAL RESOURCES
PO BOX 30028
LANSING MI 48909

Table with 3 columns: INDEX (28310), FOR DNR USE ONLY (PCA 97300), AOBJ (9175)