

ride
with confidence

TrailFLOW

private / semi private
mountain bike lessons

TRAILFLOW PRIVATE / SEMI PRIVATE LESSONS

Whether you're a first timer or have been riding for years our experienced and certified mountain bike instructors help you take the guess work out of riding.

We focus on core skills and techniques essential to creating strong and confident riders. Our private and semi private lessons are tailored to your needs and goals, from cross country to free ride, to downhill we cover it all! Just let us know what you are looking to focus on and we'll fine tune a program just for you!

Common Skills Covered Include...

- *gearing selection*
- *slow and high speed cornering*
- *body positioning*
- *pedal positioning and ratcheting techniques*
- *effective braking*
- *basic bicycle maintenance*
- *drop off's and jumping*
- *line choice*
- *front wheel lifts*
- *technical trail features*

PROGRAM LENGTH	1 - 3 PARTICIPANTS	EXTRA PARTICIPANTS
2 hours	\$100	\$30 each
4 hours	\$180	\$40 each
6 hours	\$240	\$50 each

**HST applicable.*

Choose the perfect location for your program from our list of preferred trails *or* request a lesson on your favorite trail. Consider bundling multiple trails together for the ultimate riding experience!

TRAIL SYSTEM	SKILL LEVELS	AVAILABLE TERRAIN
Reservoir Park, Wolfville	Beginner, Intermediate	Cross Country / All Mountain / Skills Park / Pumptrack
Anima Mundi, Gaspereau	Beginner, Intermediate	Cross Country
The Gorge, Kentville	Intermediate, Advanced	Cross Country / All Mountain / Downhill Free Ride / Skills Park
The Links, Woodville	Beginner, Intermediate	Cross Country / All Mountain
Burgher Hill, Kentville	Beginner, Intermediate	Four Cross

**Travel fees may be applicable for trails not listed, please contact TrailFlow for an estimate. Multiple trail bundling only available on four and six hour programs.*

For any questions or to book a clinic please contact:

CLINICS@TRAILFLOW.CA

1 902 300 9449

TRAILFLOW PRIVATE / SEMI PRIVATE LESSONS

Registration form page 1 of 2

Program Information:

Date(s) : _____

Location(s) : _____

Total Program hours : _____

Total Number of Participants: _____

Participant Information:

Name: _____

Age: _____ Male Female

Date of Birth: _____

Home Phone Number: _____

E-mail: _____

Mailing Address:

City: _____ Province: _____ Postal Code: _____

Parent/Guardian: (if under 18)

Name: _____

Work Phone: _____

Cell Phone: _____

E-mail: _____

Emergency Contact:

Name: _____

Work Phone: _____

Cell Phone: _____

Relationship to participant: _____

Medical:

Known allergies: _____

Existing medical conditions: _____

Additional Information: _____

Mountain Biking Experience:

How often does the participant ride their bike? _____

Where do they enjoy riding? Dirt roads Gravel paths Smooth trails

Technical trails Jumps / drops Downhill

What would they like to learn in this program? _____

When was the last time their bike was tuned up/repared? _____

Are you needing a rental bike or helmet? Yes No

(Limited qualities and sizes available)

TRAILFLOW “Ride Improvement Program” Waiver, Release & Indemnity

I understand and agree that my participation in tours, programs, races, or activities organized, operated, conducted and related in any way to **TrailFlow Outdoor Adventures** and its members registered is conditional upon my understanding and signing of this document.

1 I am aware that cycling contains elements of risk that involves the possibility of personal injury or death.

2 I accept these risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence or negligent rescue by those associated in any way with **TrailFlow Outdoor Adventures** events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (*the “Releases”*).

3 I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.

4 I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safety continue for any reason.

5 I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against TrailFlow Outdoor Adventures, and all other Releases from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier’s Liability Act, on the part of the Releasees.

6 I AGREE NOT TO SUE and I further agree **TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (*on my behalf and on behalf of my heirs, executors, administrators and next of kin*), including the giving up of my right to sue.

NAME OF PARTICIPANT: _____

SIGNATURE OF PARENT OR GUARDIAN: _____

WITNESSED BY: _____

DATE: _____

