

ride  
*with confidence*

*Trail*FLOW

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	\$120	\$40 each
4 hours	\$200	\$50 each
6 hours	\$260	\$60 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	KM OF TRAIL
Reservoir Park / Millennium Trail, Wolfvile	Beginner, Intermediate, Advanced	Cross Country / All Mountain / Skills Park / Pumptrack	6 KM
Anima Mundi, Gaspereau	Beginner, Intermediate	Cross Country	6 KM
The Gorge, Kentville	Intermediate, Advanced, Expert	Cross Country / All Mountain / Enduro Downhill / Free Ride / Skills Park	7.5 KM
Burgher Hill, Kentville	Beginner, Intermediate	Four Cross	0.5 KM
Irishman's Road / Meadow Pond, Gypsum Mines	Beginner, Intermediate	Cross Country / All Mountain	10 KM

\*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.

# 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 19)

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 (PARENT / GUARDIAN if under age 19):** \_\_\_\_\_

**WITNESSED BY:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

