

# Rider Skills Clinic

## with, Sid Taberlay & Manny Prado

**Date:** Sept 26th, 9:00 AM - 3:00 PM

**Location:** Aliso - Woods Park

**Rider Level:** New to Intermediate

**Presented by:** Efficiency Coaching



*Do you enjoy learning from the best?*

*Are you ready to increase your off road riding confidence and skill set?*

**Join two top US pros whose only goal will be to teach you everything they know!**

**Sid Taberlay** - 5-time Australian National Champion and Athens Olympian well respected for his ability to handle a bike and his unmatched passion for teaching those skills to others.

**Manny Prado** - Our own local Sho-Air pro who has blown through the mountain biking ranks to become this year's Costa Rican National Champion. Manny posses amazing bike handling skills and a knack for teaching others.

Under the watchful eyes of these top professionals you will safely explore your limits, build your confidence, and learn techniques for continuing to build your skills over time.

### **What you'll learn:**

- **Braking** – When & how to effectively control your speed without sacrificing your momentum.
- **Cornering** – Both low speed and high speed cornering techniques to optimize traction & control.
- **Climbing** – Maintaining traction and control, line selection, and clearing obstacles mid-climb.
- **Descending** – Maintaining fluid control while staying relaxed, smooth, & confident.
- **Clearing Obstacles** – Bunny-hops, log/rock hopping, tight switch backs, etc.
- **Bike Maintenance & Set-up** – Race & Recreational set-ups.
- **Nutrition** – On and off the bike nutrition topics, plus Proven Pro tips.

### **Registration / Cost -**

**\*\*Space is extremely limited. Riders will be accepted on a "first-come-first-serve" basis\*\***

- **Early Bird Registration:** Before Sept 12<sup>th</sup>; **\$200**
- **Late Registration:** Sept 13 – 25<sup>th</sup>, **\$225** (if spaces are still available)
- **Morning of Clinic:** **\$250** (if spaces are still available)
- **Who to Contact:** Call or e-mail Craig Hopps: [chopps100@cox.net](mailto:chopps100@cox.net), (949) 331-5017