

BACKCOUNTRY BIKE ACADEMY FAQs

What is a typical Backcountry Bike Academy Clinic like?

In a nutshell, all of our clinics are filled with loads of fun and massive amounts of learning through our meticulously-designed drills. Throughout the clinic you'll work one-on-one with your coach, getting specific, direct feedback on each drill and skill. We will differentiate instruction / split into groups as needed based on the participant abilities. Maximum student to teacher ratio is 6 : 1.

For two day camps, each day begins with a morning check-in. At this point, we will sign participant agreements, answer questions, and discuss the plan for the day, etc. The first morning session is developing a skill through drills, generally in a parking lot. We strongly believe in the power of practicing well-designed and specific drills in a safe environment to improve skills and confidence. We will take a short break for lunch before hitting the trail for the afternoon. Sometimes, driving to a nearby trailhead will take place during the lunch break. The focus of the afternoon trail ride will be the skills that you practiced in the morning. We will wrap up between 4:00 and 5:00 with a review of the day and some time to answer questions.

ShredPrep camps cover most of the same topics as our Signature Two Day Camps, but meet once per week for four weeks. At each session you will meticulously practice one to two skills, that you can then focus on for one week before the next session.

What should I bring?

A well-tuned and properly functioning mountain bike

Helmet

Full-fingered biking gloves

Bike shoes and pedals that you normally use. (If you use both clipless and flat pedals, we recommend using flat pedals at the clinic, as wearing flats for practicing drills will help you develop proper body position and habits.)

Hydration pack or fanny pack if you ride with one

Lots of water

Snacks and lunch

Sunscreen

Layers of clothing to stay warm or shaded if it is hot

When and where to do we meet?

You will receive an email the week prior to the camp with all meeting times and locations. Please be sure to read these instructions carefully and notify us if you have questions.

What if the weather is bad?

The clinic will go proceed as planned regardless of weather. Please come prepared with appropriate clothing. We do not give refunds due to weather.

What is the cancellation policy?

Cancellations made more than 30 days before the camp will receive a full refund. No refunds will be given for cancellations made within 30 days of the camp.

Note that this cancellation policy includes cancellations due to injuries and emergencies. We highly recommend that you purchase trip protection.