

The Outdoor Education Group & Ben Mikic Foundation for Young Cyclists



Mountain Bike Training Camp

A unique MTB skills based training experience

Sat & Sun 2nd & 3rd October 2010



The Program: offers a unique mountain bike skills training experience. It is designed to cater for participants with little to no mountain bike experience to more advanced riders.

Physical requirement: At a minimum a general level of fitness.

Groups: Participants will be divided into groups determined by level of experience and fitness. There will likely be two main groups.



Who is running it: OEG professional staff members and BMF Friends and experienced riders.

Venue: Innabaanya Campsite Majura Road, ACT with riding in Majura Pines State Forest.



Accommodation: Bunks within Bunya Bunya Cottage and camping in tents (*tents provided*)

Catering: Dinner Saturday, Breakfast & Lunch Sunday provided.



Age : 11 - 20

Cost: \$180 per participant

For more information: please visit: www.oeg.net.au/bmf or www.benmikicfoundation.org.au

Registrations: close Friday 17th September 2010, registration forms are available at the above web addresses.

Telephone Enquiries: Liz Brennan (02) 4869 6700



growth through experience

THE
OUTDOOR
EDUCATION GROUP