

## **Mountain Bike Skills Clinic** *for Beginner and Intermediate Riders*

**Join the Southern NH Chapter of the New England Mountain Biking Association for a fun morning of instruction and riding!**

**When:** Saturday, May 3  
**Time:** 10am – 12pm  
**Where:** Stellos Stadium parking lot  
Riverside St., Nashua, NH

We'll spend some time going over mountain biking basics; handling techniques, proper bike fit, how to change a flat tire and other common trailside repairs. After, you can try out your new skills on the trails in Mine Falls Park.

**Bring:** A bike in good working condition, a helmet (mandatory!) & water. Children welcome with an adult who is also riding. Rain will cancel.

**Sponsored by: Eastern Mountain Sports**

It's best to call 493-4779 to confirm or visit [www.snemba.org](http://www.snemba.org) for the latest details.