

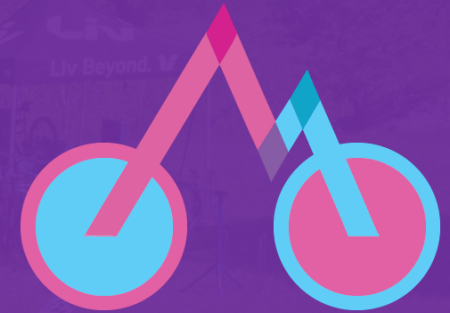
Calling All Ladies Who Would Like To:

- Improve your mountain biking skills whether you're a beginner or intermediate rider.
- Learn basic trail side repair
- Learn in a fun, supportive environment
- Meet local women riders
- Ride bikes
- Camp under the stars
- Have a ton of fun
- LET'S GET ROWDY!

About us

Following successful youth camps at Curt Gowdy State Park, a group of women coaches were interested in putting together a camp for women.

Our goal is to promote women on bikes. We focus on basic skills that will encourage confidence, development, and fun.



ROWDY GOWDY CAMP

Women's Mountain Bike Skills Camp

June 4-6, 2022

Curt Gowdy State Park

CHECK OUT

www.gowdywomenscamp.com
rowdygowdycamp@gmail.com



Come Join Us!



A total of **30** participants will learn mountain biking skills, meet local riders, and enjoy fantastic trails.

Located at **Camp Jack**, participants will need to bring their own camping gear.

There will be a minimum of **one** coach per **five** camp participants. Camp will focus on beginner and intermediate skill levels.

Contact us for more information:
rowdygowdycamp@gmail.com

Camp Information

Dates:

June 4-5, 2022

Where:

Camp Jack at Curt Gowdy State Park
Cheyenne, Wyoming

Cost: \$260

Requirements:

Women 21 years and up.
Limited to 30 participants

Food:

Food will be provided for meal times.
Bring snacks. Please let us know if you have any dietary restrictions.

What to bring:

Bike, helmet, biking attire, casual clothing, camping gear such as tent, sleeping pad, sleeping bag, and camp chair.

A more detailed list will be provided following registration.

Tentative Schedule

Friday June 3rd

- **6:00PM** Early sign-in
- **6:00-7:00PM** Early bike inspection

Saturday June 4th

- **8:00AM** Sign-in & orientation
- **8:30AM** Bike inspection
- **9:30AM** Skills session
- **Noon** Lunch
- **1:00PM** Group ride by skill level
- **4:00PM** Camp discussion
- **5:00-10:00PM** Dinner & Fun

Sunday June 5th

- **7:30AM** Yoga
- **8:00AM** Breakfast
- **9:00AM** Mechanic session
- **9:30AM** Ride or Skills session
- **Noon** Lunch
- **1:00PM** Ride
- **4:00PM** Pack-up & head home

