

COPPER HARBOR LADIES WEEKEND PRELIMINARY SCHEDULE OF FUN

July 28th, 29th, & 30th, 2017



Why yes it is the 5th Annual Ladies Weekend!

FRIDAY

- 11:00 AM– 12:30 PM **Participant Check-In @ Copper Harbor Community Building**
Name Plate Art Session
Bike Setup – Suspension, brake position, saddle height, etc.
- 1:00 PM Welcome and Coach Intros @ Grant Township Park
- 1:30 PM – 4:30 PM Fundamental Skills & Drills @ TBD
- 4:30 PM – 7:00 PM *Dinner on Your Own*
- 7:00 PM – 9:00 PM **Evening Presentations @ Grant Township Park**
Session 1 (7:00-7:30): Choose Your Session
Session 2 (7:30-8:10): Choose Your Session
Topics May Include: Fix A Flat; How to be A Trail Advocate; Basic Bike Repair; Advanced Suspension Setup; Stretching and Conditioning; Pedal, Shoe, Tire (PSI); Basic Bike Fit and Suspension Setup; Basic Bike Maintenance; Brakes & Maintenance; Overcoming Fear
Break (8:10-8:20): Beverages Served
Session 3 for ALL ATTENDEES (8:20-9:00): Body Position with Lindsey

SATURDAY

- 9:00 AM Yoga/Stretching @ Spirit of the North Wellness
- 9:30 AM - 12:30 PM On the Trail Learning/Skills & Drills
Shuttles provided by Keweenaw Adventure Company
- 12:30 PM Lunch on the Beach @ Hunter's Point (Food Provided by the Mariner North)
- 1:30 PM – 4:30 PM On the Trail Lessons (Meeting Location – Determined by Coach)
- 4:30 PM – 7:00 PM *Dinner on Your Own*
- 7:00 PM Evening Social and Fun in the Park (Beverages Served)

SUNDAY

- 9:00AM Sip and Sweets plus Group Photo @ the Copper Harbor Overlook
Note: Allow yourself 30 minutes to ride up Brockway Drive to the Overlook – Coffee, OJ, and Morning Treats served by Jamsen's Fish Market & Bakery
- 10:00 AM – 1:00 PM On the Trail Learning - Choose Your Own Session* Meet @ Grant Township Park
*Note: Sign Up on Saturday Night.
Shuttles provided by Keweenaw Adventure Company
- 1:00 PM Picnic in the Grant Township Park - Food Provided by the Pines Restaurant
- 2:00 PM Weekend Wrap Up & Swag Toss

TENTATIVE SCHEDULE

Thank you for supporting the trails and businesses of Copper Harbor!