

COPPER HARBOR LADIES WEEKEND PRELIMINARY SCHEDULE OF FUN

July 27th, 28th, & 29th, 2018



Welcome to the 2018 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**
Choose Your Session 1 (7:00-7:30): Options (TBA) - All About Wheels, Basic Bike Maintenance/Cleaning, Overcoming Fear, Suspension Setup, Stretching for Cycling
- Choose Your Session 2 (7:40-8:10): Options (TBA) – Bike Fit and Bike Options, Basic Bike Maintenance/Cleaning, Fix A Flat, Overcoming Fear, Adjusting those Damn Derailleurs.
- Break (8:10-8:20): Beverages Served*
- Session 3 for ALL ATTENDEES (8:20-9:00): TBA

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 @ Overlook
**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 Give Away

Thank you for supporting the trails and businesses of Copper Harbor! Now go ride your bike.