

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 – 12:30 AM

Participant Check-In @ Copper Harbor Community Building

Name Plate Art Session

Quick Bike Check – 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

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 Slide Show in the Park (Beverages and Appetizers 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

***This preliminary schedule is intended as a guide to the weekend.
FINAL SCHEDULE WILL BE EMAILED TO PARTICIPANTS.***

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