



Bike Enhancement Seminar 2023

A Bike Enhancement Seminar is going to be held this fall at Cuyuna.

This class is for current bike patrollers and any patroller who is interested in seeing what it's all about.

Where: Cuyuna Trail System, Miners Mountain Rally Center

Date: Sept 16th

Time: 9 am to 4 pm

Limit: 12 riders

Cost: \$25.00

Agenda:

- 8 am Registration Start
- 9 am Hard Skills: NBP Bike 101 skill set
- 11 am Soft Skills: Active listening, nervous system stabilization, etc
- 12 pm Lunch
- 1 pm Skills Work, Teaching Ideas, etc
- 3:45 pm Wrap Up

We will have 2 BICP instructors teaching the class.

Instructors for the day:

- Erik Moe
 - BICP level 2
 - Director for the Cuyuna Lakes trail system
 - Minnesota Cycling Association Demo Team Lead (MN HS League)
 - moebike.net
- Mari Kivisto
 - BICP level 2
 - Minnesota Cycling Association Demo Team (MN HS League)
 - sureshiftmtb.com

To sign up visit the Western Region site <http://www.nspwr.org/> Click on the events calendar and scroll to the Sept 16th date and click on the event.

Then to get credit for the course, sign up on the Center for Learning on the NSP site.