



BIKE ENHANCEMENT SEMINAR
September 16th - 9am - 4pm

**Cuyuna Trail System,
Miners Mountain Rally Center**

- 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

Instructors: Erik Moe & Mari Kivisto

For more information and to sign up visit www.nspwr.org
Click on the events calendar and scroll to the Sept 16th date and click on the event.

