



# TRAILSKILLS

October :: 2009 :: Alexandra

## KTM RIDER TRAINING

### Chris Birch & Joe Forsyth

Here is your chance to learn the basics of dirt bike riding and maintenance for off-road riders. Each of these full-on 1 day courses is designed to give you the know-how to set-up your bike, suspension and learn to ride safe and fast .

If you are competing, getting back into riding, just getting started and want to make your riding easier or simply want to see how the experts do it, fill in the entry form as fast as you can and get it to: **Trailskills 2009**, 5 Samson St, Alexandra

Chris has represented NZ at ISDE's, trials competition and international extreme enduro events and is five times NZ enduro champion. Joe Forsyth has been riding for 30 years, has won ISDE silver & bronze, represented NZ, and is a tour guide and operator. These guys

have seen and done it all and both will inspire you to be the best you can.

You'll learn real world riding techniques like:

- hill recovery technique
- how to ride ruts, hills and corners
- pick a hot line and save energy
- clutch use and technical riding
- bike setup and riding position
- tools to carry and how to use them
- tire choice and fixing flats
- suspension basics and much, much more.

There will be notes to remind you and a great trail skills course to practise on!

**Where:** Alexandra, Central Otago

**Dates:** From Monday Oct 4th to Thursday Oct 15

Please check the website

[www.trailskills.co.nz](http://www.trailskills.co.nz) for dates, entry forms and other details

**Cost:** \$150.00 inc gst

**Notes:** Includes: MNZ Qualified coaches, great training track, notes, graded days and real world trail riding skills. Numbers will be limited at each day to allow great coaching.

**Entry Forms:** Available from

[www.birchy.co.nz](http://www.birchy.co.nz)

or

[www.trailskills.co.nz](http://www.trailskills.co.nz)



HighCountryTrail

