

NEO YOUTH MOUNTAIN BIKING GROUP

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There is a youth initiative happening in NE Ohio with the simple premise to get kids outdoors and experience mountain biking. We have branded ourselves as the NEO Youth Mountain Biking Group.

Every Wednesday at 6:30 during the months of July and August the Ohio Inter Scholastic Mountain Biking Group has been conducting youth rides in conjunction with the CAMBA group rides. So far 21 great kids have attended the sessions where we work on a few skills and then head out on the trail to put the skills to use. We have kids aging from 6 - 17 years old attending. For all the latest updates on the group follow us at www.331racing.com and/or www.camba.us



Group from Wednesday, July 27, 2011

Our skills are coming along nicely and our focus has been on developing balance on the bike, learning what our power stroke is, keeping the pedals level during certain times and understanding when to keep our inside foot up when cornering. The group has enjoyed participating in our slow races, knock out, weaving around poles while at speed and the newest game, bike limbo!

On July 27, the group did their first time trial. The following times were recorded and we will time trial each week now to see how our speed progresses.

| RACER | TIME | AGE |
|----------|------|------|
| THOMAS | 1.15 | 12.5 |
| TYLER D. | 1.29 | 13 |
| TYLER M. | 1.10 | 9 |
| BEN | 1.09 | 10 |
| ALEES | 1.40 | 6 |
| DEVON | 1.27 | 9 |
| LANCE | 1.30 | 7 |
| CORY | 1.18 | 11 |
| TYLER C. | 1.24 | 10.5 |
| MITCH | 2.43 | 12 |
| | | |

