

## Testimonials

### **April 2005, Laura Flynn, Squamish, BC**

"Before Angie's coaching, I spent almost as much time off my bike as on it. In a few hours, Angie taught me so much about technique!

Angie has an amazing amount of patience and is really perceptive; she is able to see small but crucial mistakes in technique and correct them.

I would recommend her coaching to anyone looking for improvement."

### **Summer 2004, Julie Case, Vancouver, BC**

"Angie, your one on one coaching last year was awesome! All the insightful tips on my weaknesses made learning new skills and correcting bad habits a breeze.

I highly recommend Angie's one on one coaching to anyone new to mountain biking or anyone wanting to work on specific skills."

### **May 2005 "Better Health Naturally" Family Chiropractic, Dr. Lori Broker, Squamish, BC.**

"There was a time when I was sure I would never get on a bike again. Then I met Angie.

She is an incredible teacher. She is consistent, encouraging, and fun! She has amazing biking skills and knowledge of the trails.

I would highly recommend Angie as a Biking Coach. Now I live for time on my bike!"

### **May 2005 Scott Bigg, Burnaby, BC.**

"When riding the vast and varied network of trails in the Squamish area, I can think of no one better to guide than Angie!

A true "hardcore" rider who knows the trails like the back of her hand, and the skill to ride them. You'll get an endless source of inspiration and knowledge with Angie leading the way."

## About Angie

Pioneer of mountain biking protective wear Angie Ho, founder of **Core Rat**, a local **Squamish based** company since **1996**, continues to keep mountain biking protective wear on the leading edge.

With several of her products listed as 2004 Choice Awards on the Mountain Bike Review site [www.mtbreview.com](http://www.mtbreview.com), Core Rat continues to provide a line of cutting-edge Extreme Bike and Body Protective Wear.

## Costs and Bookings:

All clinics and tours are tailored to your fitness, equipment, experience and time limits; beginner to advanced. The clear focus is on **your** needs.

### Clinics

**One on One Clinic:** \$45.00 per 1.5 hour session. Additional time: \$30.00/hour.

**One Plus Your Buddy Clinic:** \$70.00 per 1.5 hour session. Additional time: \$45.00/hour.

### Tours

**One on One Tour:** \$30.00 per 1.5 hour guided tour. \$60 for 3 hour guided tour. Full day tours available at \$100 (4-5 hour split session).

**One Plus Your Buddy Tour:** \$45.00 per 1.5 hour guided tour. \$85 for 3 hour tour. Full day tours also available at \$135 (4-5 hour split session).

Clinics and tours offered year-round, rain or shine. Please call ahead to book.

**For more information about clinics or mountain biking products:**

Call: (604) 892-3310

Or visit: [www.corerat.com](http://www.corerat.com)

# "One on One" Mountain Biking Clinics and Squamish Tours



## Hello fellow mountain bikers!



Would you like to improve your technical riding skills? Would you like to find your way around Squamish trails with a certified personable local Squamish tour guide?

Are you a new rider, and would like help with your basic bicycle handling skills?

Do you find yourself stressing out or struggling with certain technical descents, hill climbs or hair pin corners?



Do you find yourself constantly running out of energy trying to complete your ride?



Do you find yourself without the balance to make certain key moves?

Are you looking for some tips on how to prepare for race season?

## Accreditation and Experience:

As a certified Cycling BC Mountain Bike Instructor, Coach and Tour Guide, and more importantly to you, as someone with thousands of hours of riding experience, I can give you the edge you are seeking.



I am a veteran mountain biker of 18 years; raced cross country, rode "free-ride" style for decades and pushed the sport since the beginning of the era.

With an intimate knowledge of our Squamish trail network, I am able to choose appropriate trail sections to work on the areas in which you want to improve!



I am pleased to offer you "**One on One**" and "**One plus your Buddy**" mountain biking clinics, coaching and tours.

There are many benefits to one on one coaching. Some of these include:

- Progression at your pace. We go over your "trouble" spots until you feel comfortable with them.
- We focus and work on those specific areas where **you** want to see improvement.
- You receive 100% of the instructor's attention, and therefore also receive 100% instant feedback on how to improve.
- You receive tips on setting up your bike according to your riding style and body type.

Aside from technical riding information, I can assist you with:

- What to eat and when
- Tips on basic strength training
- Training to be fit, for racing, or for fun
- Race or competition preparation

**You get more out of your time and energy, because it's all about "you".**

## Some things to consider:

🚲 Mountain Biking is an adventure sport with inherent risks. Completing a waiver is required before each clinic. If you have arm and knee/shin pads, please bring them. Gloves and helmets are mandatory.

🚲 Please arrive with your mountain bike in good working order.

🚲 Minimum session length is one and one half hours. This allows for time to warm up and time to practice the skills. We can extend these sessions to meet your needs, as required.

🚲 If you are interested in working on your "trouble" spots, think about what sections on specific trails you have trouble with, or what conditions give you trouble.

🚲 Make a note on goals you would like to achieve. That gives me a better idea of what you would like, and I can therefore better help you reach your goals.

🚲 Bring along some high energy trail food or snacks to help maintain your energy level. A minimum of one water bottle is suggested, more if the weather is hot and/or the ride is long.

## Equipment and bike rentals:

Need some better gear to push your limits?

I can provide dual suspension mountain bike rentals (including helmet) for \$45.00/day flat rate during peak season.

Leg and Arm Armour is also available at \$10.00 day flat rate.

Call ahead to book these items.