

## Riding Technique Courses in the Bikepark Bad Wildbad

	<b>Beginners I</b>	<b>Beginners II</b>	<b>Advanced III</b>	<b>Trailcourse IV</b>	<b>FREERIDE, FUN &amp; STYLE</b>
<b>Current Riding Level</b>	You can ride a bike, but have so far used a trekking or a city bike. Now you want to try a Mountainbike and learn about the riding techniques	You are already riding a Mountainbike on easy forest tracks or you have experience on a road bike and want learn more about riding on trails and become more firm	You have already some experience in mountainbiking even on easy singletrails but you want to learn more about the safe technique for bends and breaking	You have a lot of experience on the mountainbike, are often riding on singletrails and want to learn more about really challenging trails – especially to become more confident and faster	You have a lot of experience on Bikepark Trails but are a little inecure with big jumps , gruffy stonefields or drops and want to master these things with a flow .
<b>Precondition / Bike Requirement</b>	physical standard : easy with MTB Hardtail	physical standard : easy with MTB Hardtail	Physical standard: middle with MTB Hardtail or. Fully	Physical standard: middel – high Only MTB-Fully	Physical standard: middel – high Only MTB-Fully
<b>These are the basic points</b>	<ul style="list-style-type: none"> <li>- Correct braking and changing gears</li> <li>- Basic position on the bike</li> <li>- Balance on the bike</li> <li>- To cope small bumps and loose grooves</li> <li>- Getting safeness and confidence on the bike</li> <li>- Choosing the correct clothing</li> <li>- Route Planning</li> <li>- The best sitting position</li> <li>- Start on easy uphill</li> </ul>	<ul style="list-style-type: none"> <li>- Quick repeat of the basics of the Beginners I course</li> <li>- Simple troublemanagement with changing a tyre, hints for maintainance of the bike, the correct tire pressure</li> <li>- Exercise trails e with e.g. loose surface turnes, small branches and bumps</li> <li>- Safe riding of singletrails</li> <li>- How to use the cable lift</li> <li>- Tour planning</li> <li>- best sitting position</li> <li>- optimal chaning of gears</li> </ul>	<ul style="list-style-type: none"> <li>- Quick repeat of the basics of Beginners II course</li> <li>- Narrow bends and switchbacks</li> <li>- Advanced breaking exercises e.g on loose surface</li> <li>- Riding over obstacles , lift up the front wheel</li> <li>- Steep downhill</li> <li>- Foresighted riding</li> <li>- Tight curves</li> <li>- Training Tricky passages</li> <li>- Effective chaning of gears</li> </ul>	<ul style="list-style-type: none"> <li>- Quick repeat of the Advanced III course</li> <li>- taking the best line up- and downhill</li> <li>- braking on tight trails</li> <li>- starting in steep uphill</li> <li>- Riding over obstacles such as roots, steps (up- and downhill)</li> <li>- Fluently riding on trails</li> <li>- Exercises for a bunnyhop</li> <li>- pushing technique</li> <li>- Enviroment protection on tours</li> </ul>	<ul style="list-style-type: none"> <li>- Quick repeat of Trailcourse IV</li> <li>- Jumps</li> <li>- Drops</li> <li>- Choosing the best line</li> <li>- steps</li> <li>- rooty and rocky passages</li> <li>- Bunnyhop</li> <li>- Material science with maintainance (adjustment of the rear shock)</li> </ul>
<b>Location</b>	<ul style="list-style-type: none"> <li>- Parcours and Dual Slalom in the Bikepark</li> <li>- Short Tour on the high plateau of the Sommerberg</li> </ul>	<ul style="list-style-type: none"> <li>- parcours,</li> <li>- Dual Slalom</li> <li>- Kärcher Freeride</li> </ul>	<ul style="list-style-type: none"> <li>- Parcours</li> <li>- BikerX</li> <li>- Singeltrails and Freerides</li> </ul>	<ul style="list-style-type: none"> <li>- Parcours</li> <li>- Bikepark Freeride</li> <li>- Downhill Trails</li> </ul>	<ul style="list-style-type: none"> <li>- Parcours</li> <li>- Downhills</li> </ul>
<b>Participation Fee</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 59</b>

	<b>Best Age (Ü40)</b>	<b>Golden Age (Ü50)</b>	<b>Ladies</b>	<b>Alpcross</b>	<b>Kids/ Teens</b>	<b>Race (2 Tage)</b>
<b>Current Proviency Level</b>	You have experience with a mountainbike on easy tours, skilled bikers with experience on singletrails or beginners from the roadbike division			You are really skilled on the bike, even on rocky and difficult trails and are planning an Alpcrossing. The correct technique, tips and tricks for an Alpcross-Tour	Kidsgroup: 8-11 years Teensgroup:12-16 years	You have already finished your first races but want to get more effective with the coachwork and training and want to improve your technique for the competitions.
<b>Precondition / Bike Requirement</b>	Physical standard: easy to medium MTB hardtail or Fully			Physical standard: medium to high	Physical standard: easy to medium	Physical standard: high MTB hardtail or Fully
<b>These are the basic points</b>	For these courses we offer each with two levels. These Levels contain the basic points of the beginners II and advanced II course .			<ul style="list-style-type: none"> <li>- taking the best line up- and downhill</li> <li>- braking on loose surface</li> <li>- starting in steep uphill</li> <li>- Riding over obstacles such as roots, steps (up- and downhill)</li> <li>- Fluently riding on trails</li> <li>- Exercises for a bunnyhop</li> <li>- Pushing technique</li> <li>- Enviroment protection on tours</li> <li>- Rocky and rooty passages</li> <li>- Material science with maintainance</li> <li>- suitable and essential baggage</li> </ul>	<ul style="list-style-type: none"> <li>- best braking and changing gears</li> <li>- best position on the bike</li> <li>- Balance on the Bike/ Balance-Exercises</li> <li>- Getting safeness and confidence on the bike</li> <li>- Playfull security exercises</li> <li>- Small jumps</li> </ul>	<ul style="list-style-type: none"> <li>- Preparation for a marathon</li> <li>- Training methodology</li> <li>- taking the correct line up- and downhill</li> <li>- managing steep uphill</li> <li>- getting fluently on and off the bike</li> <li>- race tactics</li> <li>- nutrition</li> <li>- sitting position</li> <li>-</li> </ul>
<b>Location</b>	Parcours and different trails in the Bikepark			<ul style="list-style-type: none"> <li>- Parcours</li> <li>- Bikepark Freeride</li> <li>- Downhills</li> </ul>	<ul style="list-style-type: none"> <li>- parcours,</li> <li>- Dual Slalom</li> <li>- BikerX</li> <li>- Freerides</li> </ul>	<ul style="list-style-type: none"> <li>- Mountainbiketrails around and on the Sommerberg</li> <li>- Dual Slalom</li> </ul>
<b>Participation Fee</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 59</b>	<b>EUR 52</b>	<b>EUR 169 (incl. dinner, bed and breakfast)</b>

## The combination-offer:

### *Weekend with advanced course III and trialkurs IV*

Additionally to the described contents of both courses the trainers are doing analysis by videoing the exercises. In the evening the tapes will be evaluated. Besides the guides show some good and necessary tricks for maintainance so you gain insight in the most important reparings at your bike.

The price of EUR 169 contains beside the participation fee a cozy dinner, bed and breakfast in the guesthouse Schmid, the video analysis and the materialsience

**For the booking of two or more day courses you get a 10 % discocunt (not valid for the combination offers)**

Bank Transfer of the fee on the account of the  
Radsportakademie at the Volksbank Pforzheim  
Bank code 666 900 00  
Account No. 127 040 95  
IBAN: DE04 6669 0000 0012 7040 95  
BIC: VBPFDE66

**The courses are from 10.00 am - 4.00 pm, for children and teens till 2.00 pm!**

Further Course descriptions see below!

**Individual Dates on request!**

### **Why take a course with us?**

- beautiful nature and landscape
- 8 different trails and degrees of difficulty for everybody
- comfortable transportation with cable car & mountain railway, so you have more energy to enjoy the trail
- effectiveness, as theory and practice are combined together
- with safety and routine makes mountain biking even more fun
- competent coaches with many years experience in Bikepark, Cross-Country, bicycle equipment and competitions
- using of transportation is included in the course price (cable car, mountain railway)
- small groups (minimum 5, not more than 10 persons per teacher)

### **Course content:**

- best sitting position
- brake technique
- cornering technique
- balance training and best up- and downhill riding
- start riding at hillside uphill
- right changing gears
- riding obstacles
- riding the trails in the Bikepark to get praxis
- right way getting on and off the bike

The riding level will be adapted on the participants and perhaps expanded with themes like the right way of getting on and off the bike. We do not want to misjudge weaknesses or quality. Therefore please read the relative description of courses and decide then, which course is best for you.

**Advice:**

Downhill is conditionally very challenging!! That's why you should dispose of a certain basic condition, maybe from other sports. We are considerate of everybody, however a certain basic handling with a mountainbike e.g. in traffic is required. Please wear usual authorized biking clothes.

Recommendation: bring enough to drink with you, a snack or money for the lunch break

**Equipment:**

Either bring your own mountain bike (bikes with min. 1,9" size tires), or rent a bike in the bike station (only with pre-reservation, phone: +49-7081-380-120 – at least one week in advance). Please do not bring city or trekking bikes (suspension fork is recommended!).

For safety reasons protectors and (full visor)-helmet, breast and back shell, elbow and kneepads- are obligatory on all tracks and can either be brought or rented at the bike station (only with pre-reservation). You'll find the prices [here](#).

We want, that your kids ride safely on the bike. Mainly accidents in the countryside and in road traffic can be avoided. Playful the kids will be taught in important and necessary skills. Please bring your own Helmet and Protectors (e.g. from the inliners), as the correct fit is guaranteed then.

Length of course: 2-3 hours

**Bikes-/ Protectors Rental:** See [Prices](#).

**Participation is only possible with advance reservation:**

Phone (+49-7081/925080),

Fax (+49-7081/925089),,

Mail to ([c.schwarz@radsportakademie.de](mailto:c.schwarz@radsportakademie.de)) or

Online-Form --> [click here](#)

We also offer individual dates for biking training courses with 5 persons minimum or as Personal Coaching. Settling of appointments: +49-7081-925080

**The registration** for a course is binding.

cancelation charge:

-> no charge while cancelation is received till 15.00 h three days before the course date. If cancelled later, we charge the participation fee.

