



Take a Kid Mountain Biking Day Sycamore Grove Park Saturday October 7th 3:00 PM



Kids, bikes, and a beautiful ride celebrating IMBA's Take a Kid Mountain Biking Day at Sycamore Grove Park

Choose your Fun Family Ride

- **Beginner** ~ Three mile ride on a relatively flat dirt trail ~ Kids learning to ride on the dirt or kids in bike trailers accompanied by an adult on a mountain bike.
- **Intermediate** ~ Five mile climb into the hills ~ Intermediate level riders on mountain bikes with gears and hand brakes accompanied by an adult on a mountain bike. Tough adults with kids on trail-a-bikes are also welcome.

Registration Required

- First 30 registered kids will receive stickers and IMBA Ride Numbers.



- To register call or email the Sycamore Grove Ranger Office. Include the number of children and adults, and ride level.
- **925-960-2400**
- **valleywilds@larpd.org**

For more information about IMBA and Take a Kid Mountain Biking Day visit <http://www.imba.com/kids>