

## Silver Hares Mountain Biking

Just like Silver Hares Nordic, the Silver Hares Mountain Biking group is focused first and foremost on the social aspect of mountain biking with the added benefit of staying fit throughout the summer.

**Aim:** To conduct fun mountain biking in the Okanagan for mountain bikers ranging from strong beginners to advanced mountain bikers who wish to ride in the company of other Silver Hares. At a minimum, bikers should be able to navigate green trails without difficulty to ensure everyone has a great ride.

**Meetups:** Until SilverStar is open we propose to meet, initially, at Ellison Park, Vernon. We will transition to SilverStar when the trails are open in May/June.

**Location and Times:** Every Sunday starting 5 May, 9:00 AM. Additional days will be added if necessary.

**Execution:** Silver Hares mountain bikers will meet at 9:00 in Ellison Park, Vernon, in the parking lot. The Red Group will consist of Advanced and strong intermediate riders and will be self-guided and will ride for approximately 2 - 3 hours on trails of their choice. Expect a fast-hard workout. The Yellow Group riders, guided by John Pavelich, will have a more leisurely pace, with mountain bike riding safety tips and pointers as we ride for approximately 2 hours. They can expect a workout with a safe, enjoyable ride with other Silver hares.

All mountain bikers are requested to bring a well-maintained bike, helmet, hydration, and a snack. E-bikes are welcome.

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