

Women's Freeride Festival FAQ's

1. Will the festival run in the rain?

Yes, the festival is a rain or shine event. Please note, in the event of thunder the lift must shut down for 30 minutes after each rumble.

2. How do I know if I am ready for the advanced clinics?

All riders participating in advanced clinics should exhibit a centered and balanced stance and exhibit complete control over their bicycle. If new to lift access riding, DH Basics and Cornering should be attended prior to attempting the more advanced skills clinics.

3. Are rental bikes and gear included or discounted for the festival?

No, rentals and equipment are not included or discounted during the festival.

4. What kind of bike do I need for the clinics?

Cross Country: Recently serviced or well-maintained short to mid-travel suspension mountain bikes are appropriate, as are hardtails with front suspension.

Lift access: Recently serviced or well-maintained mid travel park bikes or long travel downhill bikes are preferred. A single crown is suitable for most of the lift access terrain while a dual crown is recommended for single and double black organic terrain.

Dirt Jump: A recently serviced or well-maintained hardtail equipped with flat pedals is required.

5. Can I use my own bike?

Yes. Please be sure to get your bicycle inspected and or serviced prior to the event. Any bicycles with issues that affect safe participation in the clinic will need to be resolved. Minor adjustments may be recommended to optimize set up for clinic content. (Please note if you are interested in advanced clinics such as jumping and dropping, the proper bike and set up is necessary for executing skills safely.)

6. What clothing should I wear?

Cycling clothing or comfortable active wear appropriate for the weather is recommended.

7. Should I run flat pedals, or ride clipless pedals?

Although it is better to learn basic skills on flat pedals, you may use your clipless pedals if you are more comfortable on them. If you choose to ride flat pedals, be sure to bring a pair of shoes with grippy soles or a tread designed to grip pedal pegs and plan to wear shin protection.

8. Do I need a full-face helmet?

Full-face helmets are **HIGHLY RECOMMENDED** for all lift access and dirt jump clinics.

9. Do I need to wear protective gear?

Gear designed to protect eyes, hands, knee/shin, elbow/forearm, chest, back and neck are **HIGHLY RECOMMENDED** when riding lift access and progressive terrain.

10. Do you have anywhere I can store my stuff?

Yes, we have lockers (bring your own lock) and for a fee, the option to store your bike overnight.