



2025 Colorado League Girls Love Dirt Clinic

Hosted by the Colorado High School Cycling League

Who: Girls currently in 6th to 12th grade and current Colorado League female athletes

When: Saturday, May 17, 2025
11:30 AM - 12:45 PM Alum/Current Member Ride
1:00 - 4:00 PM Clinic & Overview

Where: [Coyote Crossing Shelter](#), Bear Creek Lake Park, Morrison, CO

What: Overview of Colorado League Race Program

- Meet Colorado League Teams
- Q&A with Colorado League Female Racers
- Nutrition for Athletes
- Basic Mechanic Session
- Skills session
- Trail Ride
- Clinic is FREE



Bring your bike, helmet, and water bottle to participate in the clinic and ride. Must be able to ride a bike. No bike? Come and learn about the Colorado League. No MTB experience necessary. Contact Katerina Straskraba at coachhelp@coloradomtb.org.

