



# DIRTBEAN CYCLING CAMP



**MOUNTAIN BIKE:** 2- day Cycling clinics. Includes position analysis on bike, guided ride with technical riding instruction on rocks, roots, climbing, and descending. Also Includes consultation on training and racing. \$250.00 per person (Minimum of 5 people)

**ROAD BIKE:** 2- day Cycling clinics. Includes position analysis on bike, guided ride with instruction on bike handling, skills drills, climbing, descending. Also includes consultation on training and racing. \$250.00 per person (Minimum of 5 people)

Contact Kristy @ 304-799-4038 or visit us at [Dirtbean.com](http://Dirtbean.com) to setup a training camp in your area. We come to you.

## About the Coach:



Kristy Lanier started racing in 1997, turning “pro” on the mountain bike circuit in 1998. She is a category 2-road racer and has been Hawaii state champion on both the road and the trail. She has also done some time as a triathlete, competing in the Xterra off road triathlon series with a 9<sup>th</sup> place finish at the World Championships.

Upon moving to the mainland, Kristy continued to race pro mountain bikes ranking in the top 25 in the Norba Series. Most recently Kristy has turned to marathon mountain bike racing and has finished in the top 5 in the nation and represented the United States at the World Marathon Championships in France in 2006.



“The Bean Machine”