

AVMBA and IMBA Canada present two

Trail building workshops

THIS WEEKEND!!!

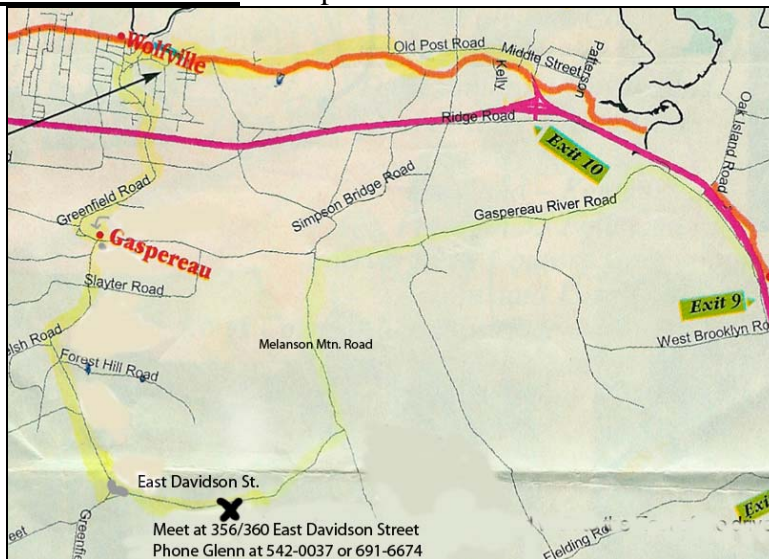
Saturday and Sunday August 22 & 23

The Annapolis Valley Mountain Bike Association and International Mountain Bike Association (IMBA - Canada) Representative Daniel Scott are teaming up to present two hands-on Trail Building Workshops in the valley. Other trail users such as hikers, snowshoers, trail runners, etc. are all also welcome.

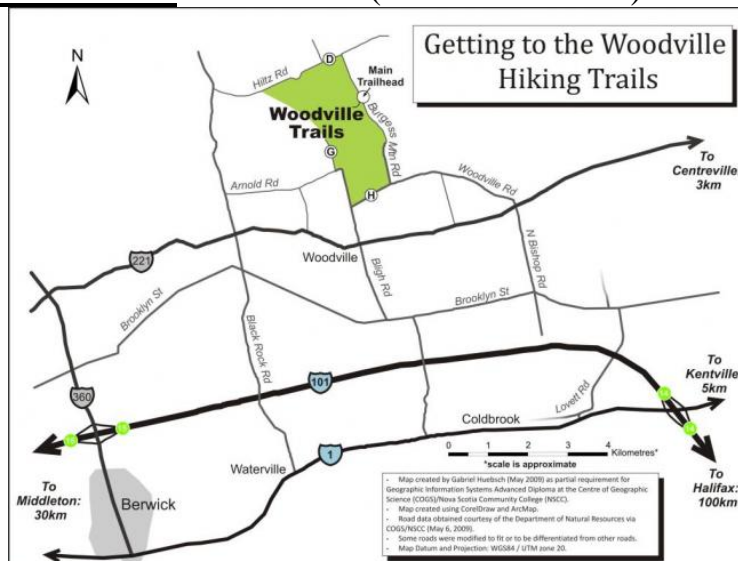
Daniel is a graduate of the Mountain Bike Operations program at Capilano University in B.C. This program teaches how to build and maintain sustainable and environmentally responsible trails suitable for mountain bike and multi-use.

TWO DATES AND LOCATIONS!!

9 am SATURDAY - AUGUST 22 - Gaspereau Trails - 356 East Davidson St. Gaspereau Mtn.



9 am SUNDAY - AUGUST 23 - The Links (Woodville Trails)



WHAT TO BRING: water, sunglasses, hats, sunscreen, bug spray, work or garden gloves, and any trail tools you might have such as rakes, loppers, pick axe, pruners, hammers, etc.

The Trail clinic will run from 9 am until noon or as late as people want to go but feel free to stay for any amount of time you can spare (and likely to be followed by a ride). For further info and to register (so we have an idea of numbers) please contact Glenn at 542-0037/info@avmba.com or Colin at Valley Stove and Cycle 542-7280. People are encouraged to attend one or both days. IMBA is flying all the way in from out West - let's make their trip a big success! Other events including group rides will also be taking place - sign up at www.avmba.com for more info. Donations to IMBA Canada and/or paid memberships to Annapolis Valley Mountain Bike Association are not required but would be greatly appreciated to support ongoing efforts such as this.

AVMBA is a registered non-profit organization composed of a group of dedicated volunteers working to build and maintain sustainable trails in the Annapolis Valley and act as a positive voice for Mountain Biking.

