

Subject: At The Summit – Mountain Bike Skills Training

Brian,

I am writing to let you know of our new mountain bike skills courses that may be of interest to some of your club members. If you think this is something your members will be interested in then please drop me a line, however here is some information about what we can offer.

At The Summit is based in the Chiltern Hills, Bucks, and offers mountain bike skills training for beginner to advanced riders and racers. Our coaches are trained by the CTC and British Cycling and are dedicated to delivering the highest standard of training.

All of our courses are tailored to suit the individual rider, allowing you to learn at a pace that suits you. We show you how to build on your skills and work towards fulfilling your potential as a rider. Our coaches will give you a skills assessment at the end of the session, giving you hints and tips on how to constantly improve each time you ride.

We offer a range of group courses from beginner to advanced. A group session lasts for 3 hours (minimum 4 and maximum 6 riders) and costs £55 per rider.

Alternatively, you can come along with a friend for a more intensive session. A pairs' session costs £90 per rider for a 3-hour session.

We also offer one-2-one sessions where you get to work closely on specific areas of your choice. One-2-one coaching is offered in blocks of 3 hours and each block costs £120.

Our coaching takes place at our purpose built XC race course near Amersham, Bucks. The course offers most types of UK riding from flowing singletrack to roots, drops and sharp climbs.

All the details of how to book are on our website, however, if you wish to book as a group, please contact us by phone or email to arrange.

Thanks,

Andy

Andy Trisconi Smith  
T: 0203 179 1959  
M: 07976 468094  
E: [summitmtbcoaching@googlemail.com](mailto:summitmtbcoaching@googlemail.com)  
W: [www.atthesummit.co.uk](http://www.atthesummit.co.uk)