

RIDES & VIBES - KIDS RIDE WITH A DOCTOR

with Rocky Mountain Orthopedic physicians

FRIDAY, MAY 10
5:00PM

Finish

Start

Distance: 1/8 Mile



Intermountain
Health

St. Mary's Regional Hospital

GREAT FOR RIDERS WHO:

- Frequently put their feet down for stability
- Have difficulty turning
- Have difficulty starting and stopping on their own without falling
- Drag their feet to stop rather than using brakes
- Take their feet off the pedals well before coming to a stop

LEVEL 1 KIDS **1/8 Mile** (Striders/toddlers)

St. Mary's Hospital and Rocky Mountain Orthopedics will provide medical professionals to participate with all children. Course is closed to traffic.

Event is FREE, no registration needed.
Legal guardians must sign a waiver prior to event start.

RIDES & VIBES - KIDS RIDE WITH A DOCTOR

with Rocky Mountain Orthopedic physicians

Distance: 0.64/1.28 Miles
1 lap/2 laps

FRIDAY, MAY 10
5:15PM

GRAND JUNCTION RIDES & VIBES
MTB / MUSIC FESTIVAL

ih Intermountain Health
St. Mary's Regional Hospital

GREAT FOR RIDERS WHO:

- Start and stop independently
- Use brakes to slow and stop
- May be hesitant or fearful about riding
- May not have stamina, interest, or focus for longer rides
- Are able to balance without training wheels or other assistance
- Steer, avoid obvious obstacles, and ride straight without swerving

LEVEL 2 KIDS 0.64/1.28 Miles (Young riders/no assistance needed)

St. Mary's Hospital and Rocky Mountain Orthopedics will provide medical professionals to participate with all children. Course is closed to traffic.

Event is FREE, no registration needed.
Legal guardians must sign a waiver prior to event start.