

BIRKIE
Ski. Run. Bike. Live!

Ladies

FAT BIKE

— *Getaway* —

DERKSEN GREAT HALL | CABLE, WI

FRIDAY, JAN 6 - SUNDAY, JAN 8

2023



PRESENTED BY



FLUID
Health & Fitness

FRIDAY

5:00 pm - **Welcome & Check-in**

5:30 pm - **Workshop #1**

- Why fat biking in the Northwoods?
 - Kristy Maki, ABSF
 - Various coaches

6:00 pm - **Workshop #2**

- Inspired - The connection between Performance and Breathing Mechanics
 - Ryan Maxwell, Fluid Health and Fitness

6:30 pm - **Dinner with Friends!**

- Dinner provided by Northern Lakes Co-Op
- Wine provided by Red Schoolhouse Wines and Alexis Bailly Vineyard

7:00 pm - **Workshop #3**

- Ready to Ride?
 - What to Wear?
Christina Spencer, 45NRTH
 - Bike Mechanics
Chelsea Strate, Wolf Tooth Components

8:00 pm - **Q&A with Coaches**

8:30 pm - **Close for the day**

SUNDAY

9:00 am - **Workshop #6**

- Sunshine Yoga
 - Nicole Nathan, Hayward Fitness Fanatics

10:00 am - **Coffee & Scones**

- Provided by Backroads Coffee

10:30 am - **Singletrack Rides**

- Break into coaching groups and venture off on the new singletrack trails around Birkie Trailhead, Seeley Hills, or the Hospital trails in Hayward!

12:30 pm - **Wrap-up & Goodbyes**

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WEEKEND SCHEDULE

SATURDAY

9:00 am - **Coffee & Scones**

- Provided by Backroads Coffee

9:30 am - **Bike Prep**

10:00 am - **Workshop #4**

- Skills & Drills
 - Technique work to enable you to ride through, over, and on any snow-covered trail

12:30 pm - **Lunch with Friends**

12:30 pm - **Workshop #5**

- Nutrition & Strength Training
 - Nutrition & Hydration Tips for On and Off the Bike
Dr. Kim Heintz
 - Strength Training for Injury Prevention
Dr. Kristina Navarro

2:00 pm - **Ride the Birkie Trail**

- Take a ride on and off snow! Conditions permitting, we'll ride parts of the 2023 Fat Bike Birkie course, new singletrack trails, and other winter trails in the area.

4:00 pm - **Wrap it up!**