

## Jump Jam

Catch some big air and style it out! The Jump Jam will bring high-flying entertainment to the final day of the Fort William Mountain Festival.

The Forestry Commission's dirt jump park near Nevis Range base station consists of a series of jumps, from beginner to expert. Riding the jumps is the most exciting way to use your bike and will revolutionise your downhill and cross country riding.

We're putting on workshops in the morning aimed at two levels - New Jumpers and, Intermediate/Advanced Jumpers. With expert coaching from the full time professional mountain bike coaches at Dirt School, your skills level will go as high as you want and make sure you have safe landings.

A free session and warm-up over lunch will set the scene ready for the big finale. In the exciting final of the Jump Jam, riders will be graded on their style, by the other riders on the jumps, and then there will be a 4 X knockout competition. There will be prizes for 'Best Jump', 'Most Improved Rider', '4 X Champ', 'Best Riding Moment' and 'Best Rider of the Day'.

It's going to be huge!

What	When	Who	Who
Registration	9am onwards	All riders	All riders
Session 1 Jumps £12.50 pp	9.30 - 11am	Beginners	Intermediates/Advanced
Session 2 Drop Offs & 4 X £12.50 pp	11.30 to 1pm	Beginners	Intermediates/Advanced
Lunch time	1-2pm		
Free Session Jumps	2- 2.30pm	All riders who have done the Jumps workshop	
Judged Jump Session	2.45 to 3.15pm	All riders who have done the Jumps workshop	
Free Session 4 X	3.30 to 4pm	All riders who have done the 4 X workshop	
Judged 4 X Session & prize giving	4 .15 to 5pm	All riders who have done the 4 X workshop	

### Who can take part?

Anyone between 12 and 16, who has experience of riding off-road, this event is not suitable for completely novice cyclists. All riders must have an off-road bike in good working order and a cycle helmet.

You must book and pay in advance. You will not be booked on the event until a cheque has been received for your fees. All participants must have a signed disclaimer which will be sent once you have booked. Only riders who take part in the relevant workshop can take part in the Jump and 4 X sessions after lunch.

**How much is it?** £12.50 per workshop. You can do one or both of the workshops.

**How many can take part?** Each workshop is limited to a maximum of six youngsters, first come first served, so book early by sending in cheques and a completed booking form.

Nevis Range has a café but you are welcome to bring your own lunch/drinks. The workshops and event will be taking place outdoors so wear clothes suitable for the weather and bring waterproofs. Organisers are not responsible for youngsters outside the supervised sessions they are booked onto. In the event of extremely wet or icy/snowy weather the event may be cancelled and money refunded.

**Booking form:**

Name(s) & address of rider being booked on the event:

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Circle which workshops you wish to take part in - cost £12.50 pp per workshop.

Beginners Jumps

Intermediate Jumps

Beginners Drop offs/4 X

Intermediate Drop offs/4 X

Please make all cheques payable to the Highland Mountain Culture Association Ltd, and send c/o PO Box 7035, Fort William, PH33 6WR.

Contact name, details and tel no. of next of kin/responsible adult:

Name.....

Address.....

Tel.....

Email.....

Please fill in and sign the form below, and send back with your cheque - your registration will not be accepted if this is not completed. We will email you confirmation off receipt of your booking so please make sure you put an email address above.

Thanks.

This event is organised by the Highland Mountain Culture Association Ltd and sponsored by Off Beat Bikes, the West Highland Wheelers, No Fuss Events, and supported by Rescue Medics and Dougie Pryce. Many thanks, without their help we would not be able to make it happen.