

Iron Academy Mountain Bike Club

The Iron Academy Mountain Bike Club will provide opportunities for Fellowship, Growth, and Service.

**Fellowship with the club and other cyclists on and off the trail.
Physical growth as we ride, and spiritual growth as we devote time to God.
Local service as a group and development of mission focused bike trips.**

Some of the things you can expect to learn as a member of the mountain bike club;

- **We will learn about bike safety, proper bike fit, and equipment.**
- **We will learn routine maintenance and repairs to include;**
 - **Cleaning and lubrication.**
 - **Repairing a flat tire and other self-sufficiency skills.**
 - **Brake, gearing, and trail specific fit adjustments.**
 - **Other more technical repairs and adjustments as needed.**
- **On the trail we will learn;**
 - **Proper group ride etiquette.**
 - **Proper bike set up for flat rides, hills, and technical trails.**
 - **Hydration and proper eating before and during the ride.**
 - **Learning to manage technical trails, mud, sand, roots, jumps, and hills.**
- **Off the trail, during our fellowship times, we will learn more about our Lord Jesus Christ and the perfect example He gives us as we strive to live out the Iron Academy Honor Code.**

Some of the events that will be offered to members of the mountain bike club;

- **Monthly trail and greenway rides.**
- **Quarterly events at the Bike4Him pump track and fire pit.**
- **Service projects and bike related ministry events.**
- **Weekend Father-Son bike trips in Galax, VA. This is currently offered 2 times a year in the Spring and Fall.**

This is just a sample of what to expect as a member of the mountain bike club

**Please contact Bob Mishler for more information
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