

# Kids' Mountain Biking

Tuesdays, 6:30 p.m.  
**FREE**

Join us on the local trails to learn the basics or improve your current skill level. Geared mountain bike, helmet, closed-toe shoes and water bottle required. Must be 10 years or older. Sponsored by Cross Country Sports, Keweenaw Trail Alliance and Portage Health.

**June 19**

Portage Health

**June 26**

Michigan Tech Trails

**July 10**

Swedetown Trails

**July 17**

Churning Rapids

**July 24**

Nara Trailhead - MTU Trails

**July 31**

ADVENTURE RIDE! - Meet at Portage Health, Hancock

**August 7**

Copper Harbor Trail System

**August 14**

Swedetown Trails

For more information,  
please call 487-6635 or email  
[lhaus@crosscountrysports.com](mailto:lhaus@crosscountrysports.com)

 **PORTAGE HEALTH**  
*Here for you.*