



Fall Riding with G.O.T.



G.O.T. Quarterly Newsletter

Summer Recap

- JUSTIN MAWDSLEY

We hope everyone had a jam-packed Summer!

Here at G.O.T. we had our hands full with all sorts of programs and activities.

Coach Justin got back in the mix with **NINJA MTB Performance** and spent the weekend alongside other NINJA Coaches sharing drills, techniques and working through the NINJA program. NINJA MTB Performance offers a different kind of program experience to our own and there are many benefits to attending one of their programs.

If you have any questions about their clinics then don't hesitate to ask.



In addition to all the clinics and programs we held the G.O.T. team also led the way, overhauling over 25 bikes to be used in youth programs all throughout Frederick County this upcoming school year.



We also had the pleasure of hosting an open ride day at the Gravity Soul Slalom Track where we reserved the track for private clinics and took our time to break down the skills necessary to ride the track with confidence.

if you have an interest in setting up a private clinic at Old Harmony Farm in Myersville, MD then don't hesitate to reach out - Guidedoutdoortravels@gmail.com

Brunswick Fourth of July Parade

- JUSTIN MAWDSLEY



Never one to pass up an opportunity, coach Claire participated in the annual Brunswick Fourth of July Bike Parade.

Working alongside Jessica Dayal of **Safe Kids Frederick County** and Shayne Bouchard of the **League of American Bicyclists**, Claire and the crew hosted safety clinics, helmet giveaways and toured the streets of Brunswick making the most of the beautiful holiday weekend.





MOCO Epic Oct. 8-9 - hosted by MORE

The MOCO Epic is back again! Come join MORE for their biggest annual fundraising event.

Showcasing over 70 miles across 11 different parks in Montgomery County with aid stations and options for all levels of riders this is a great way to experience some of the best trails in the Mid-Atlantic region.

In addition to the ride options G.O.T. is sponsoring the event and will be offering free youth clinics in the morning of 10/8. The annual Jump Jam hosted by Gravity Soul crew will also be making a come back so get ready to send it!

We hope to see you there!

[EVENT REGISTRATION](#)

Gravity Soul Fall Festival Oct 1.

This year is the 10th anniversary of the annual Gravity Soul Fall Festival/Dual Slalom race.

Located in Myersville MD at Old Harmony Farm Free to attend, this is a one of a kind family friendly event.

Come out and join the excitement and unique racing at the ONLY Dual Slalom race in the Mid-Atlantic region.

Follow The Gravity Soul on social media for updates about the event.



<https://instagram.com/thegravitysoul?igshid=YmMyMTA2M2Y=>



<https://www.facebook.com/TheGravitySoul/>

[EVENT PAGE](#)



Private Lessons

If you have an interest in developing your skills on a bike and would prefer more individualized instructing then don't hesitate to reach out for more information.

In addition to our scheduled programs both Coach Justin and Coach Claire can be reached for private group or one on one coaching and skills progression.

For more information on our rates follow the link below.

[PRIVATE INSTRUCTING](#)



G.O.T. Community Fundraising Opportunity

For any Schools or Faith groups looking to do some creative fundraising then please consider using our services as a program team to help incentivize your audience.

In the past G.O.T. has offered free attendance to upcoming clinics or held free private clinics all together.

We've seen PTA groups and school groups leverage these opportunities as a way to enhance their fundraising efforts.

If you have an interest in working with us please contact: Justin Mawdsley at Guidedoutdoortravels@gmail.com