

Dirtgirls mtb training week in Morzine

By SheCycles January 2007



Emily Horridge is guiding and instructing on the DirtGirls weeks in Morzine, with her wealth of DH experience and knowledge of the trails in Morzine this is going to be a cracking week in the sun. The week, run by Flow MTB, will comprise of tonnes of alpine riding around the famed Morzine trails using a mix of uplifts and some pedalling with a focus on improving skills and trail riding. Emily has ridden and raced all over the world and has multiple UK wins to her name, including 2005 Dragon DH Series winner. We asked her what the Dirt Girls week is all about.

How did you get involved with Sara at Flow MTB?

She contacted me and asked if I would like to guide a few girl's weeks in the summer [of 2006]. It sounded like a really great idea so I couldn't turn it down! The more girls that get into mountain biking the better, and every race we seem to see new faces these days.



Emily Horridge on the podium

What do you have planned for the Dirt Girls week in Morzine?

Lots of variety, but I want to tailor what we do to what the girls want to learn about and improve on. So hopefully we'll be able to cover something to suit everyone. But that's bound to include cornering and braking techniques, riding rough sections, roots, rocks, etc etc, maybe a little jumping if anyone wants to try it, and most of all just having fun on a bike, progressing skills and increasing confidence.

Do you welcome riders of all abilities or who is it aimed at?

If you want to improve your riding and are willing to try new things, then this is for you!

What sort of bikes are required?

Whatever you have should be fine, but some sort of front suspension is bound to be advantageous, and some good brakes.

There are a few places still available on the DirtGirls-SheCycles weeks 14-21st July and 18-25th August 2007, so book your place soon to be sure you get to those amazing singletrack downhills and a spot on the chairlift.

The week is aimed primarily at women riders who want to improve their riding skills. Off the bike sessions include sports nutrition, sports massage and stretching with the chance to visit the local spa or do a spot of wakeboarding on the mid week day off.



Alpine heaven

Details:

- **When:** 14-21st July and 18-25th August 2007
- **Where:** Chalet La Musardiere, Morzine, France
- **Price:** 725 euros (£486) for the week, including accommodation, food, 6 day lift pass, guiding and tuition.
- **Contact:** www.flowmtb.co.uk or call Sara on 020 8123 5654 or +33(0)688101757

The SheCycles.com team will be attending the week and providing some equipment to test and review.

The price for the week is €725 including accommodation in the Chalet La Musardiere with breakfast, packed lunch and three-course dinner with wine or beer. All you need to add are your flights and insurance. Your lift pass and transfers are included in the price too, group bookings will be eligible to a discount and returning guests from 2006 will receive a 10% discount.