

Are you tired of commuting to work in a car all week, only to be forced to again drive away from home to “relax” on the weekends? Have you been searching for a new recreational activity that’s both healthy and environmentally friendly? Or, have you ever just wanted to get out and explore the many beautiful mountains, canyons and trails that Canyon Country has to offer?

If you answered yes to one or more of these questions then College of the Canyons might just have the solution you’re looking for — the new mountain biking course being offered for the first time this fall at the COC Canyon Country Campus.

“The popularity of mountain biking has soared in recent years, mostly because it’s a sport that almost anyone can enjoy,” said Dr. Dena Maloney, Founding Dean of the COC Canyon Country Campus. “If you want to participate in a fun physical education class that will lift your spirits as well as your heart rate, this mountain biking class is for you.”

Formally titled Kinesiology Physical Education Activity (KPEA) 110: Mountain

Biking, this one-unit traditional semester-length course will introduce students to the fundamentals of the various mountain bike riding styles, techniques, and skills through weekly Saturday morning biking excursions and featured field trip destinations throughout the semester.

Classes will meet from 9 a.m. to noon at the College of the Canyons Canyon Country Campus on Saturday mornings from August 30 to December 13. Students are required to provide their own mountain bike and riding helmet.

Though developed for riders of all ages and experience levels, the course will initially begin on a basic level, but may increase in intensity as the instructor gets a feel for the collective riding ability of the class.

“This course was designed to get students interested in mountain biking started in the right direction,” said Len Mohny, COC Dean of Physical Education, stressing that inexperienced or beginning riders should not be intimidated by the course. “After the semester they’ll know all the important mountain biking terminology, possess all the

necessary riding fundamentals and be very familiar with the many positives associated with recreational mountain biking.”

In addition to wanting to expand the physical education opportunities offered to students at the Canyon Country Campus, college officials were inspired to develop the new mountain biking course shortly after the campus opened last fall. Because of the campus’ scenic views, still undeveloped surrounding mountainous terrain and proximity to other area mountain bike accessible trails and paths, COC officials feel Canyon Country is an ideal setting for students to develop, or expand upon, their passion for mountain biking and other outdoor recreation activities.

“Because mountain bikes can handle virtually all types of terrain this course just seemed like a great choice for students at the Canyon Country Campus,” Maloney said. “Now students have the chance to enjoy the beautiful scenery of the back roads of Canyon Country while sharing this sport with other mountain biking enthusiasts.”

Though making its debut at the CCC, college officials are hopeful that the popularity of the new course will catch on with students and community members alike — which might allow for the eventual introduction of a mountain biking course at the Valencia campus.

“The terrain at the Canyon Country Campus is very mountain bike friendly, but we also think we’d be able to do something similar on the Valencia campus as well,” said Mohny. “Another part of the idea behind new curriculum like the mountain biking class is to address the wave of independent recreational activities that have become so popular with our students.”

Students interested in registering for the course KPEA 110: Mountain Biking at the COC Canyon Country Campus should refer to the fall 2008 course catalog, or visit www.canyons.edu/register.



Developed for riders of all ages and experience levels, COC’s new mountain biking course is set to debut this fall at the Canyon Country Campus. The one-unit traditional semester-length course will meet Saturdays from 9 a.m. to noon and will introduce students to the fundamentals of mountain biking.