



JOIN THE S.A.W. COMPOSITE YOUTH MOUNTAIN BIKING CLUB

Elementary • Middle School • High School
Boys and Girls—All Welcome!

Contact us at: coaching@sawcomposite.org

Mountain biking for boys and girls in Staunton, Augusta County and Waynesboro!



THE 2026 SPRING SEASON STARTS ON MAY 11!

Parents' Kickoff/Orientation Meeting

5-5:30PM on Friday May 6, 2026 at Black Dog Bikes in Staunton

Weekly Practices

Wednesdays and Fridays at 5PM at Montgomery Hall Park in Staunton starting on **Wednesday May 11, 2026**.

Races

SAW riders can sign up for 4 races in the VAHS spring season, all held on Saturdays. The first race is on **Saturday April 18, 2026**.

Join SAW Composite to:

- Learn key mountain biking skills!
- Ride your bike in the woods with other kids at practices and on fun adventure rides!
- Compete in races—but only if you want to!

How to Join

- Open to youth in elementary, middle and high school
- There's no fee required to join SAW Composite. However we ask that you join the Shenandoah Valley Bicycle Coalition (SVBC), since SAW Composite operates under the umbrella of SVBC's **501(c)** non-profit status. To join SVBC:

- Go to <https://svbcoalition.app.neoncrm.com/forms/join-the-coalition>
- Select either the Individual (\$35) or Family (\$50) Membership level
- Contact us via email at coaching@sawcomposite.org.
- Visit us on the web at <https://sawcomposite.org>

SAW Composite has been getting kids involved with mountain biking since 2017



We are a member club of the Virginia High School Cycling League, itself a Project League of the National Interscholastic Cycling Association (NICA), and our riders participate in the NICA fall race series as well as in the spring VAHS race series. Our coaches are NICA-licensed and NICA-trained. As NICA coaches we're guided by values of fun, inclusivity, respect and community. We build strong minds, bodies, character and communities through cycling. Learn more about NICA at <https://nationalmtb.org>. Visit our website at <https://sawcomposite.org>