

Testimonials

“Great day learning some MTN Bike tips with Krista Lee Gray, trail goddess extraordinaire! Fantastic day! I now know what I need to work on! Thank you!”

Rebecca J.

“Learning skills with Krista's biking class-My confidence in tackling technical descents was way up by the end of the class!”

Isabelle C.

“Krista's a great teacher!” - Leslie C.

“Krista was fantastic with our beginner's group! She made everyone feel welcome and included regardless of skill level. She provided tons of helpful tips throughout our ride as we stopped to session along the way. It is amazing how much better I can climb after Krista's clinic! I highly recommend her to anyone looking to increase his or her skills”. Cindi K.

“Krista is a great ride coach especially those wary of technical trails. She breaks down the mechanics to educate and guide her students in thoughtful, friendly and patient steps. Krista shares her ever-expanding knowledge and enthusiasm for bikes, trails and gear with all levels of riders. I love the fun, non-competitive, welcoming vibe every time we ride together. It always ends with a perma-grin!” Anna L.

“I've had the good fortune of having private lessons with Krista Gray and can honestly say it has changed my riding skills. MTB riding is not something you want to start out with bad habits and then painfully retrain your technique. I had the bike, the gear, but not the skills. I

would watch women on their mountain bikes with such envy and wondered how do you learn that? I often questioned myself whether I would be good enough, strong enough, fast enough, and coordinated enough? After a few lessons with Krista and riding with her on group rides, I can honestly say, I have become a confident rider. Krista teaches you the very basics and builds from that. She doesn't make you feel all those negative things you think about in your head when it comes to riding. Krista builds confidence, coordination, skill, technique and most of all, makes you excited about MTB riding.

At the end of each lesson, I felt much more confident and in control of my bike. I now happily shred the trails and hear Krista's words reminding me of the proper techniques. Her lessons work, and worth the time and money! No woman should head out on the trail without having a private lesson with Krista. Thank you for being part of making my dream come true! See you on the trails"...

Nancy S.

"Krista Gray is a superb teacher. I have been cycling since I raced as a junior. I never had any formal coaching on my mountain bike. I went to her class and even though I had previously been scared to go over certain obstacles like roots on the trail, she made it seem so easy. She gave me a pointer on maintaining traction while climbing. I would suggest this to anyone that hasn't had formal training, or even if you have had but aren't confident. Attend her class and you will be riding much quicker in the dirt and on the trails. It is nice to use the equipment how it was intended and to finally feel like the bike was worth the investment". Mike H.

"My boyfriend could tell great improvement, so could I; a lot more confident. Thank you, I love downhill now."- Lori

"I'm thrilled at how excited Nina is about what she learned! Thank you

thank you!" -7-year-old Nina's mom

"I just wanted to say thank you again for the class! I had so much fun! I am very excited."- Val

"Thank you again! It was a great session and I am happy to say there were three places where I routinely get off and walk and I kept my head and focus on the mountain and floated right through!" -Robin

"I love working with Krista. My skills and confidence have improved so much since I started working with her. She always pushes me to try new things, but always in a way that I feel absolutely safe. If she asks me to try something, I implicitly trust that it is something that I can do, because she really knows my abilities and scaffolds instruction in a way that builds me up incrementally. I am getting a really solid foundation in my skills, and more importantly, she is helping me overcome fears that have paralyzed me after many years of bad falls! I've never had so much fun mountain biking as I have since I started working with Krista."— Barbara W.

"I attended the beginner/advanced beginner clinic coached by Krista Gray last week, and as a still fairly new mountain biker what an absolutely perfect, important, fun and low key way to address all the basic skills and safety needs that I had! A great foundation to take my riding and skills to the next level. Highly recommend to anyone new to the sport who'd like to master their fundamentals!" - Kristi G.

"I enjoyed the skills class very much. The teaching was supportive and fit my level of expertise. I would definitely recommend it for anyone wanting to improve on their mountain biking skills and confidence." -Dr. Joel S.