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Mountain Biking and Enjoying the Great Outdoors of San Francisco Bay Area, California

Local Marin County resident opens exciting business that focuses on mountain bike tours and skill clinics

/24-7PressRelease/ - March 28, 2008 - For the past few years, Celia Graterol has been organizing mountain bike tours throughout the San Francisco Bay and Tahoe areas. Graterol has now started Mountain Biking Marin, the ultimate bike experience and offers pre-set or customized bike tours for those that want to enjoy the great outdoors.

Mountain Biking Marin bike tours include cross country, freeride and downhill riding. They offer beginner, intermediate and advance tours based on technical ability, fitness level and riding preferences of participants. Graterol and her team can lead you through the best trails of the Headlands, Mt. Tam, Loma Alta and Big Rock mountains as well as through the Lucas Valley, the Tennessee Valley Beach, Muir Beach and Stinson Beach.

They also offer effective skill clinics to help you improve your mountain biking technical riding. Their clinics combine skills theory and practice through technical riding appropriately customized for you to speed up your progress. You will learn everything from basic bike maintenance to trail etiquette to handling tricks. It's all up to you and what you want to learn.

"Having always wanted to ride the areas made famous by the Marin bike company this was a great day out. Celia can create a ride that will suit your level of riding and skill - from beginner through hardcore riders looking for technical and endurance riding," says Dave Runacre of the United Kingdom. "If you are based in SF then this is a definitely worth a day out - whether you are into biking or not. Celia can collect you in town and recommend excellent bike hire. The bikes are full suspension Marins and in great condition (rare for any hire bike). The views across the Bay area from the hire shop is stunning enough but then you get driven by Celia to Marin county over the Golden Gate Bridge. The whole journey is just half an hour but you go from dramatic city skyline to beautiful countryside. The ride itself has something for everyone and Celia will provide all the support and coaching you need. The trails offer some excellent views so make sure you take a camera."

We're looking forward to riding with you, so what are you waiting for? Visit us at <http://www.mountainbikingmarin.com>.

Celia Graterol, founder and CEO of Mountain Biking Marin, is also the 2006 Downhill U.S. National Champion. She has organized mountain bike rides around the San Francisco Bay and Tahoe areas since 2002. Celia's training as a Cross Country, Super D and Downhill racer in the expert category has equipped her with the skills to lead all level of tours. She is well known among her fellow riders for her capacity to organize fun mountain bike rides.

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