Evergreen Community Charter School
Advanced Mountain Biking
Checklist

REQUIRED: This form must be turned in to Doug White by March 5th with a parent signature.

Initial next to the items that you as a rider have experience, competency and/or knowledge of. ***You do not need to have all items initialed, as our instructors are using this as a basis to determine your appropriateness for this club and so that you know what we will be teaching and practicing.

What is mountain biking and why do we do it?

- ❑ A recreational activity climbing hills, descending hills, riding over rough terrain all for pure pleasure with the hope to progress our skills and enjoy the outdoors.

What makes a mountain bike a mountain bike?

- ❑ Mountain bikes are beefier than other bikes. They are meant to climb mountains! They are outfitted with multiple gears, tires with a lot of thread, front and rear brakes and a suspension.

How do you fit a MTB?

- ❑ You should have 2" to 4" of clearance over the top tube with straddling the bike with your feet flat on the ground.
- ❑ Your saddle should be adjusted to your hip height for maximum pedal efficiency

What safety equipment is required for MTBing?

- ❑ Helmet- protect our head
- ❑ Close toed shoes- protect our feet
- ❑ Gloves- protect our hands
- ❑ Glasses- protect our eyes

Inspecting the MTB ("bike check").

- ❑ Before every ride and after a crash you must inspect the following: and after every crash wheel mounting, tire pressure, brake levers, drivetrain.

Mounting the bike:

- ❑ Lean bike toward self, step over top tube, engage brakes, find high pedal, release brakes, push down high pedal, find other pedal, sit.

Dismounting the bike:

- ❏ Come to a controlled stop with flat level pedals, butt off seat...dismount by taking foot off rear pedal and placing on ground with bike leaned over. This allows for quick mount or controlled total dismount.

Stopping the bike:

- ❏ Gentle even pressure applied to both brake levers.
- ❏ Feathering the brakes can be introduced next.
- ❏ Assess stopping skills by using braking boxes and no skidding drills.

Body positioning:

- ❏ **Four points of contact:** 1-2 fingers on brakes, feet on pedals...always!!
- ❏ **Neutral**: standing up with level pedals, relaxed arms and legs.
- ❏ **Ready position:** butt off the saddle, level pedals, legs and arms flexed, chest low, chin over stem, eyes ahead.
- ❏ **Climbing**: weight forward, chest low, elbows relaxed, hands unweighted, butt forward on saddle.
- ❏ **Downhill:** chest low, weight shifted back, arms extended, pedals at 3 & 9.

Shifting the gears on a MTB.

- ❏ Right shifter controls the rear: smaller cassettes = smaller changes
- ❏ Left shifter controls the front: bigger cassette = big changes
- ❏ Anticipating the change is terrain and shifting before the change is key to maintaining cadence.

Scouting

- ❏ It is important to know when you should and should not ride a trail blind. It is always best to err on the side of caution when considering if you need to scout.
- ❏ Get off your bike and walk to the area of trail you are scouting
- ❏ It is best to scout from the end to the beginning so you can plan your route from exit to start. Choose a line that will be direct, smooth and fun.
- ❏ Point out the bad...Avoid jarring rocks and roots that will slow you down.
- ❏ Ride it several times to find the sweet spot!

Trail Stands

- ❏ Mastering a trail stand will allow you to scout while remaining on your bike.
- ❏ Balance on your bike using small pedal strokes and handlebar movements to catch yourself. Practice makes perfect.

Pressure Control

- ❏ Intermediate riders should be able to weight and unweight their bike to maneuver the bike over obstacles and maintain speed and control.
- ❏ Weighting bike will increase traction
- ❏ Unweighting the bike will let your weight spring into the air and allow the bike to move without you...like floating

Technical Climbing

- ❏ **Basic Climbing Position**: weight forward, chest low, elbows relaxed, hands unweighted, butt forward
- ❏ Hovering with butt just over saddle will sometimes be needed to clear objects in the climb

Technical Cornering

- ❏ Angulation is accomplished by using leverage on the handlebars: inside grip pushed down, outside grip pulled up.
- ❏ Rotation is accomplished by looking through the turn, bike and body will follow eyes. Hips will rotate. Drop outside pedal for maximum rotation. Point toes to turn
- ❏ Staying over saddle in ready position centered chin over stem is important
- ❏ Brake late and hard, easing off brakes when in turn to build momentum

Trail Riding Abilities

- ❏ Must be able to ride in a group using proper spacing and communication skills
- ❏ Must be able to keep up with the group during the ride
- ❏ Must be able to carry yourself in a mature way to ensure that we are safe when riding off campus in the woods.

Student Signature _____ Date: _____

Parent Signature _____ Date: _____

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