

Mountain Biking: Before, During and After the ride

BEFORE the ride:

- *have your bike serviced
- *check your brakes
- *check that your tire pressure is set up for your weight and conditions
- *check the travel on your shocks for proper set up
- *check saddle height
- *lube chain
- *prepare a 'bike bin' for fast 'grab and go' and fill with shoes, helmet, camelback (or water bottles), wipes, gloves, glasses, small towel and bug spray
- * camelbak (or bike bag) should include CCC card, Kleenex, bandages, co2 cartridge, tube, tire levers, snack, phone, car keys clipped onto camelbak, and your water
- *leave your valuables at home!

DURING the ride:

- *riding hierarchy in order is: HORSES, HIKERS, and then BIKERS. We must yield to others first
- *trail etiquette when meeting others: announce how many are in your group and announce if you are the last rider
- *when passing people, announce "on your left" or "on your right" to let them know where and how you will pass them
- *uphill has the right of way
- *make sure your helmet is covering your forehead and that the strap under your chin is tight enough
- *ride with a buddy; safety first
- *not sure about riding a technical spot? Stop and check it out to plan how you will ride over it
- *enjoy your ride

AFTER the ride:

- *stretching makes for more rides 😊
- *have a routine for putting everything back in its place
- *use a towel or wipes to wipe yourself down and check for TICKS
- *change into fresh clothes
- *eat protein (40 minute recharge window)
- *store camelbak bladder in the freezer to keep it germ free
- *clean your bike