

MORE GUIDE TO MOUNTAIN BIKING

STARTING YOUR ADVENTURES ON THE TRAIL



Mid-Atlantic Off-Road Enthusiasts, in collaboration with Little River Fitness

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INTRODUCTION



Mountain biking is pure joy. To roll over rocks and roots, around curves, up and down hills, is to surpass the limits of our human bodies. A mountain bike is your steed and companion, your entry to adventure and exploration. A good mountain bike gives the rider freedom. A poor bike, though, will frustrate the rider, eventually making you give up the sport.

This guide will help you choose the right bike and gear. A modest investment in a good bike and a few pieces of equipment will help you to fully experience mountain biking. It is reasonable to begin mountain biking for under \$1,500. A quality mountain bike will last the rider for years and miles, giving the rider the confidence to enjoy trails and develop skills.

I. THE BIKE



The first and most important item is the bike itself. It is worth investing in a quality bike which will make your riding more enjoyable, and give you more capability. The best plan is to find a reputable local bike shop that specializes in mountain biking. Explain your needs and riding style, and they will certainly help you find the bike that fits you!

Look for these characteristics;

- For most riding, you will be satisfied with a hard tail (a bike that only has suspension in the front).
- A double or single crank (one or two cogs in the front) will suit all conditions and riders.
- Expect to spend between \$750 and \$1500 for a quality entry-level bike.

II. THE CLOTHES



Once you have a good bike, you only need three articles of clothing to enjoy riding: a comfortable, protective helmet; a good pair of shorts with a chamois liner; and a pair of sturdy shoes.

A helmet is necessary for cycling. Although damaging crashes are infrequent, a good helmet insures that, should one happen, you can continue riding. Trees and rocks are unforgiving.

A pair of baggy riding shorts with a good chamois (padded liner) will make bumpy rides more comfortable, and protect your more delicate parts as you roll over rocks and logs. Traditionally, Lycra shorts are worn on road rides and in races, rather than on casual trail rides. You can wear any T-shirt with your shorts.

It is better for new riders to start with flat pedals that do not require cleats. A pair of shoes that grip your pedals and transfer power from your legs to your drivetrain will complete your ensemble. Skate shoes are adequate, as are cycling-specific models. Avoid hiking shoes with aggressive grips, which do not contact the pedals well.

III. OTHER GEAR



Beyond the bike and clothing, you need something to bring water, and spare parts in case of a breakdown. You can carry water in either a small hydration pack, or a bottle cage on your bike for water bottles. In addition, every rider should bring spare parts in the event of a common mechanical malfunction or break. A simple kit should include a spare tube, tube patches, tire levers, a chain link, and bike multi-tool. All this can be carried in a small water pack or frame bag. Be sure you know how to use all your spare parts! Many bike shops or outdoor stores offer classes on how to change a spare tire or fix a broken chain.

IV. THE TRAIL

Once you have the essentials, it's time to get on the trails! Mountain bikes are generally ridden on three types of surfaces: pavement, gravel, and singletrack.

- Pavement includes roads, sidewalks, and paved paths. Rides on pavement can be great for new cyclists to get comfortable with.
- Gravel can include gravel roads, rail-trails, jeep trails, and crushed rock paths. Depending on where you live, a gravel ride can be an adventure in itself, or connectors to other trails.
- Singletrack is the prototypical dirt trail. Ranging from narrow, rocky, rooty paths to wide, smooth machine-made trails, singletrack is what mountain bikes were made for.



A couple guidelines will make your adventures better. First, avoid riding on wet or rainy trails. If you're leaving tire tracks, it's probably too wet to ride. Most parks have a Facebook group with information and updates: a search with the park's name should bring up the group. Second, remember that cyclists yield to all other users, and riders going downhill yield to those coming up. Otherwise, have fun, and enjoy discovering your area in a new way!

V. RESOURCES

Congratulations on your decision to start mountain biking! You are in for an incredible journey, and part of an amazing community. As you grow, consider looking into these groups or websites for more information:

- Mid-Atlantic Off-Road Enthusiasts (MORE): more-mtb.org. MORE is the trail advocacy club for the DC, Maryland, and Virginia area. Specific information:
 - Trails: more-mtb.org/collections/trails. A comprehensive listing of trails around DC, Maryland, and Virginia. Check back often, as MORE is building new trails all the time!
 - Events Calendar: more-mtb.org/pages/events. Come ride with a group that will help you get started or challenge your skills!
- REI: www.rei.com. The REI website has good skills & equipment articles for mountain bikers
- Trailforks: www.trailforks.com. Trailforks is a great resource, along with the MORE website, to discover local trails and their current conditions.
- MTB Project: www.mtbproject.com. MTB Project has local trails and conditions updated by local users, searchable by area and difficulty. .
- Pinkbike: www.pinkbike.com. Tons of inspiration and useful articles about mountain biking contributed by cyclists around the world.



Thank you for your interest in mountain biking! This book has been produced jointly by MORE and Little River Fitness. We hope it will lead to a lifetime of enjoying your local trails.

#RidewithMORE

MORE is here to build an inclusive, grassroots mountain biking community and organization with the express purpose of expanding riding opportunities and increasing trail access throughout the Mid-Atlantic region.

Facebook: RidewithMORE

Instagram: @MOREMTB



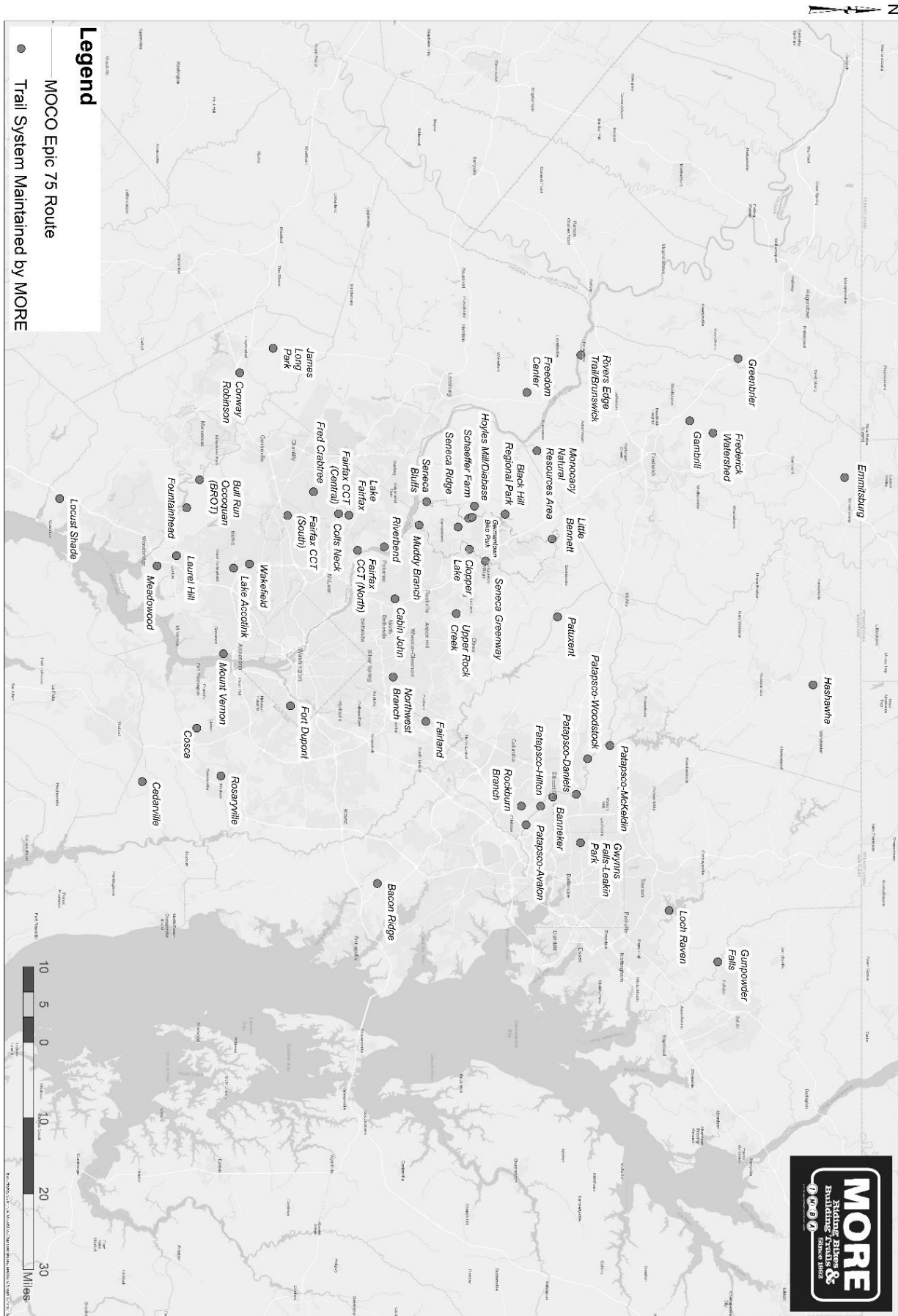
Little River Fitness exists to help families be more active together. For more information, find us at:

www.littleriverfitness.com

Facebook: LittleRiverFit

Instagram: @littleriverfitness





Trails by MORE - Maryland, DC, and Virginia

