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INTRODUCTION TO MOUNTAIN BICYCLING

Presented by the Concerned Off-Road Bicyclists Association www.corbamt.com

BEFORE YOU RIDE

—PROPERLY ADJUSTED MOUNTAIN BIKE—See BIKE CHECK below.

—HELMET—Properly fitted; square on head, not tilted back; strap locks must meet under ears; chin strap must be snug. Replace every five years as the polystyrene foam breaks down due to exposure to sun. Replace immediately if involved in a crash. Check manufacturer's warranty for replacement details.

—WATER—Drink 8-16 ounces for every 30-60 minutes of activity, depending on heat and exertion level.

—GLOVES—Protects hands over rough terrain and in the event of a fall. Also absorbs moisture for better control of the handlebar.

—CYCLING SHOES—Solid pedaling platform, better tread for walking/hiking. More rugged than running shoes.

—SHORTS—Absorbs perspiration and reduces chafing; longer and tight so material won't get in the way of saddle.

—UPPER BODY CLOTHING—Close fitting, wicking material to better evaporate perspiration (avoid baggy cotton T-shirts or sweat shirts as they can snag on branches or saddle; cotton stays wet and can contribute to hypothermia in extreme cases). For cooler weather, dress in layers, and always carry a windbreaker.

—EYE WEAR—Protects against branches, bugs and dust.

—TOOLS—Minimum of chain breaker, Allen (hexagonal) keys, tire lever/Quik Stick, new innertube and/or patch kit, mini-pump.

—HIGH CARBOHYDRATE SNACK—If riding more than two hours. (If fructose/sucrose intolerant, try using trail mix consisting of nuts and raisins or other dried fruits such as dried apricots).

—FIRST AID— Gauze, adhesive bandages, antibacterial cream, cloth tape, bandanna, antiseptic wipes, sting ointment, space blanket, medical info, emergency contacts, identification, blood type, etc.

—SUNSCREEN—Especially on neck, ears, backs of arms and legs.

BIKE CHECK

—CLEAN—Cleaning regularly can help you spot trouble before it gets serious. Use low pressure garden hose or spray bottle. Do not use high pressure wash. Bio-degradable degreaser on chain/drivetrain. Take your bike to your dealer as part of your service warranty.

—DRIVETRAIN LUBRICATION—Clean and lube every 2-4 rides, preferably with light viscosity lubricant.

—BRAKES ALIGNED—Make sure brake pads are not rubbing tire and are contacting rim surface correctly (front edge touching just slightly before the rest of the pad) and completely.

—CABLES/WIRES—Check for fraying or unraveling wires, and worn, cracked or broken outer cables.

—PROPER TIRE PRESSURE—30-60 pounds per square inch (psi) depending on rider weight. See sidewall for psi range info. (Rider weight/psi examples: 130 pounds/35-40 psi; 175 pounds/40-50 psi; over 200 pounds/50-60 psi).

—QUICK RELEASE POSITION—Feel tension at 90 degrees (half way closed), close with palm of hand squeezing against fork/frame). Front lever vertical and parallel with fork blade; rear lever parallel with chain stay or seat stay. Both front and rear can also be pointed horizontally to the rear, as long as they are closed completely.