

Mountain biking

by Marius Muja

Mountain biking

"Mountain biking entails the sport of riding bicycles off-road, often over rough terrain, whether riding specially equipped mountain bikes or hybrid road bikes." (Wikipedia)

- great outdoor exercising
- can be an adrenaline rush
- can be practiced any time, on almost any weather (although it's most fun on nice weather)

Types of Mountain Biking

Cross-country



http://www.imba.com/epics/seven_summits.html



Downhill

<http://www.bikemag.com/features/onlineexclusive/Champéry-WC-DH-07/index1.html>

Freeride



<http://www.bicycling.com/crankworxss/slide8.html>

Trials



<http://flickr.com/photos/56096111@N00/791878480>

Cross-country (XC)

- the most common type
- trails have easy to moderate technical complexity
- some of the lightest mountain bikes (usually hard tail)
- less protective gear (usually only helmet and gloves)
- an Olympic sport since 1996

Cross-country biking

<http://www.youtube.com/watch?v=qd1Q4VXe7L4>



Downhill

Downhill (DH)

- much more technical and "gravity assisted" than XC
- downhill racing: getting down the mountain as fast as possible
- bigger, dual suspension bikes, hydraulic disk brakes



http://en.wikipedia.org/wiki/Downhill_cycling

Downhill Biking - Whistler

<http://www.youtube.com/watch?v=ko3qyMT00jc>



Freeride

- 'do anything', 'no rules' (not even that of gravity)
- bridges and logs, big drops

Vancouver's North Shore

Whistler's Bike Park



http://en.wikipedia.org/wiki/Mountain_biking_in_British_Columbia

Freeride

<http://www.youtube.com/watch?v=3BwPgkTjc7E>



Trials

- derived from motorcycle trials
- hopping and jumping over obstacles



http://en.wikipedia.org/wiki/Bike_trials_riding

- requires excellent sense of ballance
- either off-road or in urban environment

Trials - Ryan Leech

<http://www.youtube.com/watch?v=nGXwiAO57Jg>



Great! I want to start!
What do I need?

A bike



Hard tail
- for XC or light DH

Full suspension
- for more
aggressive DH (North
Shore style)



Protective gear - a must have



Full-face Helmet



Padded
Jacket

Knee- and
Shin Guard

Elbow Guards



Gloves



Goggles (optional)

Other gear

Hydration system

Tire pump, spare tube, bike tools

Suitable clothing and shoes

Emergency medical kit

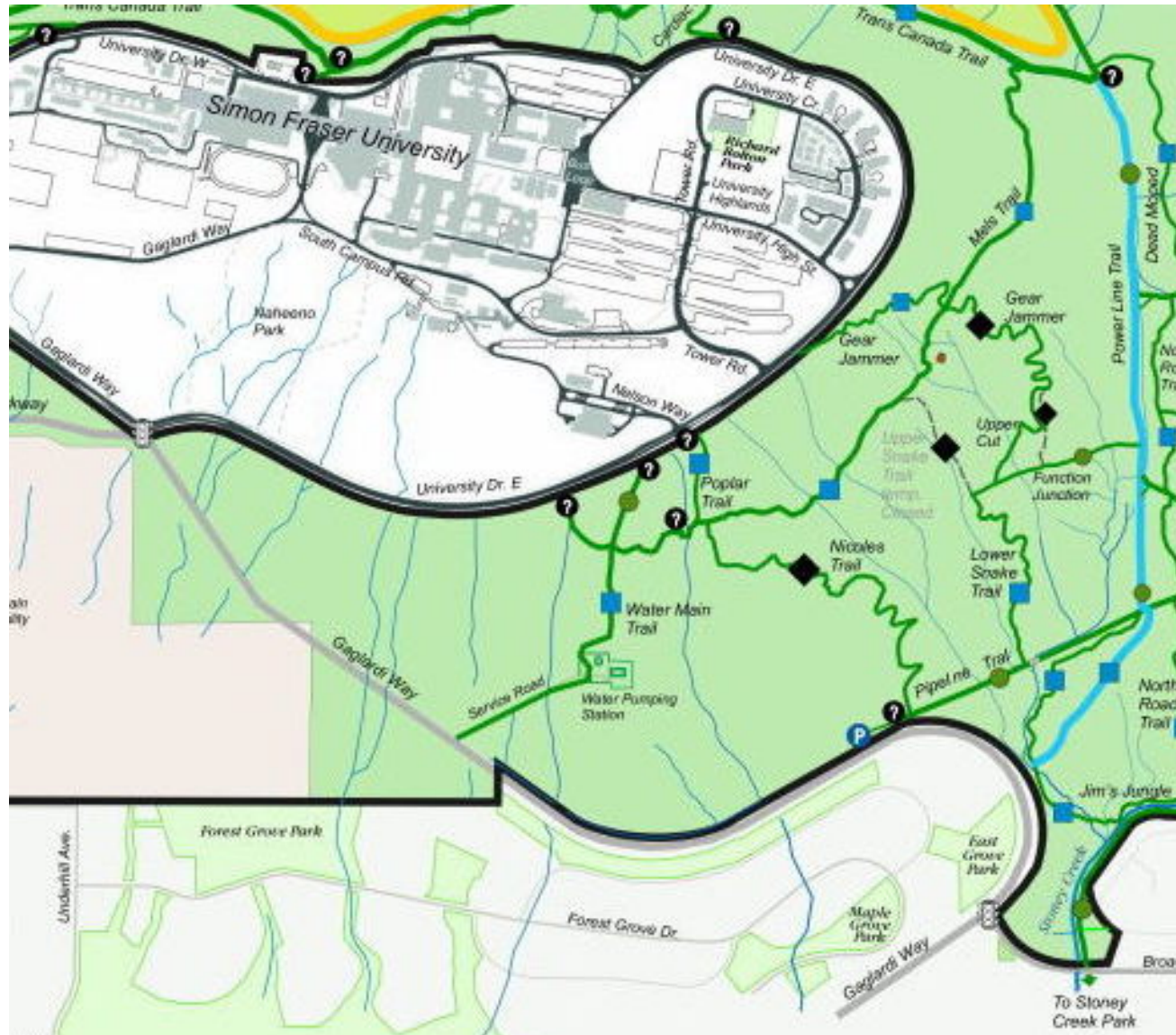


A good place to start

- Burnaby Mountain (SFU)

Trails:

- Mel's
- Lower snake
- Nicole's
- Gear Jammer



Burnaby Mountain - Nicole's

<http://www.youtube.com/watch?v=EvUyYBr9ZHU>



Next step

North Shore and Whistler - referred to as a "mountain biking Mecca"

North Shore

- Fromme, Seymour and Cypress mountains
- technical trails, lots of steep sections, tree roots, skinnies and bridges
- world renowned

Whistler Bike Park

- lift assisted (Fitzsimmons and Garbanzo quad chairlifts)
- 47+ trails for all skill levels
- Crankworx



North Shore - Mt. Fromme

<http://www.youtube.com/watch?v=wm0b6YyLijA>



Whistler - Crankworx

<http://www.youtube.com/watch?v=TFQkTSnIY00>



Some photos...















Crashes...

<http://www.youtube.com/watch?v=X9JBzog3kTo>



Other mountain biking dangers

http://www.youtube.com/watch?v=_HxeoYBpsKI



Thank you!
Questions?