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/Champery-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" then 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

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

http://en.wikipedia.org/wiki/Bike_trials_riding
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
- Gloves
- Goggles (optional)
- Padded Jacket
- Elbow Guards
- Knee- and Shin Guard
- 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=TFQkTSnlYO0

Andreu Lacondeguy
Some photos...
Crashes...

http://www.youtube.com/watch?v=X9JBzog3kTo
Other mountain biking dangers

http://www.youtube.com/watch?v=_HxeoYBpsKI
Thank you!
Questions?