

# **MOUNTAIN BIKING 101**

with Bicycling Advocates of Howard County

Length: 4 hours (2 hours classroom, 2 hours bike/equipment check and riding)  
Ages: 11 yrs +

## **Abbreviated Course Outline**

### Mountain Biking 101 – Goals

- A. Basic Principle: It's supposed to be fun
- B. Ride safely in the woods
- C. Ride comfortably

### Curriculum

- A. Trail Safety – Rights and Responsibilities
- B. Handouts
  - a. BAHC safety brochure
  - b. Mountain Biking Basic Brochure
- C. Where to Ride
  - a. Trail types
- D. Trail Etiquette
- E. Equipment
  - a. Basic bike
  - b. Saddle
  - c. Drive train
  - d. Tires
  - e. Pedals
- F. Clothes/Safety Equipment
  - a. Visibility
  - b. Helmet
  - c. Shoes
  - d. Shorts padded
  - e. Gloves
  - f. Other Items
- G. Repair
  - a. On-bike tools
  - b. Home tools
- H. Maintenance
- I. How to Ride – basics
  - a. Starting and stopping
  - b. Steering and turning
  - c. Shifting

- d. Momentum
- e. Climbing
- J. Riding with others (or not)

#### Trail Practice

- A. Divide class by experience level
- B. Basic rider inspection
- C. Basic bike inspection
  - a. General integrity
  - b. Drive train
  - c. Saddle
  - d. Wheel
- D. Basics reviewed
- E. Parking lot inspection tests
- F. On the trails skills – Rockburn Branch Park loop
  - a. Pedal position
  - b. Ride on right
  - c. Downhill brake and stop test
  - d. Climb small hill
  - e. Crossing trail intersection
  - f. Carefully commit