

DOWNHILL MOUNTAIN BIKING

Know Before You Go

HERE ARE THE TOP 5 THINGS YOU SHOULD KNOW BEFORE HITTING THE GRAVITY TRAILS

1 Helmets

Helmets are mandatory in the Bike Park and full face helmets are strongly recommended, even if you only plan to ride the Green Trails.



NOT RECOMMENDED

2 Not Just Any Bike Will Do...

The bike trails are rough on both equipment and riders. Having the right type of bike is important.



NOT RECOMMENDED

3 Brakes Matter - Being Able to Stop is Important

Disc brakes are highly recommended.



Rim brakes are not ideal for downhill mountain biking

NOT RECOMMENDED

4 Take the Right Stance

Downhill riding requires a *different stance* from cross country or road biking. Your seat should be really low and you should shift your weight towards the back when riding downhill. Most of the time you shouldn't even be sitting on your seat.

✓ LOW SEAT ✓ SHIFT WEIGHT TOWARD BACK WHEN RIDING DOWNHILL



5 Ride Smart

There are no easy trails....but Easy Street is the easiest. Take a trail map!

Pre-Ride

Start slow, scope out every feature, every day

Re-Ride

Lap the trail a few times to get to know the flow of the features

Free-Ride

Start small and work your way up to faster speeds and larger features

Mountain biking is an inherently dangerous sport. Injuries are common regardless of the type of equipment used or the rider skill level. However, having the right equipment may lead to a better experience and reduce the frequency/severity of accidents.

TAKE A LESSON OR SIGN UP FOR A GUIDED TOUR TO LEARN MORE!

Visit the Bike Shop for more info on lessons and tours or to upgrade your rental equipment.

575-377-4290

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BIKE PARK