

Mountain Biking Pre-Camp Prep

Biking instructors are hired with vast differences in their personal skill levels from being involved with competitive biking to doing some occasional recreational riding. Our goal with the pre camp work is to have all of our instructors arrive with the same basic knowledge and minimum skill level. This will allow us to focus our camp training on interactive ways of teaching kids.

Camp supplies mountain bikes – the majority are Trek 3700/3900 and helmets. If you own a bike and want to do a lot of personal riding, bring your bike!

TASKS:

1. Practice the following skills or learn the following as necessary to gain personal competency:

Know at least 30 parts of a bike. (diagram at bottom of document)
Know how to put on a chain, change a tire & air, adjust a derailleur, brake adjustment, tighten headset.
<p>Be ready to lead a group in a bike check</p> <p><i>Brakes:</i> Squeeze levers tightly. <i>Cables</i> should not slip out of cable bridges (sometimes called "cable carriers"), and brake shoes should return without binding to about 1/8 inch from rim flats. Check cables for any sign of wear, such as frayed strands. Check near other end for broken strands. Brake levers should not move up and down.</p> <p><i>Wheel</i> should run true. Feel <i>spokes</i> for looseness. Adjust as necessary.</p> <p>Check quick release.</p> <p><i>Hub</i> should show no evidence of side play or binding.</p> <p><i>Headset</i> should show no evidence of looseness. Note: To test, squeeze front brake only and attempt to move bike forward and back – should not feel or hear clunking in headset.</p> <p><i>Cranks and pedals</i> should show no evidence of side play or binding.</p> <p><i>Check tires</i> for cuts, bruises, and correct pressure.</p> <p><i>Check derailleur</i> operation. Shifting should be smooth throughout all gears.</p> <p><i>Check cables</i> for signs of wear, such as frayed strands. Check at other end for broken strands. Make sure chain can't be thrown past outer cogs or chain wheels.</p> <p><i>Levers</i> should be tight on the handlebar. Check by trying to twist brake and shift levers.</p>
Be able to uses proper gears for terrain---uphill, downhill. Example is changing before needed and downshifting for downhill.
Know proper bike size, helmet adjustment and sizing, and seat adjustment
Be able to demonstrate proper body position of
Coasting
Downhill
Standing
Braking
Obstacles
Uphill
Know wipe out techniques

2. Bike, bike, and bike some more!

- ◆ Our trails are quite difficult with having short steep hills, very narrow trails with roots and rocks everywhere so being practiced and in top condition when you arrive is very important.
- ◆ When biking: Think about the things that you are doing, the position of your body, the way you hold your hands, lean, etc. Remember you are going to have to teach a camper to do this soon. Think about how you are going to transfer this information to the different ability levels.
- ◆ Try different types of trail riding. Being a good road rider will be of little help on the trails!
- ◆ Try going over obstacles, down steps, etc.

3. Reading. It is important to have a good knowledge base for the various riding techniques and how to teach the basics of biking. The internet is full of articles about how to teach biking. Study up! Below is a list of some such sites as well as some books that may be helpful.

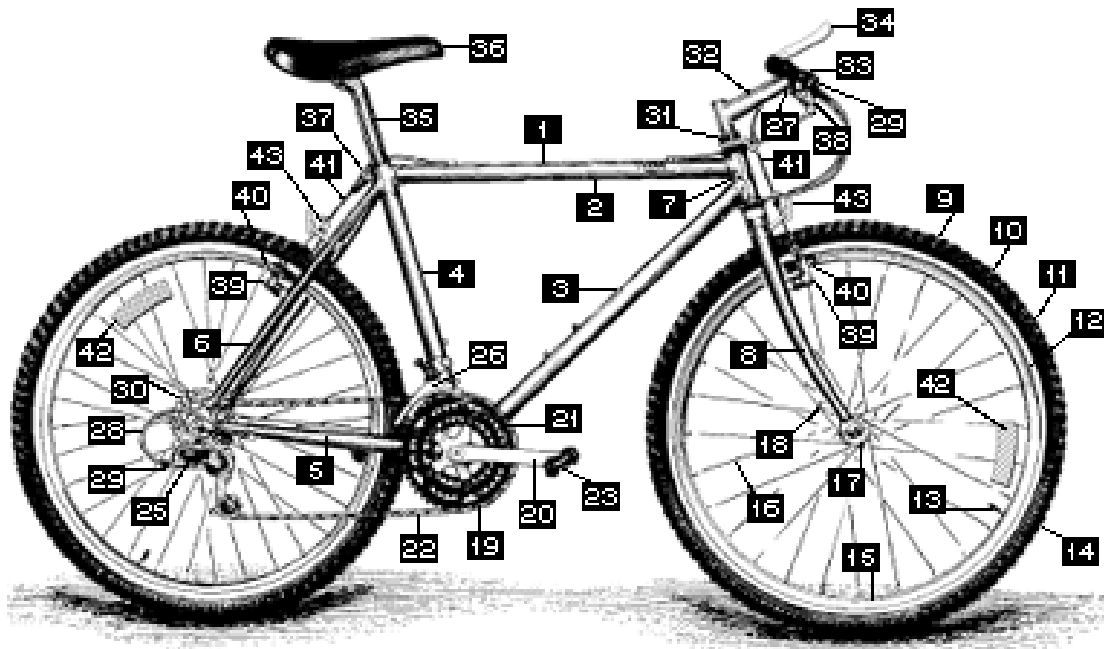
<http://www.utahmountainbiking.com/goodies/NewBiker.htm>

<https://www.bikeradar.com/us/beginners/gear/article/cycling-tips-25-essential-pieces-of-riding-advice-for-beginners-46930/>

4. **Practice Making Repairs Hints:** Learning to make repairs on a bike is a wonderful addition to your personal skills and will certainly be an asset as an instructor. The best idea is to contact a local bike shop, explain that you will be teaching biking this summer and ask if you could spend up to a full day with the crew in the repair shop just to watch and learn. Another idea is to read and practice on your own bike. Below is a web site that will get you started.

<http://www.utahmountainbiking.com/fix/>

To Do: Email the name of the bike shop contacted and the name of the person you shadowed/worked alongside to alli@campfoley.com



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|------------------------|--------------------------------------|------------------------|
| 1. frame | 16. spokes | 31. headset |
| 2. top tube | 17. hub | 32. stem |
| 3. down tube | 18. quick release | 33. handlebars |
| 4. seat tube | 19. bottom bracket | 34. bar-end extension |
| 5. chain stay | 20. crank | 35. seat post |
| 6. seat stay | 21. chain rings | 36. saddle |
| 7. head tube | 22. chain | 37. seat binder |
| 8. fork | 23. pedal | 38. brake lever |
| 9. wheel | 24. toeclip/strap | 39. brake |
| 10. tire | 25. rear derailleur | 40. brake shoe |
| 11. tread | 26. front derailleur | 41. brake cable |
| 12. sidewall | 27. shifter | 42. reflector |
| 13. valve stem | 28. shifter cable | 43. brake cable hanger |
| 14. tube (inside tire) | 29. adjusting barrel | |
| 15. rim | 30. free wheel/rear cluster/cassette | |