

Introduction

The Pima County Mountain Biking Program has been developed to further educate riders of the "best use" practices for trail riding. Our primary goals are to provide a fun, educational and non-competitive program to individuals of varying levels of ability. Additionally, our objectives are to help people experience the desert and to allow them to discover nature and themselves on the trail.

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Full suspension bike bearings and bushings

Full suspension mountain bikes have pivot points with bushings that allow the bike's suspension to move freely. Bushings are made from different types of plastic and metals and can eventually wear out. Clunks, squeaks and rattles may indicate that a bushing needs replacement. Inspect and wiggle the pivots on your bike, trying to identify gaps or slop in the pivots. Bike shops can order and install replacement pivots, if needed.

The seals and oil in suspension forks and shocks needs to be replaced according to the manufacturer recommendations. Look at the legs of the fork and at your shock – is there any oil seeping out? Does your fork spring back after it's compressed? A little oil seepage might be OK; if oil is dripping down the fork legs, the seal needs to be replaced. If your fork doesn't spring back, or loses air pressure, then it needs to be serviced. Generally, after a year's riding, the fork should be overhauled.



Disk brakes, linear pull "V" brakes and cantilever brakes.

You must always make sure your brakes are in good working order before any ride. Most modern mountain bikes will have disk brakes, either hydraulic or cable activated. Disk brakes give stronger stopping power, dissipate heat better and work well regardless of the condition of the rim.

Two other types of brakes are found on older mountain bikes: V-brakes and cantilever brakes. Both styles have pads that should be checked regularly for wear and alignment.

V-Brakes were the most common type of mountain bike rim brake until the last few years. They are simple and durable. Cantilever brakes were the original type of mountain bike brakes, similar to V-brakes, but have a cable yoke that pulls the pads against the rim.



Rules to Ride by

Trail Etiquette: Cyclists yield to horses, hikers, wild animals and other trail users.

When encountering horses traveling toward you, slow down and pull off to the side of the trail for the horses to pass. Talk to the equestrian and ask them when it's safe to proceed.

If horses and bikes are traveling in the same direction, let the equestrian know in advance you are coming up behind them. Give the rider and horse time to get off the trail, then ask when it's safe to pass. Horses respond to



cyclists differently – some don't mind sharing the trail with cyclists, and others are skittish. Play it safe, and stop for all horses.

Control your speed.

Ride at a speed so that you can stop your bike any time you want or have to, to avoid crashing into hikers, horses, cactus, rocks, and other things.

Pack your trash out.

This includes banana peels, apple cores and other "natural" waste. The desert lacks the necessary amount of water to break down the plant tissue, so it remains a mummified piece of fruit waste for a long time. "But the animals will eat it", you may reply. True, and these fruits are not native to this desert, so it may not have the necessary nutrients for the native animals to thrive on. Please keep the desert in balance by packing out your trash.

Downhill riders yield to uphill riders.

It's easier for downhill riders to get going after stopping than uphill riders. However, it's important to make sure both rider's see each other before proceeding. *Communication is key!*

Bike lean

The next movement for you to learn and get comfortable with is being able to lean the bike side to side while keeping your body upright. This is important for efficient cornering.

How to do it:

From the Ready Position traveling at a jogging speed, lean your bike from side to side with movement only from elbows like a windshield wiper. Experienced riders are encouraged to exaggerate this movement by lowering your saddle all the way down, spreading your knees as wide as possible and leaning the bike as much as possible.



bike lean