



## DESIGNATED ROUTES

1. The following route is designed for Units when participating in the Introduction to Mountain Biking event for Summer Sports Day 2025. When assessing the route, it is imperative that the members consider their fitness levels and their comfortability on a mountain bike (although no fitness level or skill level is required to participate). The ride will also consist of different types of terrain including but not limited to paved roadways, gravel, grass, and sand. The route will also consist of changes in elevation.
2. The route was strategically selected to include 4 locations outlined on the map that will include a new skill to learn or feature a riding related activity.
3. Route: “Like Clockwork” (Round Trip approx. 8.5km)
  - a. This is a full circle route starting at the Col J.J. Parr Sports Centre, with the endpoint finishing at the back entrance of Col J.J. Parr Sports Centre.
  - b. At each numbered point, the group will stop and learn/practice a new skill, prior to before continuing the route.



*Potential risks: road/lane use; traffic; Different types of terrain; elevation; wildlife.*

4. Mountain Biking Comfortability Checklist:

Skill Level	Explanation	
Brand New	You have never ridden a mountain bike before. It is a new sport for you!	
Beginner	You have limited experience with off-road trail riding and have never been on single track. You stick to roadways and paths.	
Novice	You have some experience and are comfortable with off-road trail riding. You are able to stand up on your bike while it is rolling but not very comfortable or balanced and don't always stand up. You are mostly relying on your back brake to slow and stop you.	
Strong Novice	You have committed to bettering your riding, and it has led you into the green single-track trails with minimum roots, rocks, tight corners, tight trees, and steep sections. You are standing up more confidently and more balanced on your bike sometimes when needed and have started thinking about what the front brake is there for.	
Intermediate	<p>Terrain: At slower controlled speed, you are comfortable on the green and easier blue singletrack with tight corners, tight trees, some sand and loose rock.</p> <p>Obstacles: You are comfortable and confident rolling over roots, rocks, steep sections, small rollable drops (couple inches high).</p> <p>Shifting: You anticipate the terrain and shift gears accordingly.</p> <p>Descending: You are comfortable and balanced standing up on your bike and can maintain level pedals for the entire descent.</p> <p>Speed Control &amp; Braking: You use the momentum to climb rolling terrain and are comfortable using both your front and back brakes when required.</p>	

Advanced	<p>Terrain: You are comfortable riding a variety of single track, which may include tight trees, mud, loose rocks, and sand, and are comfortable doing so on more challenging terrain and at higher speeds.</p> <p>Obstacles: You are comfortable and confident with a front wheel lift to get up and over obstacles (up to 6 inches) such as roots, rocks, and small logs that are not rollable.</p> <p>Bike Skills: You are confident and successfully executing the following bike handling skills on a variety of single track:</p> <p>Shifting: You anticipate the hills by shifting gears smoothly.</p> <p>Climbing: Climbing is typically successful unless technical roots, rocks, or corners have you walking a short section.</p> <p>Descending: You are comfortable and balanced standing up off your seat and can maintain level pedals for the entire descent. Speed Control &amp; Braking: You use momentum to climb rolling terrain and are comfortable using both your front and back brakes when required.</p>	
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