 HER  
RIDE  
MTB

 BICYCLE  
QUEENSLAND

# INTRO

Welcome, or welcome back if you've read our first Her Ride Booklet.

Whilst riding any bike is a fantastic experience; there's something special about riding a bike in nature. Getting away from the city or suburbs and feeling a little off the beaten track, we think, is one of the key reasons mountain biking has continued to grow as a recreational pastime over recent years.

Mountain biking is a great way to stay active and healthy physically, plus as many research studies have proven, has the added mental wellbeing benefit of spending time in nature. It's also a fantastic family riding activity and a great way for children to spend time on bikes without being in or around traffic.

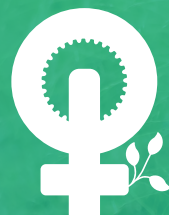
At Bicycle Queensland it's our mission to help more people ride their bike more often. So, we're excited you are here and hope this guide to getting started on a mountain bike, gives you all the tips, tricks, and important information you need to feel confident to get out there and hit the trails.

Rebecca Randazzo

CEO, Bicycle Queensland







# TOP TIPS FOR CHOOSING THE RIGHT MOUNTAIN BIKE FOR YOU

A mountain bike is a mountain bike, right? Yes and no. Depending on what type of riding you plan to do, there are different styles that will suit you better. Here's a few tips to get you started:

## **WHAT TYPE OF RIDING WILL YOU DO?**

If you're just starting out the chances are you'll be starting on local fire trails and single trails. If this is the case and the trails aren't too gnarly (see MTB TALK in this brochure) you could choose a hard tail, which provides suspension at the front of the bike only. Or if you're in for a bumpy ride a dual-suspension mountain bike with front and rear suspension will provide a more comfortable ride.

If you're planning on including technical trails with jumps or drops-offs, then the front suspension travel specifications will become important too. The higher the travel, the more suspension travel the bike has = better for rugged technical trails.

## **27.5 OR 29 WHEELS?**

This continues to be debated, both have advocates and there is no correct answer. In short, the big 29 wheels hold excellent rolling momentum once up to speed for fast fun, plus easily roll over rocks and roots on the trail. The 27.5 wheel may not have quite the same roll (though not far off) but is quick to accelerate and easier to manoeuvre around those flowy corners. And don't believe all the height versus wheel size commentary - you can still ride a 29er if you're 5'3 (I know because I am 5'3 and ride a 29er).





## TUBES OR TUBELESS

We're fans of tubeless here because they almost eliminate pinch punctures, you can run lower tyre pressure which gives improved grip, and they are a bit lighter. But running tubeless does not mean you'll never change a tyre again. Make sure they are fitted properly and that you add sealant regularly. Plus carry a spare kit with a tube, just in case.

## SIZE MATTERS!

The correct bike size is important for comfort, to avoid potential injuries, and for improved control which is key for safety and confidence. You can also check out manufacturer sizing guides as part of your research, to make sure it will be a good fit, but nothing beats heading into your local bike shop to get advice and have the chance to try out the fit in person.

## E-MTB

Electric mountain bikes have grown in popularity due to helping people enjoy longer adventures. If you are new to riding, and are planning some epic adventures, this mode of MTB is definitely worth checking out.



# BIKE CARE BASICS

## BEFORE EACH RIDE – A, B, C

### **AIR**

Ensure the tyres are inflated to the recommended pressure on the side of the tyre and are in good condition (no holes, cuts and not too worn).

### **BRAKES**

Check both front and back brakes are in good working order. Do this by lifting the wheel, giving it a spin and pressing on the brake. Check there are no frayed cables and that brakes are not rubbing on the tyres.

### **CHAIN**

Apply a chain lubricant to keep the chain running smoothly and ensure it is clean.

### **AFTER EACH RIDE**

If necessary, remove any dirt and moisture from your bike by washing it with a sponge or soft brush and a suitable bike wash. Clean and lubricate the chain. If your chain is very dirty clean with a degreaser. Ensure your bike is dried after cleaning. Keep your bike in a dry environment to avoid it getting rusty.

### **REGULARLY**

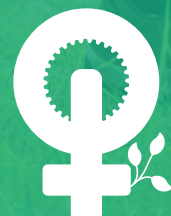
Depending on how much you ride, book in your bike for an overall service at least every six months. Most bike shops offer a service which ensures worn out bike parts such as tyres, cables, brake pads are replaced so you can enjoy a safe ride every time.





## HOW TO?

YOU CAN FIND ADDITIONAL HOW-TO EDUCATIONAL MATERIALS ON OUR BQ WEBSITE. VISIT [bq.org.au/resources](http://bq.org.au/resources) FOR OUR BIKE BASICS AND BIKE LEARNING LIBRARY





# THE ESSENTIAL GEAR

You may have read some of these in our first Her Ride Booklet, but they are here again because, well, they are essential. Read on though because these are also tailored a little more to mountain biking.

## **ON THE BIKE ESSENTIALS**

### **BIKE TOOLS**

You should always carry a spare tube in case you get a flat tyre, with a mini pump and/or CO<sup>2</sup> gas cannister and tyre levers to get the tyre off the wheel. You can keep all of this in a small bike bag which sits behind your seat.

### **BELL**

All bikes should be fitted with a bell to allow for easy communication with other road, bike path or trail users.

### **BOTTLE HOLDER OR HYDRATION PACK**

Your bike should be fitted with water bottle holders. These ensure you can take water with you whilst riding to stay hydrated and alert. Many mountain bikers also, or instead, use a hydration backpack which can also be used to store snacks and tools.

### **SNAKE BANDAGE**

Not to alarm you but it is a good idea to have a snake bandage as part of your bike kit if riding in the bush. Do a quick online lesson on how to use it, just in case you ever need too.



## ON YOU ESSENTIALS

### HELMET

An Australian Standards approved helmet that fits well is a must-have. Throughout Australia it is compulsory by law to wear a helmet for all riding in public places and roads. Mountain bike helmets usually have a visor at the front to allow for additional protection against low hanging branches.

**REMEMBER: Helmets must be replaced if you have a crash and hit your head or replaced every 3-5 years depending on how regularly you ride.**

### ID

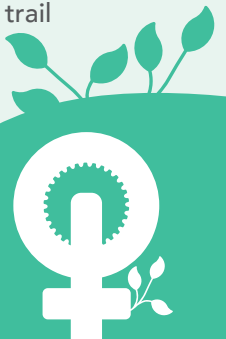
If you are riding alone or with a group you don't know well, always carry some form of identification. This could be your driver's licence or simply a laminated card with your name and emergency contact details on it.

### SHOES

A pair of closed in shoes is highly recommended. A pair of sports shoes (with the laces well tied and tucked in) are fine to get started and many mountain bikers wear them regularly. There are also specific shoes available. Mountain bike clip-in pedals and shoes are different to those on road bikes to be better suited to trail conditions, including the need to walk on rocky surfaces and to dispel mud.

### EYEWEAR

Sunglasses that are large and wrap around the face will provide both sun protection, and protection from dirt and other trail debris, or eye-level bushes and branches.



# THE GEAR THAT WILL ENSURE YOU LOOK LIKE YOU MTB

You don't need any of this to get out and hit the trails, but we think they will help you enjoy the ride just that little bit more – with an MTB slant.

## **SHORTS OR BAGGIES**

Often, you'll see mountain bikers in a looser fit short as opposed to lycra. It's all about casual comfort and flexibility on the bike. These shorts generally come with a padded liner for extra comfort, as well as zip pockets for storage.

## **JERSEY**

Made from breathable, moisture-wicking fabrics, mountain bike specific jerseys often look more like a tee shirt than a traditional zip-front cycling jersey, but usually have a zip section for storage. They are also designed with no seams under the arm area to allow for hydration pack straps.

## **GLOVES**

Gloves will keep your hands protected from the sun, or warm in the cooler months, as well as help absorb sweat and give a better grip on the handlebars. Most mountain bike gloves also have a light padding for comfort and feature a full finger to protect against foliage or scrapes on rocks and trees.

## **BODY ARMOUR AND PADS**

Whether you are starting out and would like a little extra protection or are progressing and pushing your limits a little more, body armour and pads can provide this – not to mention they look impressive! A pair of flexible knee and elbow pads are a great start. Make sure they are snug but flexible so you can pedal and ride comfortably.







## BIKE TALK

If you want a full rundown of cycle speak, don't forget to check out our first Her Ride Booklet. Below you'll find only mountain bike speak so you'll be able to translate out on the trails.

**MTB:** The way mountain bikers write and speak 'mountain bike'.

**GNARLY:** A particularly difficult/bad/rough/technical/sketchy piece of trail.

**DROPPER:** Describes a seat post on an MTB that can be 'dropped' down with the push of a button to allow a rider to shift more weight backward whilst descending.

**FLOW:** That magical feeling when riding a single trail and you are one with the bike and trail.

**SINGLETRACK/TRAIL:** Any mountain bike track too narrow for vehicle access. Riders would have to ride single file.

**CALLING TRACK:** Mountain bike talk for overtaking on the trails.

**DROP OFF:** An obstacle at which point the trail drops vertically. It may be a few centimetres or much more.

**CAMELBAK:** A brand of hydration pack that has become universally known and is used interchangeably for hydration pack, e.g. I'll bring my 2L camelbak if we're going for two hours.



**TRAVEL:** The amount of suspension a bike has. A X-Country MTB that is built to go fast would regularly have 90-100mm suspension. An All-Mountain MTB designed for technical drop offs might have 180mm.

**BAIL:** Leaping off the bike to avoid a more serious crash.

**BERM:** A banked corner that can be ridden fast and is a common design feature on trails.

**HUCK:** Hitting a big jump without any thought for the consequences.

**PINNED:** Riding really fast.

**RAILED:** To ride a corner so well it is as if you were 'on rails'

**SESSION:** To repeatedly ride a section of trail until you have perfected it.

**SHRED:** To ride in an aggressive manner

**YEW:** A general expression of excitement –  
YYYYEEEEWWWWWW!





# A FEW QUESTIONS YOU WANT TO ASK BUT WON'T

## **DO I HAVE TO WEAR BAGGIES?**

Absolutely not. You'll find plenty of mountain bikers in regular tights and tees, or in cycling lycra too. Wear what you feel comfortable in.

## **I'M SCARED OF SNAKES, HELP?**

If you see a snake on the track in front of you. Stop if possible. This will give it time to continue its way into the bush. If it is heading your way, stomp your foot a few times and the vibrations should scare it away. Learning to bunny hop over small logs is also advantageous so you can jump over a snake if you come around a corner at speed and don't have time to stop.

## **I'M WORRIED ABOUT GETTING LOTS OF CUTS AND SCRATCHES**

If you're worried about scratches (we understand skirts or dresses and scratched up legs are not the best look) try wearing a longer sock and some longer, lightweight knee pads. This should stop any low branches or sticks and rocks that fly up. Arm warmers or sun sleeves can be used to protect your arms.

## **WHAT IF SOMEONE FASTER THAN ME COMES UP FROM BEHIND ON A NARROW TRAIL, WHAT DO I DO?**

Acknowledge that you know they are there and will find a safe space to pull in and let them pass. Just remember trails are for everyone so don't feel that you need to completely stop every time someone is behind you or you won't get to enjoy your ride.

## **I DON'T REALLY KNOW ANY OTHER WOMEN WHO RIDE, CAN YOU RECOMMEND ANY SITES OR SOCIAL MEDIA GROUPS I SHOULD LOOK AT?**

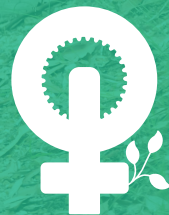
One we recommend you check out on social media is a group dedicated to women who MTB called Mountain Biking Ladies Australia (link: <https://www.facebook.com/groups/1932619270203659>).



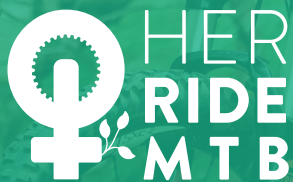


ALSO!

DROP INTO YOUR LOCAL BIKE SHOP AND ASK THEM OF ANY GROUPS THAT MIGHT BE IN YOUR AREA.







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