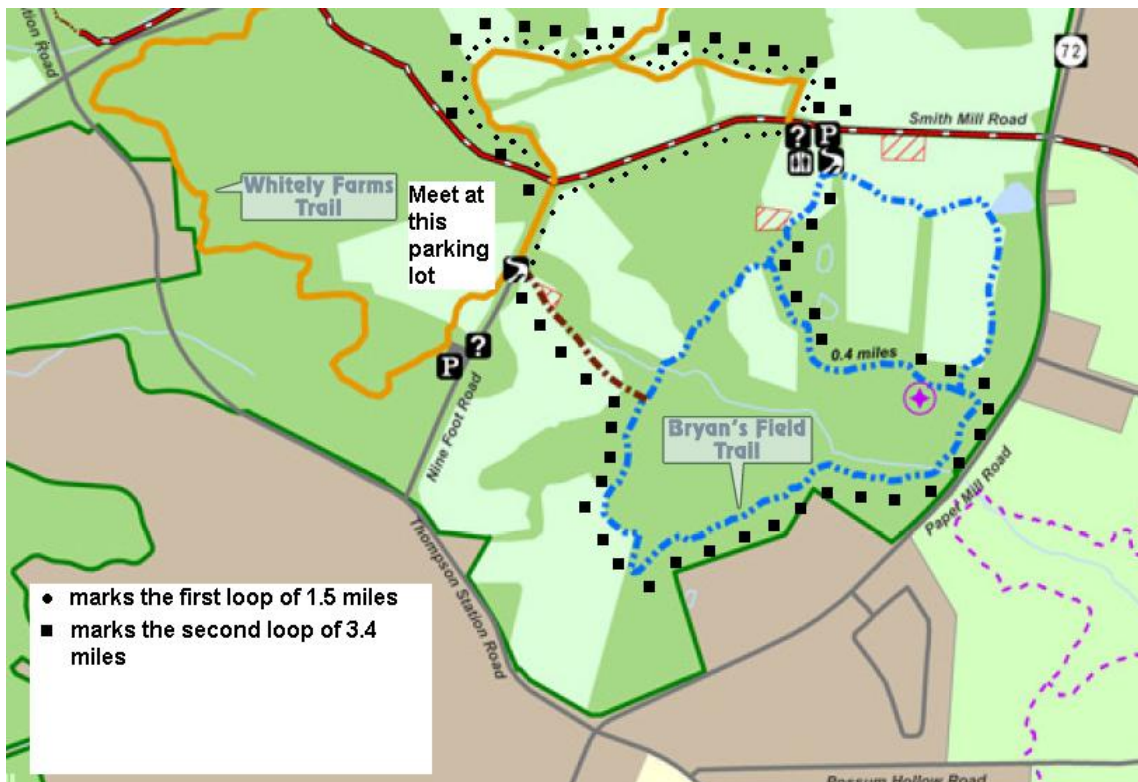


# 2010 INTRODUCTION TO MOUNTAIN BIKING

The Delaware Trail Spinners would like to introduce you to mountain biking in White Clay Creek State Park. This is a free program open to anyone. The ride will be adapted to suit the needs and abilities of the participants. We typically cover bike setup, equipment choices, trailside repairs, and riding skills. The map below depicts the routes we plan to ride. We will stop at various points along the route to discuss riding techniques and work on riding skills. The goal is to have fun while you build confidence and meet other mountain bikers.



**Sessions will start 1 PM on the following Sundays; April 18, May 16, June 13, July 25, August 15, September 12, October 17, and November 14.**

Meet at White Clay Creek State Park's Nine Foot Road Parking Area which is located at [500 Thompson Station Road Newark DE 19711](http://www.whiteclaycreekstatepark.com).

This is a fair-weather event and may be cancelled due to poor trail conditions. Please preregister for this event so we can provide cancellation notification and ensure enough ride leaders. Remember this is a Delaware State Park parking area which requires a State Park Pass or cash for the daily use fee. Send an email to [karllehman@verizon.net](mailto:karllehman@verizon.net) to register. For more information about the Delaware Trail Spinners visit [www.trailspinners.org](http://www.trailspinners.org). We post current information on rides and trail work through our yahoo group email list. See the link on the web page to join the yahoo group.

## *Delaware Trail-Spinners guide to Mountain Bike Accessories*

The following list (in order of priority) was put together to help the beginning Mountain Biker choose equipment to make the trail riding experience safer and more enjoyable for you and your trail riding companions.

1. **Helmet.** Approved helmet, properly adjusted. More vents are better especially in hot weather. Try to make sure the helmet will stay in place when riding and will accommodate your hair style comfortably.
2. **Gloves and eye protection.** These are equally important. Bicycle gloves come with or without full fingers. Full fingered gloves protect you better from thorns but are hotter in the summer. The main feature of good gloves is protection from cutting your palms if/when you fall. On our beautiful single track trails there are lots of hanging, thorny brush just waiting to scratch your head. Clear or yellow glasses work best when the vegetation is heavy and the light is flat (summer). Sun glasses are good when the leaves are off the trees in early spring, late fall and winter. A light weight pair of well ventilated glasses are the most comfortable.
3. **Water.** Make sure you have either a 12oz or more bottle and bottle cage on your bike (two are better) or a hydration pack (camelback). Most experienced riders like the camelback M.U.L.E or equivalent for its 100oz capacity and room for tools and gear. Smaller ones carry less water but are lighter, larger carry the same water but are heavier. It's common to go through 12 oz of water every ½ hour of riding in hot weather.
4. **Spare tube, air and tire levers.** While the leaders on most of our group rides carry these it is your responsibility to carry with you the basic equipment and knowledge to be self sufficient on the trail. At a minimum this includes a spare inner tube, an air pump or CO2 inflation system and tire levers to help get the tire off and back on. These fit conveniently into a hydration pack or seat mounted pack. Seat packs get the weight off your back but are generally noisy and its surprisingly easy to loose a small air pump from the seat bag.
5. **Bike Shorts.** Sooner or later you will want to purchase bike shorts with an internal pad. Mountain Biker's utilize two different styles either "spandex" style or "baggy". Tight fitting shorts are less likely to catch the seat, usually have more choices in padding styles and are available from many manufacturers. They are used exclusively on road bikes where you spend more time seated. Baggy shorts have pockets and are more casual looking. Good baggy shorts have Velcro or zippered pockets and an inner short with pad and leg grippers to keep the inner short in place. Either style works great on the trail. Bike jerseys are colorful, cooler and usually have pocket(s). A well fitting water/wind proof jacket is useful in cooler weather.
6. **Floor Pump.** While you can certainly utilize the inflation system you carry with you (4. above) at home/before a ride, a floor pump is a great deal easier and faster, experience shows most riders don't use the hand pump/CO2 system to check the tires before a ride and then spend valuable riding time changing "pinch flats" caused by low air pressure. Your tires will loose pressure over time so check them before each ride.
7. **Chain tool and spare pins or "quick link".** Next to flat tires the next most likely maintenance problem on a mountain bike is a broken chain. Ask your bike shop for a recommendation based on the type of bike chain you have. They will also usually show you how to repair a chain or give you information to read on the procedure. Group leaders from the Delaware Trail spinners will also help you when needed.

