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INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION CANADA

IF YOU HAVE YOUR PRIORITIES STRAIGHT

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INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION CANADA



ACTIVE2010

TAKE A KID MOUNTAIN BIKING

IMBA CANADA'S GUIDE TO GETTING KIDS ON BIKES

- Two-Wheeled Families
- Planning the Perfect Ride
- Rules of the Trail
- Mountain Biking for Loonies
- Helmet Fit for Kids

THERE'S NEVER A BETTER DAY TO GET STARTED

If you have young kids, like I do, you know how much energy it takes just to make it through the day, let alone train for a half marathon, make it to the gym, or fit in a decent bike ride. Gone are the days I came home from work, threw my bike on the roof, grabbed a snack to go, and headed out on my favourite singletrack for three hours of bliss. Gone are the chiseled quads, and sinuous calves that defined me as a cyclist — In their place are the pouchy stomach and milk-filled breasts that define me as a mother. Despite loving my new role as parent, I still tend to measure my fitness, my health, and my pant size by pre-children standards. But today is a new day.

About a month ago, frustrated with our increasing waistlines and decreasing time for personal pursuits, my husband and I decided to make Tuesdays “family ride day.” Our goals were modest: increase our quality family time while burning a few calories — but the rewards have been exponential. The ride has given us opportunities to share stories, experience nature, practice teamwork, and build trust. The kids have learned new skills, and built confidence in their physical abilities. They've gotten a new perspective on the place they live, and discovered a sense of freedom that can only be gained from exploring on a bicycle. The family ride day has been such a hit, in fact, that our girls look forward to Tuesdays and dream about riding when they go to bed at night. What more could a bike-loving parent ask for?

No matter if you're an avid cyclist, or you're new to the world of two wheels, there has never been a better time to take a kid biking — with a plethora of great children's bikes on the market, trail-a-bikes, bike trailers, and children's-sized equipment and accessories, it's possible to get kids out on the trails as young as one year of age. And with an increasing awareness of the need for recreational facilities - including trails, pathways, and bike parks - there are more options for places to ride than ever before. Plus the upside to getting our kids active (no matter what the activity) is undeniable: Active kids are healthy kids.

It seems that everywhere I look, we're flogged with scary statistics about the health of our Canadian youth: one in four kids is overweight or obese, young people get an average of six hours of screen time a day, one third report not being physically active, lifestyle-related diseases are on the rise. But there is good news: We can choose NOT to be part of those statistics. All it takes is a commitment to making physical activity a priority in our everyday lives.

Start today. Grab a kid, get a bike, go for a ride. You'll be glad you did!

(Signature)

Lora Woolner is a mother of two active girls, and in her “spare time” she co-directs the Canadian office of the International Mountain Bicycling Association with her husband, Mark Schmidt.



ACCORDING TO THE 2009 ACTIVE HEALTHY KIDS CANADA REPORT CARD ON PHYSICAL ACTIVITY:

- Young people in Canada now spend an average of 6 hours a day in front of a computer, TV or video screen of some kind.
- 1/3 of youth report doing no physical activity as part of their free time.
- 80% of kids living within a reasonable distance to school have never cycled to school.
- Only 34% of parents report frequent use of parks and open spaces.
- Only 1/4 of municipalities have guidelines for making bike racks available at public buildings.



TWO-WHEELED FAMILIES

The benefits of mountain biking may start on the trails, but they don't end there

Learning to ride a bike is a rite of passage that begins with a few shaky wobbles and ends with a big grin and a self-propelled journey down the street. The act of learning to ride a bicycle and the two-wheeled adventures that riding brings are as integral to most of our childhood memories as ice cream and the first day of school. As children, we rode to get to a friend's house. We rode to school. And sometimes we rode to get nowhere in particular at all. Mostly, we rode our bikes for fun.

Under the guise of fun and barely hiding beneath the surface of all those early bicycling memories are countless benefits that we didn't even realize we were getting. Bicycles and the sport of mountain biking create a fun medium in which to teach our children valuable lessons they will carry into adulthood. It's like being able to serve up a plate of vegetables, and have your child enjoy every last bite.

Fitness. Childhood obesity is at an all time high while activity levels among children are plummeting. With its progressive nature and way of stimulating the senses, mountain biking is especially appealing to the youth and provides an excellent form of recreation for reversing the trend toward childhood obesity. Since riding a bike provides an excellent cardio workout, improves strength and coordination, and burns several hundred calories an hour it's an activity as appealing to parents as it is to kids.

Nature. The unstructured play that mountain biking provides inspires kids to explore and appreciate the natural world, leading to positive associations with outdoor activities and exercise. *IMBA members donate nearly 1 million volunteer hours to trails throughout North America every year, making stewardship a large part of mountain bike culture.*

Affordable. Many other sports have regular fees and require expensive equipment, but mountain bike trails and parks on public lands are usually free of charge. Mountain biking is a sport that the whole family can participate in whether on a budget or with deep pockets. All that is needed is a bike, a helmet, and a map to your local trail. See page 4 for how to get all the bike gear you could ever need without breaking the bank.

Progressive. Mountain biking allows individuals to advance at their own pace, so kids looking for a challenge can have just as much fun as children who are more interested in exploring the scenery.

Safe. In densely populated urban areas, it can be difficult for kids to ride their bikes without constantly dealing with car traffic. Riding in the woods provides an environment where children can work on their skills, have fun, and pedal their bikes without parents having to worry about the threat of cars.

Cross-Generational Fun. Parents, grandparents, mentors, siblings, and friends — everyone can be included! Mountain biking is a cross-generational endeavor — accessible to all ages and levels of physical fitness. Going for a trail ride is an excellent way for parents to do more than support their children's activities - it's a way to share the experience.



When a family goes for a ride, the goal isn't just to get exercise. The entire family can tackle issues like setting goals and approaching obstacles together, be it by riding over a certain root or finishing the 10km loop. While we can go on and on about the importance of not giving up, mountain biking shows kids that falling down is a part of success, so long as you dust yourself off and get back up again. Every ride is an opportunity to create a pastime and pass on lessons that are best learned through experience.

Whether you are an avid cyclist or haven't sat on a bike in years, getting the whole family to ride is easy. In fact, some would say, “It's just like riding a bike.”

IT'S JUST LIKE RIDING A BIKE

SIMPLE STEPS FOR TEACHING KIDS TO RIDE

We all remember that magic moment when our parents let go of our saddles and we pedaled our bikes on our own for the very first time. As kids, it seemed like an impossible feat until we finally accomplished it. As parents, we now know the real difficulty was letting go. Here are some simple steps that will help you let go and your kid stay upright.

1. **Choose the right time.** Learning to ride a bike should be the kid's idea. The more excited kids are to learn, the easier it will be to teach them. Some kids are eager to learn early while others may take a little longer to get comfortable with the idea. Only you and your child will know when the time is right.

2. **Choose the right bike.** "Run bikes" are a fantastic tool for teaching kids the most difficult part of riding a bike – balance. Without pedals or crank arms, kids sit on the saddle and push the bike along with their feet. As they pick up speed they coast for stretches at a time, naturally picking up steering and balancing on two wheels. Pedal bikes with training wheels build confidence and help with the pedaling motion.

3. **Keep it safe.** Scrapes and bruises are part of learning to ride a bike, but they can be minimized by wearing safety gear and long pants. Children should always wear a helmet.

4. **Find a grassy field** with a slight downward slope. Hold the saddle as your child mounts the bike. Make several slow runs down the slope with your child pedaling as you support the bike by the saddle.

5. **When the child lets you know they are ready,** tell them that you will be letting go of the saddle on this run, then tell them again immediately before doing so. Then take a breath and let go.

6. **Don't expect your child to learn to ride overnight.** The most important part isn't how quick they learn, but that they finish practicing feeling good about their accomplishments and ready to try again another day.



PLANNING THE PERFECT RIDE

CREATE A FUN AND KID-FRIENDLY RIDE THAT WILL LEAVE THEM ASKING "WHEN CAN WE GO AGAIN?"

By Lee McCormack

Pick the right tool. Kids 2 and under should ride in a trailer. Kids 3-6 can ride small bikes or pedal trailers. Kids 7 and older can ride their own bikes. Helmets are mandatory. Gloves are an excellent idea. Knee guards won't hurt.

Pick a destination. Ride to a spot the kids will think is cool — waterfall, a herd of bison, an ice cream shop, etc. Adults know it's all about the journey, but kids look forward to the destination.

Bring lots of drinks and snacks. Not only is nibbling fun, it keeps kids' hummingbird-like metabolisms stoked and ready to ride. Don't forget sunscreen.

Make it easy. Keep rides short and not steep. This is your chance to turn video game masters into mountain bikers. If the kids think riding is too hard, it's back to the X-Box.

Stop often. Kids' energy comes in bursts. Give them a chance to replenish their bodies - and their attention spans.

There's more than one way to mountain bike. While old farts love long stretches of singletrack, young riders often prefer urban terrain, skate parks, dirt jump areas, BMX tracks and pump tracks. A fun ride might combine some of the above plus some trails. Be creative.



Lee McCormack is a journalist, bike skills instructor and co-author of Mastering Mountain Bike Skills. For more riding tips, check out Lee's site, www.leelikesbikes.com



MOUNTAIN BIKING FOR LOONIES



GETTING YOUR CHILD INTO MOUNTAIN BIKING DOESN'T HAVE TO BREAK THE BANK. HERE ARE OPTIONS THAT WILL MEET ANY FAMILY'S BUDGET, WHETHER THEY WANT TO SPLURGE OR SAVE.

	SPLURGE (\$\$\$)	SAVE [\$]
BIKE	Local bike shops can help find the best new bike for any budget. Starting off with a quality rig and a good fit will ensure plenty of long rides in your child's future.	Check out last year's models at your local bike shop or see if they carry used bikes. This is a great way to find good bikes at a hefty discount.
HELMET	Look for something light and well ventilated for children who want to go and go. A full-face helmet might be a good choice for little daredevils. There are plenty of cool styles from which to choose.	Pick up any certified helmet and let your child customize it. A few hours and some paint, stencils and stickers will create a helmet every bit as unique as its owner.
SNACKS	Clif Shot Bloks and energy bars. Electrolytes and calories never tasted so good. These chewy snacks make a tasty and revitalizing treat whether the ride is to the top of the mountain or the end of the block.	Peanut butter and jelly. This time-honoured sandwich is packed full of energy and always delicious. Tip: Spread the peanut butter on both bread slices to keep the jelly from seeping through on long rides. And don't forget to cut off the crusts.
HYDRATION	There are several hydration packs on the market made just for kids. Wearing their own pack gives young riders a sense of independence, a place to stash their gear and makes it easier for them to stay hydrated.	Attach a water bottle holder to your child's bike. Make sure the bottle fits in snugly to avoid losing it on the trail. Mix in a little sports drink to entice your child to drink often.
CLOTHING	Kids love to copy adults. Many bike shops carry youth sized padded shorts and sweat wicking jerseys so your child can look and feel as good as you.	Gym shorts and a t-shirt. Have a little fun creating a keepsake by recording your child's first rides on the shirt. By the time they outgrow the shirt, you'll be amazed at how quickly all those kms went by.

HELMET FIT FOR KIDS

Choose the right helmet for the job. Skateboard or in-line skating helmets do not offer the same protection for common bicycle falls as a bike-specific helmet. Select a bike helmet that meets CSA, CPSC, Snell or ASTM safety standards.

Fit is key to helmet safety. With the helmet sitting level on the child's head, the front should rest about 1 finger to 2 fingers width above the eyebrows. The helmet should fit snugly, but not be too tight. Many helmets include internal pads that can be switched out to create a comfortable fit. Next, adjust the side straps to form a "Y" around the ears, with the buckles sitting just below the child's ears. Buckle the chinstrap and tighten until you can fit only one finger underneath it. Have the child shake their head and make sure the helmet stays in place.

Helmets are only effective if worn. Make sure the helmet fit is both correct and comfortable and routinely check the fit since children grow quickly. Let the child customize their helmet by adding their favorite stickers. Lastly, and most importantly, set an example by always wearing your helmet.

WRONG



Helmet is placed too far back, exposing the forehead. Straps are not secured correctly.

RIGHT



Helmet is positioned correctly. Straps are buckled snugly under the chin.



TAKE A KID MOUNTAIN BIKING DAY

JUST ONE KID, JUST ONE DAY

TAKE A KID MOUNTAIN BIKING DAY SPREADS ONE CHILD'S PASSION TO THOUSANDS, ONE KID AT A TIME

IMBA will celebrate its sixth annual Take a Kid Mountain Biking Day on Saturday, October 3rd, 2009. Throughout the world, kids of all ages will take to the trails in a mass display of wheeled enthusiasm. Schools, youth groups and mountain bike clubs everywhere introduce the sport of mountain biking to a whole new group of eager kids on the first Saturday of every October. This is a chance for adults and older kids to share their positive mountain biking experiences, build a child's self confidence and enjoy a healthy activity with young people everywhere.

It's a brilliant idea that started with the passion for mountain biking of a single kid – Jacob “Jack” Doub. Born with a love of the outdoors and an ability to pick up any sport, Jack quickly took to mountain biking and downhill, winning numerous races in nearly every cycling discipline he tried. Humble to the core, his enthusiasm for winning paled in comparison to his desire to share his skills and love with other kids. In a turn of fate that shook the bike community, Jack passed away unexpectedly at the age of 17. His family and friends created the Jack Doub Memorial Endowment, which helps fund IMBA's Take a Kid Mountain Biking Day, to continue spreading the love of life and biking in his name.

It is through the mountain bike community that one kid's love of the sport has reached thousands. By coming together with the simple goal of getting kids on trails one day every year, the mountain bike community pays their experiences forward, ensuring that the love of fitness, trails and fun continue to propagate through future generations.

DURHAM DOES IT RIGHT!

On a clear day in early October of last year, the community of Durham Region, ON was treated to a spectacular sight – 144 kids on bikes of all kinds were enjoying the trails of Durham Regional Forest Main Tract. This was the Durham Mountain Bike Association's second annual Take a Kid Mountain Biking Day event.

“We had 75 kids in attendance the first year,” says event organizer Tom Hawks, “For our second year, we figured the more kids we could bring out, the more fun it would be.” By creating partnerships with several bike shops and local groups who provided prizes and volunteers, DMBA was able to take a simple ride and turn it into a welcoming festival atmosphere. Various routes were marked to accommodate the different skill and fitness levels, but more often than not, kids would return from the easy 2km loop asking for more.

“We wanted to offer kids a safe and fun introduction to mountain biking,” says Hawks. Groups of 5 or 6 kids were sent out with volunteer ride leaders and sweeps, and a volunteer mechanic was even available to tune up rusty bikes. Local mountain bikers were eager to share their passion with the next generation and came out in droves to support the event.

“I see kids on mountain bikes all the time, but they're riding on the sidewalk,” observes Hawks, “This was an opportunity to get kids off the sidewalk and onto a trail where they can experience the forest, the woods, and the fresh air.” DMBA took an opportunity and used it to impact the entire community. On that day in October, the air was filled with giggles as kids on bikes, some still donning training wheels, wound their way through the trails. When asked what the best part of the event was, Hawks answered without hesitation, “It was smiles on the kids faces as they returned from their rides.”

*IMBA affiliated groups across Canada will be hosting Take A Kid Mountain Biking Day events again this year.
Go to www.imbcanadaevents.com for an event near you.*



TAKING IN YOUR TOWN

10 EASY STEPS TO CREATING A TAKE A KID MOUNTAIN BIKING DAY EVENT THE WHOLE COMMUNITY WILL LOVE

- 1. Plan ahead.** Clear a few hours of your day on the first Saturday of October in advance. The earlier you begin planning the event, the easier it will be to get people involved. Start thinking about who you'd like to participate including kids, volunteers and community businesses.
- 2. Find a kid.** Invite neighbours, co-workers, relatives and friends to take their kids for a ride! Go a step further and contact local youth groups or organizations that work with at-risk kids to bring the positive effects of mountain biking to those who could really use it.
- 3. Get 'em a bike and helmet.** If you need mountain biking gear, simply visit your local bike shop a month early and talk to the manager. Explain the program and ask them to donate or loan a bike and helmet for your ride. Most stores will happily honour such a request.
- 4. Select a ride.** Be sure to choose a ride that is fun, safe and not too long or difficult. The ideal route will have options where the group can head back early or continue for more adventure.
- 5. Contact your local club and bike shops.** Many IMBA clubs already host Take a Kid Mountain Biking Day events or would love to begin doing so. Join forces to increase the amount of volunteers, kids and fun! Drop off flyers advertising the event to local bike shops so they can pass the information along to interested parents and kids. See if they can donate kid friendly swag, like stickers and water bottles, to the event.
- 6. Be prepared.** Bring extra water and food — including a tasty treat for the kids. Don't forget other essentials such as extra tubes, pump, tire levers and a multi-tool.
- 7. Ride!** Take it slow at first. Match your pace to the slowest rider in your group. Aim for no more than three kids per adult and break into multiple groups to account for different ages, fitness and skill levels.
- 8. Have fun.** Don't be afraid to goof around! Keep the conversation fun and play a few bike games after the ride. Hand out stickers and small prizes. Empower older kids to teach and help out younger children.
- 9. Take photos.** Share stories and photos about your day with parents, community leaders, local press and IMBA. Put a photo-laden event recap on the local mountain bike club's website.
- 10. Make it a tradition!** Plan to relive the fun on the first Saturday in October next year!



1st OCT

Join in! Register your Take a Kid Mountain Biking event @ www.imba.com/resources/kids

ADOPT THE LIFESTYLE

NINE TIPS FOR CREATING A MONTHLY RIDE FOR FAMILIES

IMBA's Take a Kid Mountain Biking Day doesn't have to be the only time when the community comes together for a ride. This step-by-step guide shows you how to create a successful family friendly ride in your town that the kids can look forward to every month.

1. **Contact your local mountain bike advocacy group.** A large part of advocacy is building community and spreading the love of cycling. By volunteering to take the lead on organizing and running the ride, you'll find most groups will be happy to promote the event, provide volunteers and offer a network of families who would be very interested in riding together.

2. **Choose a date and starting time.** Monthly rides keep the turnout high and the work low. Selecting a regular day for the ride, such as the first Saturday of every month, makes it easier to remember and plan into busy family schedules.

3. **Pick a location.** Locations that offer different trail experiences, novice to expert, are perfect for group rides. Younger kids can opt for smaller loops while older kids can try their hand at longer or more difficult trails. Choosing a new location each month will keep the ride fresh.

4. **Group kids by age, skill, and fitness levels.** When it comes to larger groups, keeping everyone together can leave older riders feeling bored and make younger riders intimidated. Separate into different groups so that the speedsters can ride fast while the newest riders can spend plenty of time exploring their bikes and the trails.

5. **Let the big kids teach the little kids.** Young children naturally look up to older kids and few things can build a young person's self-confidence like becoming a hero to a child. Ask local teens if they would like to join the ride and help pass their biking skills along to younger riders.

6. **Create a flyer with all the information.** Make sure you include the date, time and location of the ride. Emphasize that first time riders are welcome, even if they are the parents. Advertising an earlier "meet-up time" followed by the "ride time" ensures that everyone is ready to go at the same time and provides a buffer for getting kids ready to ride. Posting multiple ride dates and locations on the flyer will increase turnout and reduce the need to update the flyers.

7. **Get the word out!** Post flyers at all local trailhead kiosks, youth centres and bike shops. Spread the word on local and regional bike forums and send a notice to the local mountain bike club's email list. Encourage bike shops to hand flyers to families purchasing bikes — more hooked riders means more bike sales.

8. **Delegate.** Solicit parent volunteers to make snacks and collect swag to give out at the ride. Ask one of the older kids to come up with a fun bike centric game. Delegating responsibility creates community ownership of the event, spreads the workload and keeps the event fresh!

9. **Enjoy!** Having a monthly family friendly ride is a great way for cycling parents and their kids to meet each other while doing what they love.
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- TAKE A KID MOUNTAIN BIKING
- SPROCKIDS
- # SPROCKIDS

A TWO-WHEELED APPROACH TO SELF-ESTEEM
- By Doug Detwiller, Sprockids Founder
- Somewhere along the evolution of our modern society, being active, adventurous and having fun moved out of the physical world and into the fantasy world of the computer screen. Being an athlete was perceived as only for the "elite," no longer considered part of everyday life. Sprockids is all about involving kids in the life long sport of mountain biking, while teaching them the skills, values and strategies to succeed in life. Sprockids is all-inclusive! Nobody sits on the bench in our sport.
- Sprockids has been happening in schools, community centres, boys and girls clubs and cycling clubs since 1990, and is now operating in 17 countries. Over the years it has reached thousands of young people and turned them on to the thrill of mountain biking. Mountain biking is truly unique and its appeal to young people of all abilities is something very special. Everyone acknowledges the crisis regarding the physical condition of today's youth, but no one has been able to successfully address this issue. What is needed is to change the mindset of a generation. One of the main goals of Sprockids is to redefine the role and definition of sports in our schools and in our society. Being active should be fun and part of everyday life. Sprockids addresses this issue head on and appeals to the large segment of young people that have never thought of themselves as being capable of athletic endeavours.
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- # THE SPROCKIDS PROGRAM
- ## THE WHOLE IS GREATER THAN THE SUM OF ITS PARTS
- The Sprockids program is much like a river, drawing its strength and resources from the many streams that flow into it. Since its conception the program has grown and added many new components to its basic premise. All of the knowledge, energy and spirit of the individuals that have contributed to the program have come together to make Sprockids recognized internationally as the leader and innovator in getting young people active and riding their bikes. The two Sprockids Instructional Manuals contain over 500 pages of resource material to provide new leaders with the motivation, resources, confidence and support to successfully run their own Sprockids program. The core of the program revolves around 55 riding skills, which are taught in a fun, safe and sequential manner designed to meet the individual needs of each participant. As each rider masters a specific skill it is recorded in their own "Sprockids Passport" which chronicles their accomplishment.
- The Sprockids organization is dedicated to providing the best instructional resources, training, guidance and support to help individuals and groups establish their own Sprockids programs in their communities.
- For more information on the Sprockids program visit www.sprockids.com
-
- Find an IMBA-affiliated club, shop, camp or mountain bike school near you @ www.imbacanada.com
- 8

LEARN TO POP A WHEELIE!



1 Safety comes first. Wear a helmet and protective gear and practice on a grassy or soft surface using platform pedals. Make sure an adult is nearby.

2 Get your bike ready. Lower your seat so it is just below your handlebars and shift into an easy gear.



3 Get your body ready. Pedal as slow as you can go without tipping over. Keep your fingers positioned over your rear brake.



4 Stay seated and as your dominant foot (the foot you use to kick a ball) is at the top of the pedal stroke, stomp down with your foot while pulling up a bit on the handlebars.



6 Lean back, extend your arms and keep pedaling!

7 Practice, practice practice!

5 If you feel like you are going to flip over backwards, gently squeeze your rear brake.

INTERVIEW WITH JAY HOOTS

Jay Hoots is one of the most well known pro-riders around. Though he is recognized for his long dreadlocks, contagious smile and incredible bike skills, he is loved most for what he does when he's off the bike. Hoots is a long time bike advocate and IMBA supporter, a professional bike park builder and has even run his own non-profit youth mountain bike organization – The Dirt Camp. Whether he is building a progressive skills park or going for a ride in the woods, Hoots is always finding ways to spread his enthusiasm for mountain biking to the next generation.

IMBA: How old were you when you started riding?

HOOTS: I was four when I got off training wheels. Four days later I was on a motorcycle.

IMBA: Why did you start mountain biking?

HOOTS: I started as a snowboarder, but after a knee injury I used mountain biking as a way to rehabilitate my leg. It was just so cool that I become instantly passionate about it.

IMBA: What do you love most about riding?

HOOTS: The sound of my bike rolling along with my two dogs on the trail. That's my moment.

IMBA: What is your favourite part about teaching, building and riding with kids?

HOOTS: It's an opportunity to treat kids for what they are. They aren't just kids. They are tremendously cool people. It doesn't matter whether I'm teaching a clinic, doing a demo, or signing autographs, I love being able to show young people respect and recognize just how much they are capable of.

IMBA: Why should kids get into mountain biking?

HOOTS: Being on a mountain bike is unlike anything else. It can take you from a cruise along the beach to a skate park to the top of a mountain. The bike isn't just symbolic of freedom. It is freedom.



TAKE A KID MOUNTAIN BIKING

KID'S STUFF

IN THEIR OWN WORDS

REAL KIDS ANSWER THE QUESTION, "WHAT DO YOU LOVE MOST ABOUT MOUNTAIN BIKING?"



I get to ride with my mom.
-Rhys, age 4



You get to see a lot of places.
-Isabella, age 7



It's fun and challenging and I like spending time in the woods.
-Michael, age 9



I love going downhill.
-Ella, age 6



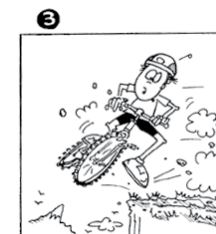
It's good exercise, I learn biking skills and I get to spend time with my friends.
-Brandon, age 10

RULES OF THE TRAILS

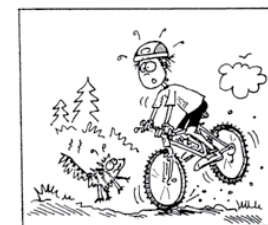
These guidelines for trail behaviour are recognized around the world. IMBA developed the "Rules of the Trail" to promote responsible and courteous conduct on shared-use trails. Keep in mind that conventions for yielding and passing may vary, depending on traffic conditions and the intended use of the trail.



1
RIDE ON OPEN TRAILS ONLY!
LEAVE NO TRACE!



3
CONTROL YOUR BICYCLE!



5
NEVER SPOOK ANIMALS!
PLAN AHEAD!



2



4
ALWAYS YIELD TRAIL!



6