

EMPOWERED TO RIDE



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EMPOWERED TO RIDE

What is Empowered to Ride ?

Empowered to Ride is a free community group where kids come together to feel better and stay active by riding bikes. We know that being healthy helps our minds feel great too- that's why we will learn how to ride mountain bikes safely and how to take care of them. We will also discover cool tips about staying happy and healthy, both in our bodies and our minds as well as volunteer in our communities.

What are the rules ?

- - Be on time
- - Respect the trails
- - Share the trails
- Set an example
- Respect other trail users
- Protect nature
- Always stay behind the group leader
- Call the group leader if unable to come on the assigned day at _____ or email _____

OUR Founder

Caleb Foote is the CEO and Founder of the Empowered to Ride Program, blending his passion for mountain biking and fitness with mental wellness. After graduating from Sussex Regional High in 2015 and New Brunswick Community College in 2017, Caleb's dedication to biking has evolved into a mission for holistic well-being. He has biked across North America and Europe, and hopes to inspire kids to find their passions.

" Thank you (Caleb) for investing your time and energy into this program that you created to help make a difference in youth lives." - Parent



ABOUT ME

My name:

My age:

My favourite activity:

How many hours I spend active a week:

The activities or hobbies I like are:

During Empowered to Ride, I want to learn:

I want to get involved with Empowered to Ride because :



MOUNTAIN BIKE PARTS

Before we start biking, we need to learn to identify the parts of the bike. Here's a diagram:



PARTS OF THE BIKE

DEFINITIONS

Below are definitions for each bike part. Let's read through them and then complete the activity on the next page !

Bar

The bar is used to steer helps riders steer the bike - the norm is 780 mm.

Pedals

Pedals are best controlled with flat , grippy soled shoes !

Seat

The average seat sag (how much the seat sags when you sit or stand) should be 30 % when sitting and 20 % when standing.

Suspension

The suspension helps make the bike seat more comfortable when on difficult terrain.

Rebound

The rebound helps the bike be as fast as possible ! At higher speeds, it also adds control.

Sag

Sag is the amount the shocks move under the weight of your body and equipment.

Tires

Tires are ideal for all year use when they have an aggressive front tire and have good traction. A good PSI to start with is 26.

Brake Position

The breaks can be adjusted by standing and extending your index fingers to see how the reach on the brakes is - adjust if necessary.

PARTS OF THE BIKE ACTIVITY

Meet Alex !

Read the text below, and help Alex by filling in the blanks !



Word Bank :

Bar
Pedal
Seat
Suspension
Rebound
Sag
Tires
Brake position

Hi, I'm Alex, and I'm 14 years old. Today, I learned some cool things about mountain biking. First, I adjusted the _____ on my bike to make sure I was comfortable while riding.

Then, I checked the _____ to make sure they had enough air for the bumpy trails. I also figured out how to use the _____ correctly so I could keep my balance. My bike has something called _____ that helps make the ride smoother by absorbing shocks.

After going over a big bump, I learned that the _____ controls how quickly the suspension goes back to normal. I also had to measure the _____ to see how much the suspension squishes down when I sit on the bike. It was important to get the _____ just right so I could reach them easily while riding. Finally, I made sure the _____ were tight and secure to help me control the bike better.

ADJUSTING A BIKE FOR A FEMALE RIDER

Most female bikes have a lower seat height (lower standover) and a lower handle bars (lower stack height). The reach on a female bike is usually shorter than the male bike .



SADDLE

LOOK FOR A BIKE THAT HAS A PERCH THAT FITS YOU ! THE CUT OUTS CAN REDUCE SOFT TISSUE PRESSURE.



GRIPS

GRIPS ARE FOUND ON THE BAR OF YOUR BIKE - IF THEY ARE TOO WIDE, THEY TIRE OUT YOUR HANDS. FIND A BIKE WITH A SLIMMER GRIP.



SUSPENSION

IN ORDER TO USE THE CORRECT AMOUNT OF TRAVEL TO YOUR FORK/SHOCK, TRY REMOVING ONE OR TWO VOLUME SPACERS. ALSO, ADJUSTING REBOUND COMPRESSION IF THEY ARE AN AIR FORK OR SHOCK.



Other things to keep in mind:

Due to biological differences in our bodies, some other things to keep in mind are: the tire pressure, the frame size, the stem and the handlebar. Needs can vary based of height, weight and even shoulder size! Also, the measurement from the bottom of your foot to your waistline and your arm length all play a part in measuring you to fit your bike.

A PARK READY BIKE

With the invention of do-it-all trail bikes, you no longer need a downhill bike to go to a bike park. However, it is always a good idea to tweak your base set up before going biking on more extreme terrain, in order to make sure that you get the most out of gravity !



Note:

Even if you are making no changes to your bike, you should always check it out before you ride! Ease in to your ride (don't start with the hardest trail !) and fuel properly before you go riding.

Here are some things to keep in mind :

SUSPENSION

BY ADDING VOLUME SPACERS, IN REBOUND AND COMPRESSION THE SUSPENSION WILL RESPOND DIFFERENTLY AND WILL IMPROVE THE LIKELIHOOD OF PREVENTING IT FROM BOTTOMING OUT. THIS WILL ALSO IMPROVE HANDLING OF THE BIKE AND FATIGUE OF THE RIDER.

TIRES

TIRES THAT ARE THICKER OR THAT HAVE DUAL-PLY CASTINGS CAN GIVE MORE TRACTION ! ALSO, ADDING A FEW PSI CAN PREVENT SQUEALING TIRES AND INCREASE TRACTION.

SADDLE

TO MAXIMIZE YOUR HEIGHT WHEN DESCENDING, DROP THE SEAT. THIS WILL ALSO PROVIDE MORE FLEXIBILITY WHEN IN THE AIR OR GOING DOWNHILL !

HANDLE BAR

WHILE BIKING ON STEEP OR FAST TRAILS, HAVING A HIGHER FRONT END CAN HELP THE RIDER SHIFT THEIR WEIGHT BACK WHEN NEEDED. AN EXTRA SPACER UNDER THE STEM CAN ALSO HELP!

PROTECTION

TO KEEP SAFE WHILE RIDING MORE DANGEROUS TERRAIN, TRY A FULL FACE HELMET, GOGGLES AND KNEE PADS! OTHER OPTIONS ARE ELBOW PADS AND A CHEST PROTECTOR. ALSO, DITCH ANY EXTRA WEIGHT OR A BACK PACK OR OTHER THINGS WEIGHING YOU DOWN!



CHECK IN !

Let's do a quick check in ! Answer the following true or false questions and explain why ! It is okay to make mistakes, we will review together afterwards.

1.) **FEMALE RIDERS MUST BUY "FEMALE" BIKES.**

TRUE OR FALSE

WHY ?

2.) **MOUNTAIN BIKES SHOULD BE CHECKED EVERY TIME THEY ARE USED.**

TRUE OR FALSE

WHY ?

3.) **WHEN A BIKER GETS OUT ON THE TRAIL, THEY SHOULD START WITH THE HARDEST TERRAIN !**

TRUE OR FALSE

WHY ?

4.) **BIKERS SHOULD AVOID EATING OR DRINKING WATER THE MORNING OF THEIR RIDE, IT COULD MAKE THEM SICK.**

TRUE OR FALSE

WHY ?

BALANCE

In order for a biker to be able to flow smoothly down the trail, they need to find a balanced position that works for their body and their bike. Here are some things to keep in mind when finding your balance:

SHOCK ABSORBERS

Bikers need to keep their arms and legs in a bent position so they can flex or extend them quickly.

CHIN UP

Keeping eyes and chin up help provide a stable field of vision, allowing bikers to look at the trail in front of the..



SUPPORT FROM THE GROUND UP

By keeping a bikers weight pushed into their feet, they can pop, hop of twist their hips for quick directional changes.

RELAX

Above all, riders need to focus on having fun ! While riders are the most relaxed (and loosened up !) it makes it easier to ride.

MAINTAINING A GOOD POSTURE

In order to learn how to take on obstacles, it is important that riders have a solid posture on their bikes. By doing this, bikers will make sure they are conserving energy during rides, give space between the rider and the bike during rougher sections and allows the bike to pivot easier.

HIPS

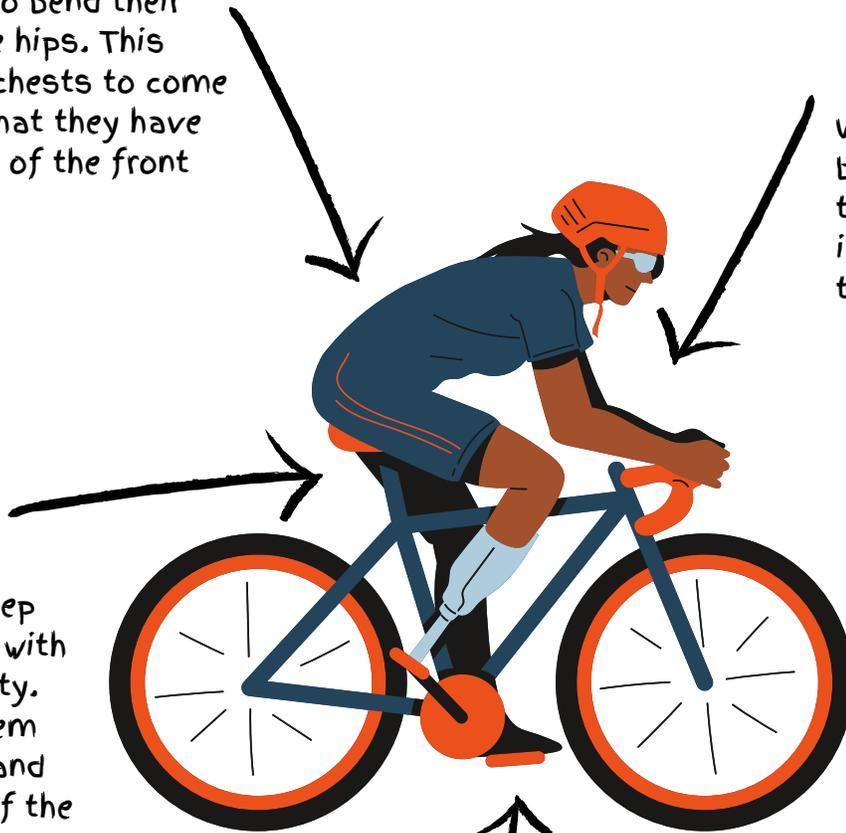
Bikers need to bend their bodies at the hips. This allows their chests to come forward so that they have more control of the front of the bike.

ELBOWS

When a riders elbows are bent, they have control of the front wheel. This is ideal when riding on flatter terrain.

LEGS

Bikers should keep their legs in line with the pull of gravity. This will help them feel the terrain and also move out of the way of obstacles.



FEET

By pushing their weight through their heels, riders can better feel the terrain and it will promote better weight distribution.

IMPROVING YOUR RIDING

When learning a new skill, passion and motivation can help inspire greatness. However, sometimes, these factors can cause people to brush past learning the right technique - which can be very dangerous. It is therefore important to slow down and create yourself a good base for learning !

SLOW DOWN

When starting, biking slower and mastering your technique is the best way to learn !

DO NOT HANG OFF THE BACK

It may not feel safer, but riding head first and with your body weight in the middle of your bike is the safest way to ride.

DO NOT FOCUS ON YOUR FRONT WHEEL

It can be common to want to stare at your front wheel when biking - instead, try to focus on the train in front of you.

FOOTING

Make sure that if you are dropping your feet in coners, that you are waiting until you are in the corner to drop your outside foot only. You need to focus on getting in your line, then breaking, then cornering. If not, you will have very little stability.





CHECK IN !

Imagine this...



Sometimes, people get so excited at the idea of learning something new that they forget to learn how to do it safely. That is why it is important we understand the in-and-outs of mountain biking (like any skill!) before we hit the tracks. Now, imagine you were meeting this person. They do not know anything about mountain biking. Based off what you have learned in the last few pages, give them some advice !

IN ORDER TO KEEP MY BALANCE, I...



TO KEEP A GOOD POSTURE, I...

PEDALING SMOOTHLY

Pedaling is mountain bikers primary way to speed up, allowing them to attempt cool tricks at higher speeds. However, it is also important that bikers conserve their energy. Therefore, it is ideal for bikers to keep a constant pedaling speed rather than randomly slowing down and speeding up. Here are things to keep in mind when working on speed:

SPEED

It is important to find a speed that can be kept for the duration of the ride . A fluctuating speed can cause less efficient riding.



POSITION

When starting, riders should keep their weight balanced over the pedals. Then, riders can shift their weight forward to get maximum drive.



MUSCLES

Something riders should keep in mind is that when they are pedaling, they are using not only their leg muscles, but also their core and their glutes. This will take practice, but it will help riders stabilize their legs.



SPINNING

By allowing pedals to make full rotations, riders can build up a more consistent speed.



BRAKE CONTROL

Riders should know that the best way to get speed is by using controlled breaking. A good way to learn this is to practice the same section of a trail that you are familiar with and think about how braking is affecting your riding. Here are some things to reflect on :



MODULATION

Modulation refers to adjusting with which force you pull your levers to brake.

BALANCE

Balance refers to making sure each lever is being pulled with similar amounts of force.

TIMING

A general rule is to accelerate through an entire section of a trail and brake at the corner.

TERRAIN

When the trail is rutted or has deep dust, it is best to use less front brake. If it is super rough, adjust where you break to avoid bouncing.

HOLD THE HIGH LINE

The high line is often the quickest and straightest option, however, it is rarely the easiest. In order to get through the high line, it is key to have good balance and stability. Here are some things to think about:

BRAKING

It is best to accelerate through the line and avoid over braking.

TURNING

It is best to make sure the bike is in a position that it can go through the line without over turning before starting the line.

EXIT

During the line, it is key to be looking at the exit the entire time.

MID-LINE

Ideally, bikers should avoid braking, use minimal turning and keep a stable position. This will allow your elbows to bend and for the bike to move freely under you.

FIND THE GRIP IN FLAT TURNS

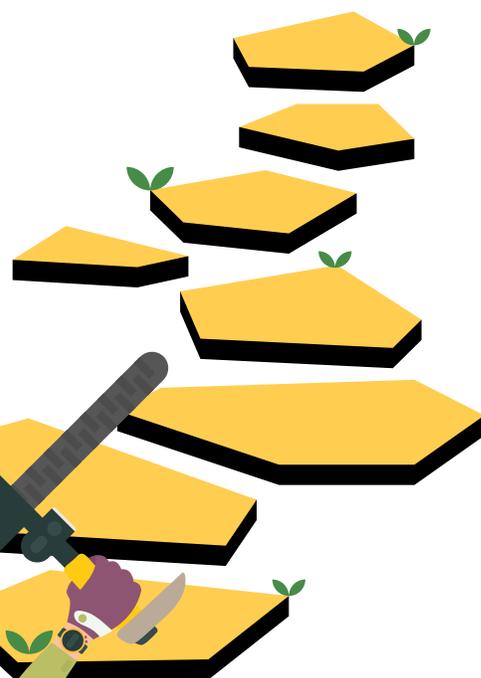
Most bike parks have many sharper and steeply banked corners (these are called berms!) . That is because flatter corners make it harder to build up speed. However, with a few of these easy tips, bikers can learn how to use flat turns to their advantage:

KEEP AN UPRIGHT BODY

Lower the outside pedal and heel and shift the body weight over so it is kept upright. This allows riders to get pressure on the tires and to find traction.

SPOT THE EXIT

While the biker is in the turn, they should be looking forward to spot the exit.



LEAN YOUR BIKE

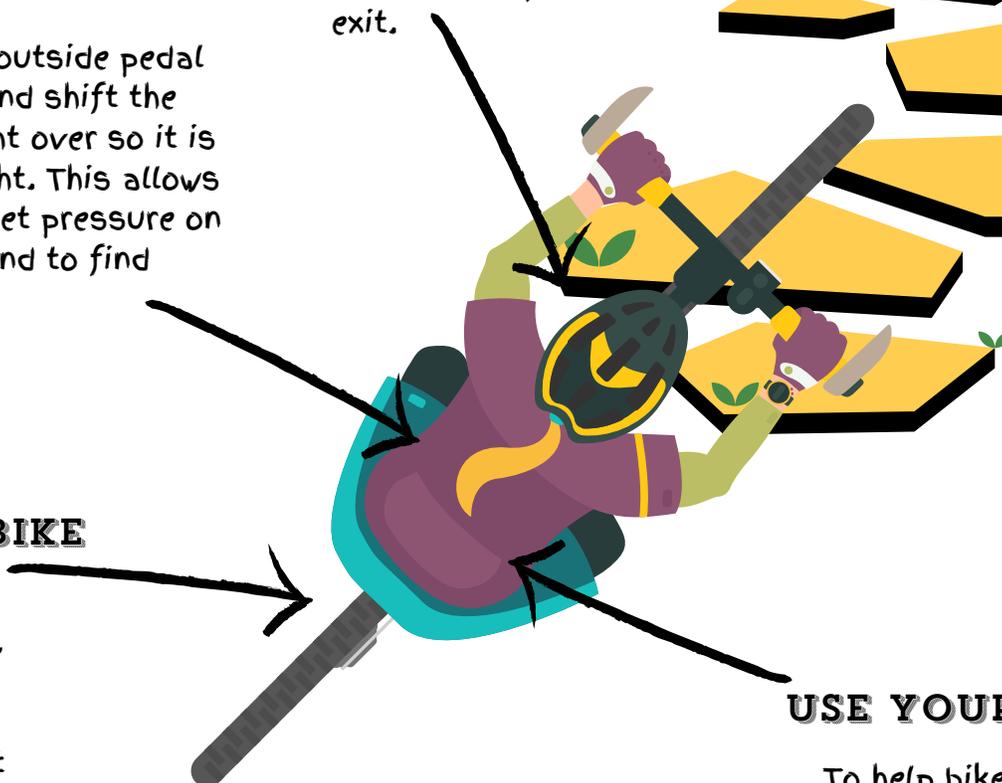
By letting the inside hand drop, the outside hand take on more of the pressure- but keep that elbow high ! This helps keep control on a strong position.

GET CENTRED

While approaching the turn, the bikers weight should be centred on their bike - allowing them to move freely.

USE YOUR BODY

To help bikers steer the bike where they want to go, they should put their body in the same direction as they want to go.

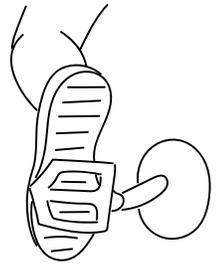




CHECK IN !

You are almost there ! That summarizes all the basic knowledge you need to get out on the trail. Let's make sure you understood... (if not, no big deal ! We are here to help!)

WHAT ARE FOUR THINGS TO KEEP IN MIND WHEN YOU ARE WORKING ON PEDALING SMOOTHLY ?



WHY IS PEDALING SMOOTHLY IMPORTANT ?

WHEN YOU NEED TO BRAKE, WHAT ARE FOUR THINGS YOU SHOULD DO TO MAKE IT THE SMOOTHEST BRAKE POSSIBLE ?

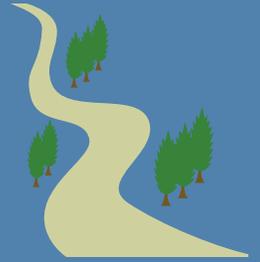


WHAT DOES IT MEAN TO "HOLD THE HIGH LINE" ?

HOW CAN YOU USE FLAT TURNS TO YOUR ADVANTAGE ?



HIT THE TRAILS



Congratulations ! You have now seen all the basic knowledge you will need to know in order to get out on the trails safely. Now, we will work on skills you will be using when you hit the trails !

HEELS DOWN

Bikers should try to drop their heels and keep their legs slightly bent, it helps keep a good grip and brake and uses strong muscles.

PEDALS LEVEL

By standing on the pedals and keeping the crank arms (those are the levers your pedals are attached to!) horizontal, bikers can find the ideal form for stability when it comes to jumps, berms and bumps.

ELBOWS OUT

Keep elbows out horizontally ! This gives more control at bumps and turns and makes it easier to move the bike around.



Don't forget... keep your eyes up !



BERMS

A **berm** is a raised, curved bank of dirt on a mountain biking trail. It helps riders turn smoothly and maintain speed by guiding them around corners without losing control. Berms make riding more fun and safer on twisty trails. Here are some things to keep in mind:

APPROACH

Adjust the speed before the turn, so the bike can roll through it.

COMPLETE THE TURN

Bikers should try to use the whole length of the berm. The end will push them out into the trail. Stay off your brakes !



EYES AHEAD

Keep eyes forward ! By looking two to three bike lengths in their sight, bikers can prepare for any hazards.

CUT WIDE

Cut wide while you are entering the berm and enter as it starts.



How do turns like that make you feel ?

ATTACK STANCE

Elbows out, dropped heels and feet forward ! Bikers should also keep their body weight driven down through their feet in order to keep control of the bike.

Congratulations !

CERTIFICATE OF PARTICIPATION -
EMPOWERED TO RIDE

THIS CERTIFICATE PRESENTED TO

*FOR PARTICIPATING IN
THE EMPOWERED TO RIDE PROGRAM*

*THANK YOU FOR LEARNING AND EXERCISING WITH US .I REMEMBER,
KEEP FINDING YOUR LIFE PASSIONS AND KEEP YOURSELF PHYSICALLY
AND MENTALLY HEALTHY !*

DATE:

SIGNED





Congratulations !



Hey!

Congratulations on your amazing achievements!

It's so exciting to hear about how you've been getting more active and learning so much about how physical activity helps your body and mind. Mountain biking is such an adventurous sport, and taking risks to try something new is incredibly brave.

You've shown courage and determination, tackling those trails and pushing yourself to new limits. Each ride not only makes you stronger physically but also builds your mental strength and confidence. It's inspiring to see someone your age embracing challenges and discovering the joys of being active.

Keep pedaling forward, enjoying every moment, and never stop exploring what you're capable of. The skills and confidence you're gaining now will stay with you for a lifetime. Remember, every great adventure starts with a single pedal stroke.

Keep up the fantastic work!



*From:
The Empowered to Ride Team*

