

# READY TO RIDE?

Whether it's your first time in the park or just the first lap of the day, be sure to ride smart with these tips.

## 1 - PRE-RIDE

Warm up the body and the brain. Inspect the trail at low speed.

## 2 - RE-RIDE

Lap the trail a few times and get to know the flow of the features.

## 3 - FREE-RIDE

Start small and work your way up to faster and larger features.



Full Face Helmets and Body Protection Encouraged



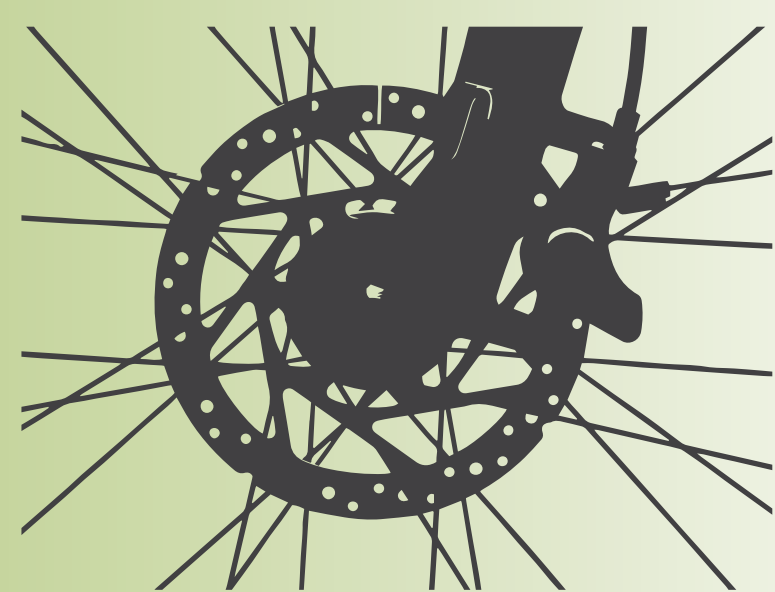
## DOWNHILL BIKE



Ideal for rough and rugged mountain terrain



Disc Brakes are highly recommended



Helmets are **MANDATORY** in the Bike Park.

## HARD TAIL BIKE

No Rear Suspension Just A "Hard Tail"



Less suspension may increase **fatigue**.



Rim Brakes are not ideal for downhill mountain biking.

## EQUIPMENT RESTRICTIONS

WITHIN BIKE PARK INCLUDE BUT ARE NOT LIMITED TO:

No kickstands, no kick brakes, no wheels smaller than 16", no slick tread urban tires and must have a functional brake on each wheel.

**TAKE A LESSON OR SIGN UP FOR A GUIDED TOUR TO LEARN MORE.**

We recommend making reservations 24-hours in advance. Call 970.871.5252 for more information.  
12 years or younger should be accompanied by an adult.