



Pathfinder's Name

Mountain Biking

1. Learn basic maintenance skills to fix and maintain a mountain bike, such as adjusting drivetrain, brakes and saddle, cockpit setup, cleaning and lubrication of moving parts and changing a flat tire.

Date completed _____

2. Explain and demonstrate a safety check on a mountain bike including all individual components.

Date completed _____

3. Demonstrate several riding body positions, bike-body separation and proper braking. Explain when each skill will be used.

Date completed _____

4. Explain and show the differences between a road bike, crossover bike, high level mountain bike and entry level mountain bike.

Date completed _____

5. Demonstrate the function and advantages of dropper seat posts, hydraulic brakes and full suspension on a mountain bike.

Date completed _____

6. Demonstrate and explain the difference between platform and clipless pedals. Explain the advantages and disadvantages of both cleats and flat-soled mountain bike shoes (5.10, Teva).

Date completed _____

7. List at least three materials that mountain bike frames are made from and explain why new materials are always being tested for mountain bike frames.

1. _____
2. _____
3. _____

- 8. Explain differences between single track, double track and fire roads.

Single Track

Double Track

Fire Roads

- 9. Give the definition for the terms “hardtail” and “full suspension” and explain the differences.

Hardtail

Full suspension

Differences

- 10. Describe the basic trail safety rules and International Mountain Bicycling Association (IMBA) rules of trail etiquette.

11. List three basic pieces of safety equipment that should be worn when mountain biking. Explain how to do safety checks on each and how to fit each piece properly.

1. _____
2. _____
3. _____

12. Know the three most common injuries in mountain biking accidents and how to prevent these injuries from occurring.

1. _____
2. _____
3. _____

13. Demonstrate how to properly clean and lube your bike after you ride it.

Date completed _____

14. As part of a group worship/devotional service, discuss the analogies of traveling a mountain bike trail with traveling a Christian path.

Date completed _____

15. Complete the following riding requirements. All rides must be done on some sort of off-road trail, like single track or double track. A given trail may be used for more than one ride or repeated to make a ride long enough to meet the requirements (if needed). Fire road use should be kept to a minimum.

- a. Four 5-mile rides

Date completed _____

- b. Two 10-mile rides.

Date completed _____

Mountain Biking, Advanced

- 1. Have the Mountain Biking Honor.
- 2. Explain the differences between cross-country, all-mountain, enduro, downhill, dirt jump, and trials mountain bikes.

Cross-country

All-mountain

Enduro

Downhill

Dirt jump

Trails mountain bikes

- 3. Explain the difference in helmets used for mountain biking and when to use each one (full face, enduro, XC, dirt jump).

- 4. Demonstrate how to adjust and tune suspension, bleed hydraulic brakes, disassemble and reassemble all major parts and components, and install tubeless tires.

Date completed _____

- 5. Demonstrate how to perform a two-wheeled drop and a lipped jump.

Date completed _____

- 6. Demonstrate or explain the following maneuvers:

stoppie

bunny hop

track stand

catwalk (wheelie)

manual

Date completed _____

- 7. Know the major wheel sizes of modern mountain bikes and explain their usage.

- 8.** Map, plan, and lead a group trail ride. The group must consist of at least two people and the ride must be a single-track ride of at least 5 miles (8 km).

Date completed _____

- 9.** Find or create an opportunity to volunteer for trail building or trail maintenance in your local area.

Date completed _____

- 10.** In addition to the rides from the basic level, complete the following riding requirements. All rides must be done on some sort of off-road trail like single-track or double-track and on separate occasions. A given trail may be used for more than one ride or repeated to make a ride long enough to meet the requirements (if needed). Fire road use should be kept to a minimum.

- a.** Five 5-mile rides (8 km)

Date completed _____

- b.** Three 10-mile rides (16 km)

Date completed _____

- c.** One 15-mile ride (24 km)

Date completed _____

- 11.** Use mountain bikes as a witnessing outreach. Options may include, but are not limited to:

- a.** Invite a non-member to a Pathfinder/church group mountain bike ride

Date completed _____

- b.** Offer mountain bike repair/maintenance for donations directed to mission work

Date completed _____

- c.** Find a way to identify to the general public your church/Pathfinder group in the trail building/maintenance activities in requirement 9.

Date completed _____