

Welcome to the MRGS Mountain Biking Club!

We are excited to share some amazing times in this incredible sport. We have included some information below to help you get started.



Mountain Biking Types:

- **Cross Country (XCO)** are endurance and speed events over natural terrain of usually around 10-20km, including mountain biking tracks or over fields.
- **Down-Hill (DH)** is a gravity-fed form of mountain biking, usually accessed by shuttles or chairlifts, where riders descend steep, technical trails, often featuring jumps, drops, and rock gardens, with the goal of completing the course in the fastest time.
- **Enduro (E)** involves timed downhill stages separated by untimed transfer stages (usually riding the bike uphill to the start). The winner is the rider with the shortest cumulative time across all timed downhill sections. It is a mix of both endurance and downhill skills.

Events:

We attend the following events during the year:

Event	Date	Location	Registration	Type of MTB
Auckland Schools Series	30 th March	Hunua	Parents Register online.	XCO only
North Island School Champs	12-15 th April	Tauranga Summer Hill	Register via school.	E, DH or XCO
Auckland Schools Series	11 th May	Waitawa Regional Park	Parents Register online.	XCO only
Auckland Schools Series	15 th June	Slater Road (Woodhill)	Date TBA. Parents Register online	XCO only
Auckland Schools Series	17 th August	Totara Park	Date TBA. Parents Register online.	XCO only
Auckland Schools Series	7 th Sept	Riverhead Forest	Date TBA. Parents Register online.	XCO only
National School Champs	29 th Sept – 2 nd Oct	Nelson	1 st May opens. Register via school.	E, DH or XCO

Further MTB events (not officially attended by the school club) are also fun to do, but are for experienced riders only, as no support can be provided on the tracks:

Event	Date	Location	Registration	Type of MTB
Funduro series	Feb-Mch	Maraetai, Riverhead and 440	--	Enduro
Enduro Nat Chps	Feb-Mch	Various	---	XCO
Crankworx	Mch	Rotorua	----	DH. Other rides
Auckland Scl DH	5 th April	Dome Valley, Warkworth	----	DH
Volcanic Epic	April	Taupo/Rotorua	---	XCO
Highlander	May	Rotorua	---	XCO
Downhill Series	See Green Boxes to the right....			
Waka 50	24 th Oct	Rotorua	Apply now - limited	XCO
NZ Nat Champs	25 th Oct	Wellington		
Rodney Coastal Challenge	9 th Nov	Woodhill to Wenderholm	Register by 1 st November to ensure a T-shirt	10km forest run, 30km cycle, 25km MTB, 8km kayak

11TH OCTOBER - ROUND 1
SKYLINE ROTORUA MTB PARK

12TH OCTOBER - NZDH JUNIOR
SKYLINE ROTORUA MTB PARK
8:00am - 11:00am

1ST NOVEMBER - ROUND 2
RIVENROCK MASTERTON

15TH NOVEMBER - ROUND 3
NAPIER

29TH NOVEMBER - ROUND 4
440 MTB PARK

13TH DECEMBER - ROUND 5
DOME / AKDH

Safety:

All riders must wear the safety gear in accordance with event guidelines, for example:

- Mountain Bike: with good working brakes (ideally disc-brakes), and a water-bottle holder. Bike shops can advise on the different bikes available. Ideally ensure your bike is professionally serviced 1-2 weeks before a race.
- Helmet: with **no cracks**. XCO – standard bike helmet. DH/Enduro – full-face MTB helmet.
- Neck braces: only required for DH.
- Goves: optional (some riders find it restricts their ability to steer/use brakes).
- Knee pads: optional but highly recommended. Best are fabric knee-guards with D30 inserts.
- Shoes: any shoes can be worn that have good grip and you don't mind getting muddy. MTB specific shoes tend to last longer and have better grip. Cleats can also be worn.
- Other important items: Change of clothes, Sunscreen, Water-bottle, Food, Spare tube.



All events have medics provided. As Mountain Biking does have some inherent risk MRGS requires a caregiver to attend events with each rider.

Training

Training is predominantly rider-led with support from parents, and is built up gradually over the years. MTB training consists of:

- **Fitness and endurance** developed through both **long-rides** (either MTB or road), and **interval training** (e.g. short fast laps around or riding up One Tree Hill).
- **Strength:** in particular upper-body and core for good bike control, but also legs for speed.
- **Skills:** developed mostly through simply doing a lot of biking, but also supported through some skills coaching.

In general expectations are:

Junior (year 9-10)	Developing a love of the sport: <ul style="list-style-type: none"> • Regular rides once/week (often with friends) • Participating in events.
Development (Year 11)	More regular training through: <ul style="list-style-type: none"> • 2-3 gym sessions/week • 2-3 rides/week
Advanced (year 12-13)	Advanced training: <ul style="list-style-type: none"> • 4-5 gym sessions/week (mornings) • Rides in afternoons (some interval training) • Longer ride in weekend

FITNESS: There are regular casual rides on Wednesdays leaving from school – transport is coordinated amongst the parents. Riding to school each day also improves fitness.

GYM-work: The school gym is not currently available for work-outs. A local community gym will usually provide support for young athletes to develop an individualised training program.

SKILLS coaching and rides: are provided through the wider MTB Clubs. Some MRGS riders attend the Pohutakawa Coast MTB Academy. This is run through summer months on a Tuesday evening at 5pm at Maraetai Forest. Registrations open 1st August (limited entries):

<https://www.pohutukawacoastbikeclub.com/academy>