

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

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: 11TH OCTOBER - ROUND 1 SKYLINE ROTORUA MTB PAR

Event	Date	Location	Registration	Type of MTB	12TH OCTOBER - NZDH JUNIOR SKYLINE ROTORUA MTB PARK (RIDERS AGE 5 - 13 YEARS)	
Funduro series	Feb-Mch	Maraetai, Riverhead and 440		Enduro	1ST NOVEMBER - ROUND 2 RIVENROCK MASTERTON 1STH NOVEMBER - ROUND 3 NAPIER	
Enduro Nat Chps	Feb-Mch	Various		XCO		
Crankworx	Mch	Rotorua		DH. Other rides		
Auckland Scl DH	5 <sup>th</sup> April	Dome Valley, Warkworth		DH	29TH NOVEMBER - ROUND 4 440 MTB PARK	
Volcanic Epic	April	Taupo/Rotorua		XCO	13TH DECEMBER - ROUND 5 DOME / AKDH	
Highlander	May	Rotorua		XCO		
Downhill Series	See Green	Boxes to the right				
Waka 50	24 <sup>th</sup> Oct	Rotorua	Apply now - limited	XCO		
NZ Nat Champs	25 <sup>th</sup> Oct	Wellington				
Rodney Coastal	9 <sup>th</sup> Nov	Woodhill to Wenderholm	Register by 1st	10km forest run	١,	
Challenge			November to	30km cycle, 25k	m	
			ensure a T-shirt	MTB, 8km kayal	k	

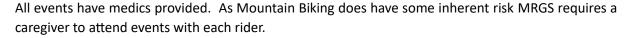




## Safety:

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.



#### **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> <li>Regular rides once/week (often with friends)</li> </ul>	
	Participating in events.	
Development (Year 11)	More regular training through:	
	<ul> <li>2-3 gym sessions/week</li> </ul>	
	• 2-3 rides/week	
Advanced (year 12-13)	Advanced training:	
	<ul> <li>4-5 gym sessions/week (mornings)</li> </ul>	
	<ul> <li>Rides in afternoons (some interval training)</li> </ul>	
	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 1<sup>st</sup> August (limited entries):

https://www.pohutukawacoastbikeclub.com/academy

