



# Devo Mountain Biking Summer Training

## Why Mountain Biking

Mountain Biking shares a ton of parallels with our beloved sports of skiing and snowboarding. They are all downhill/gravity sports that focus on using different terrain either to gain speed, increase jump heights or perform mid-air maneuvers! The

muscle groups it focuses on are very much the same! With a focus on the lower body with stabilization muscles to counteract force. We also don't neglect core and upper body strength in these sports as we need to control our handlebars, ski poles and arms in racing, and adjust arms and core for spins and maneuvers. Finally, in these sports, the mental aspect that has been our focus for the last few winters, is very much similar. The familiar fears of speed, crashing, and difficult terrain/features are encountered with mountain biking. Learning to overcome those types of fears is central to our program and working on that process with mountain biking over the summer is a great practice!



## Tahoe Trail Riding, for a wide range of abilities

We offer riding for ages 7+ and beginner to advanced riders. At the very least athletes must be able to ride a bike and be starting to explore dirt trails. The bigger limiting factor of being able to ride more than age and ability is the bike we are riding on. Bikes should be mountain bikes, this means they have knobby tires, gears, front and rear brakes, and ideally some suspension. Young athletes tend to have more success if they have at least graduated to a bike with 24" tires.

We will break groups by age and ability, so older more advanced athletes don't need to fear that they will be stuck with the little kids. If any advanced riders are looking into local racing or certain skills to achieve for the season we

are stoked to get them there, but will need to start that plan early so please let us know as soon as possible.

Otherwise we have progressions tailored to the individual that are crafted by certified mountain bike coaches, we love to keep it super fun but challenging for the kids to show off this growing and amazing sport.

## Locations and Schedule

We will pick trails and trailheads that work best for the individual riders showing up for the weekend but also will best help learn the skills for the weekend. We will need to know who is coming a few days out and then will pick the appropriate meetup location. We choose trails all over North Lake Tahoe showcasing some of the best terrain around including spots like: Sawtooth/Happy Face trail network, Tahoe Donner trail system, and Kings Beach trails.

We will meet at the trailhead by 9 am, make sure bikes and athletes are all set for the day and head out on trail. We will work in skills sessions into our ride which will be about three hours, then head back to the trailhead for pick up at 12pm. Athletes will need a bike, helmet (half shell is best for the majority of rides), gloves, sunglasses, sturdy shoes/sneakers, snacks, and water. Protective equipment such as knee pads are good to have but not always necessary, elbow pads aren't necessary, please ask if you have more protection questions.

**The schedule will be nearly every Saturday from Memorial Day until Labor Day.** If you are interested in more days or training during the week, reach out. That is about 15 training sessions

**Pricing and Registration:** <https://www.skireg.com/summer-mountain-biking>

## Introduction or a great pairing with Northstar Bike Park Coaching/Team

Northstar bike park offers summer camps details can be found [here](#). Their program is six full-day Sunday sessions at the bike park with their coaches. Some of whom work with our team in the winter. Pairing this with our trail riding would also give your athlete a full weekend of riding and training in the off season to keep progressing their athletics. If you are unsure if your young rider is ready for the bike park then coming out trail riding and progressing their skill with NTF is the place to do so.

Stoked to see everyone out on the trails!

Please contact Ross Anderson by email at: [james.r.andersonii@vailresorts.com](mailto:james.r.andersonii@vailresorts.com) for any summer mountain bike inquiries.

