

Mountain Biking Boise



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REI, Boise, May 27, 2009



SWIMBA

- Formed in 1992 to facilitate sustainable trail construction, responsible trail use and resource conservation in the Boise Front and public lands throughout the region.
- 200+ members
- 503(c) non-profit

To create and enhance mountain biking opportunities in Southwest Idaho.



SWIMBA's Mission

- Educating trail users about safe and responsible trail use
- Educating the public about the values and benefits of mountain biking
- Educating the public about the value of open space and natural resource preservation
- Promoting appreciation of and care for public lands
- Building and maintaining trail systems for public use
- Encouraging dialogue between trail users and public/private landowners



SWIMBA Bicycle School

- Formerly Sprockids
- Administered by Boise Parks & Rec
- Mountain Biking Classes
- Kids and adults
- Register through Boise Parks and Recs



Why Mountain Biking?

- Fun
- Fellowship
- Great exercise
- Experience outdoors
- Lifetime sport
- A part of Boise culture

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Where to Ride



Types of Riding

- Cross country
- Downhill
- Free-ride

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Ridge to Rivers

- Begun in 1992
- A collaborative effort between Boise Parks & Recreation, Ada County, Bureau of Land Management, US Forest Service, Idaho F&G, private land owners & others
- 125 miles of trails, 37 new since 2007



Paper Maps of the Ridge to Rivers System

- Main map: Covers most of the system except Shafer Butte / Bogus Basin Area
- Shafer Butte Map
- Both can be purchased at local bike & outdoor stores for about \$5 each
- There is also a book on mountain biking Boise by Stephen Steubner. It covers most of the R2R trails.

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Idaho Velodrome & Cycling Park

- Eagle, Idaho on North Horseshoe Bend Road
- Cross country trails that are part of Ridge to Rivers System
- Downhill, dual trail, freeride structures, pump track
- idahovelopark.org



Easier Ridge to Rivers Trails

East Boise

- Quarry View Park
- Military Reserve
 - Mountain Cove Trail
 - Toll Road
 - Central Ridge, Central Ridge Spur, Buck Tail
- 8th St / Camels Back
 - Goldfinch, Red Fox, Crestline Trail, Owls Roost, Kestrel

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Easier Ridge to Rivers Trails

West Boise & Eagle

- Polecat Reserve
 - Doe Ridge, Quick Draw, Polecat (NW portion)
- Hidden Springs
 - Most trails
- Hill Road/Seaman's Gulch
 - Seaman's Gulch Tr., Valley View, Wild Phlox
- Eagle Cycle Park & Velodrome
 - Junk Yard Trail, Rabbit Run

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Other Areas (Not necessarily for beginners)

- Bogus
- Danskins
- Owyhees
 - Wilson Creek OHV area
- Most area Forest Service and BLM trails are open to Mtb., but always check first

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Responsible Riding



Trail Etiquette

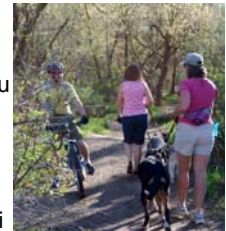
- Yield
 - To all other users
 - To uphill mountain bikers
 - When yielding, top, put one foot down, keep both feet on the trail (except with horses)
- Around foot users
 - Control your speed
 - Announce your presence (be friendly!)



Trail Etiquette

How to Pass/Yield to Hikers & Runners

- Slow down and say Hi
- Foot down and two tires on the trail edge
- Never ride off the trail (if you must leave the trail, please walk)
- If the hiker/runner steps off thank them
- To pass from behind, say hi and ask permission



Trail Etiquette

How to Pass/Yield to Horses

- Slow down and say Hi
- Ask the rider how you should proceed
- Give them a wide berth. Walk your bike off trail if you need to.
- Best to stay downhill of the horse

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Responsible Riding

- Stay off muddy trails
- Stay on the trail
 - Ride through puddles
 - Don't cut corners
 - Don't ride unauthorized trails
 - "Keep single track single"
- Don't make unauthorized "improvements" to the trails

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Safe Riding



Safety Gear

- Helmet
- Gloves (full finger vs. fingerless)
- Eye protection
- Water (min. 20 ounces per hour)
- Cellphone (whistle)
- Map (and compass) when learning the trails

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Pre-Ride Safety Check

- Wheels: Seated
- Spokes: Not loose
- Tires: No worn spots or foreign objects
- Brakes: Wheelie test
- Chain: Clean & Smooth. Runs in all gears.
- Cables: No kinks or frays
- Stem: No free play
- Check all bolts & screws (every couple of rides)

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Helmets

- More head injuries from cycling than from most other sports combined
- U.S. Consumer Product Safety Commission (CPSC) label (required since 1999)
- Helmets that have been in a crash must be discarded and replaced
- Most are not one size fits all
- Visors are good for mountain bike helmets, but not essential

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Helmet Fit

- **Good fit**
 - Sits evenly on the head
 - Covers the forehead
 - Rests just above the eyebrows (1-2 finger widths)
 - 1-2 finger widths between strap and chin
- **Helmet should move <1 inch when**
 - Hold helmet and try to move head side to side
 - Lean head forward & back

<http://www.helmets.org/fit.htm>

<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/index.htm>

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Emergencies

- First aid kit
- Repair kit
 - Bike-specific multi tool or metric Allen wrenches, Phillips & regular screw driver
 - Spare tube(s) to fit the tire sizes on the ride
 - Tire levers (2 or 3)
 - Pump (Schrader & Presta)
 - Chain tool
 - Cell phone



Post-Ride

- Wipe down and lube chain
 - Lube choices
- Wipe down stanchions (lube periodically)



Choosing a Bike & Gear



Bikes



Hard Tail
Mountain Bike



Full Suspension
Mountain Bike

Bikes

- Hard tail and full suspension bikes are both great for Ridge to Rivers trails
- Rigid bikes and single speed bikes are fine for many trails too
- Kids bikes with 24" tires can handle any R2R trail. Smaller tires and no gears need to choose trail carefully.



Choosing a Bike

- Good bike shop, Good sales person
- Buying a used bike
- Good hardtails begin at about \$700 new
- Good full suspensions begin at \$1500 new
- Weight and component quality are important differentiators
 - Shifters, derailleurs, brakes



Bike Fit

- Frame
- Seat height
- Bars



Apparel

- Shorts
- Shirts/Jerseys
- Shoes
 - Flats
 - Flats with baskets
 - Clipless

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Mountain Bike Rentals

- Bike2Boards
 - State Street
 - Rental Delivery & Group Rates
- Contact other bike shops
- Tates Rents
 - Broadway

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Resources

- SWIMBA.org
- RidgeToRivers.org
- IMBA.net
- MTB.com
- Area bike shops

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Meeting other Riders

- SWIMBA.org
 - Group Rides
 - Trail building days
- BYRDS
 - ByrdsCycling.com
- BOMBS
- Barney's
 - CBro77@yahoo.com



Joining SWIMBA

- You don't need to be an expert
- ... or even good
- \$15 annual membership
- Go to SWIMBA.org

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Questions



Materials to show during presentation

- Schrader & presta tubes
- Slime tube
- Pump
- Bike multi tool
- Tire levers
- Gloves
- Helmet
- Steubners Mtb Boise Book
- R2R main map and Bogus Map
- Full suspension bike
- Hardtail bike