



R = Rules of the Colorado League

Find the League's Rulebook at coloradomtb.org in the RIDER INFO section of the RIDER tab. There are many rules, but it is fairly quick reading, and the coaches will remind you of the really important ones.

E = Equipment

Keep your bike clean, your chain lubed and take care of any issues right away. Always ride with a buckled helmet and replace it as necessary. Wear full fingered gloves, good riding shoes and protective eyewear on every ride. Bring your spare tube, air, tire levers, tools, snack and rain jacket on every ride.

S = Self

Take care of yourself with good nutrition, hydration and sleep. Recovery is just as important as training. Bring plenty of water, healthy snacks and your medication to practice. Set realistic goals for yourself for the season and for the races. Use our race plan tools to help you mentally prepare for race day. Reward yourself when you accomplish them. Read through the nutrition documents on the website or team app.

P = Parents and Peers

Communicate with your parents about team matters. Encourage your teammates to do their best and support them in their efforts. Show excellent sporting behavior with athletes from other teams at races. Represent our team at school with shining character and positive disposition.

E = Environment

Be mindful of elevation, the forests we ride in and the venues we race at by bringing enough water and protective eyewear and by disposing of all your garbage appropriately. Ride predictably on roads, usually single file, obey traffic laws, signs and signals and yield to pedestrians.

C = Coaches

Listen to your coaches' words by not speaking when they speak. Contribute and participate politely. Read emails and notifications and respond promptly.

T = Trails and Trail Users

Appreciate how lucky we are to have such excellent trails. Don't be a "skidiot" or cut corners and ride through puddles, not around them. Contribute to a local trail building day as often as you can. Communicate with other trail users. Always say, "Thank you!" when they let you pass. Yield to uphill riders, horses, hikers and moose!