

ABCs of Mountain Bikes, Riding and Racing

A	Air
B	Brakes, Bolts, Bottom Bracket
C	Chain, Chainring, Cassette, Cranks, Cables, Cleats, Cadence, Cornering, Communication
D	Derailleurs, Drivetrain
E	Eye protection
F	Forks, Frame
G	Gears, Gloves
H	Helmet, Headset, Handlebars, Hub
I	Inner tube spare
J	Jacket every practice, Jersey for races
K	Keep singletrack single
L	Lube, Levers (shifting, tire)
M	Medications, Medical Kits
N	Nutrition at practices, races and every day
O	Off days
P	Pedals, Pedaling, Positive Sporting Behavior
Q	Quick Release Wheels!
R	Rules of the Colorado League, Recovery, Rims
S	Saddle, Shoes, Spokes, Sag, Shifting, Sunscreen
T	Tires, Tools, Tubes (top, down, head, seat)
U	UCDC = Up Climb, Down Chest
V	Valve Stems
W	Water
X	X-Country riding, racing
Y	Yield to uphill riders, horses, moose, pedestrians
Z	ZZZs