

# Newsletter

21/02/2024

@ROCKNROLLMTB

**2024 MTB SEASON:**

## HOT START TO THE YEAR!



Well what a hot start to 2024! Just confirming that we are a winter sport and looking forward to some rain!

We can't wait for the weather to cool, the rains to bring us some grip and for the events to start! While we have been quiet over summer, we can ensure that we have been busy behind the scenes!

Some of our juniors have been training their hearts out throughout the summer holidays preparing themselves for National XCO MTB Championships! Stay tuned on socials to see how they are progressing.

We have also been planning our clinics and coaching sessions with some exciting developments!

# RNR SUSPENSION SPECIALISTS

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ROCKSHOX



marzocchi



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## **2024 MTB SEASON:**

# HOW DO I GET STARTED?

This is a hard questions as there are lots of answers!

1. Got your own bike? Check out the list of trails and get out there and explore!!!

2. Don't have a bike! Come and hire one from us! Rock and Roll Mountain Biking are based in the Kalamunda Hills and you can roll out of there shop onto the trails! They will give you a map and directions!!!!

3. Don't have a bike and nervous that you will get lost? Join Rock and Roll Mountain Biking on a tour or clinic and get guided through the fun trails suitable for your riding level!!!

4. I want to ride with others!!!!

This can be confusing! The mountain biking community in WA is huge and has something for everyone! Social rides and racing are the easiest ways to get started.

Different disciplines, different bikes and riding at all different levels! You don't join just one club like with football or hockey – you can belong to lots of groups and most is done via Facebook pages.

So this is how I think of it! Jen's very simplified MTB guide.

XCO – fitness and skilled needed – riding up and down hills - riding as fast as you can for a set amount of laps!

GE – riding as fast as you can down technical trails, one go only on different trails each time. Depending on your location you need to make your own way up or get a shuttle but this part is not timed!!!!

DH – fast and technical and like its name down a big hill. One track – riding it twice and fastest time wins.

Cyclocross (Crazy Euro racing)– Cyclocross is a very specific type of bike racing. For the most part, the course is off-road, but there are sometimes portions of pavement included in the course. You can expect to encounter grass, dirt, mud, gravel, sand, and a whole slew of other assortments and combinations.

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## **2024 MTB:**

CONFUSED ABOUT HOW TO GET STARTED?



CHECK OUT OUR WEBSITE FAQ'S. WE HAVE LISTED THE CLUBS AND CONTACTS TO HELP YOU GET STARTED.

[HTTPS://ROCKANDROLLMOUNTAINBIKING.COM.AU/MOUNTAIN-BIKING-FAQ](https://rockandrollmountainbiking.com.au/mountain-biking-faq)

## EVENTS CALENDAR OUR WAY

The calendar of events is put together by volunteers who are truly dedicated to mountain biking in WA. The process is a long one and takes months of emails and phone call together with lots of negotiating to ensure WA gets a balanced mountain calendar of events.

We are not responsible for this calendar - please refer to the race organizers as dates, times and venues are subject to change.



# 2024 RACE DATES

|  |  |
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| <p><b>WAGE (GRAVITY ENDURO)</b></p>  | <p><b>XCO (CROSS COUNTRY) STATE SERIES</b></p>   |
| <p>9TH -10TH MARCH DUNSBOROUGH AND MARGARET RIVER<br/>                 20TH-21ST APRIL PEMBERTON<br/>                 18TH-19TH MAY EVEDON LAKESIDE RETREAT<br/>                 6TH -7TH JULY GERALDTON STATE CHAMPS<br/>                 10TH-11TH AUGUST GOAT FARM MTB PARK<br/>                 14TH-15TH SEPTEMBER NANNUP TANK 7 MTB PARK<br/>                 18TH-20TH OCTOBER NATIONAL CHAMPIONSHIPS<br/>                 16TH-17TH NOVEMBER LINGA LONGA BIKE PARK</p> | <p>2ND MARCH WELLINGTON DAM XCO 1<br/>                 3RD MARCH COLLIE XCO 2<br/>                 7TH APRIL TURNER HILL PMBC XCO 3<br/>                 5TH MAY KALAMUNDA PMBC XCO 4<br/>                 1TH JUNE DUNSBOROUGH XCO 5 (TBC)<br/>                 2ND JUNE MARGARET RIVER XCO 6 (TBC)<br/>                 30TH JUNE PMBC XCO 7 - (VENUE TBC)<br/>                 25TH AUGUST XCO STATE CHAMPS GOAT FARM</p> |
| <p><b>XCM (MARATHON) STATE SERIES</b></p>  | <p><b>DH (DOWNHILL) STATE SERIES</b></p>   |
| <p>12TH-17TH MAY GIBB CHALLENGE<br/>                 16TH JUNE KALAMUNDA 50<br/>                 13TH JULY COLLIE RIVER MTB XCM<br/>                 28TH JULY PMBC HARDWOOD 50<br/>                 14TH SEPTEMBER DWELLINGUP 100 (TBC)<br/>                 5TH OCTOBER CRAVE XCM</p>  | <p>23RD-24TH MARCH ALBANY ROUND 1<br/>                 13TH-14TH APRIL DENMARK ROUND 2 &amp; 3<br/>                 29TH -30TH JUNE NANNUP ROUND 4 &amp; 5<br/>                 27TH-28TH JULY TOM'S CROSSING ROUND 6<br/>                 24TH-25TH AUGUST WELLINGTON MILLS ROUND 7<br/>                 21ST-22ND SEPTEMBER TOM'S CROSSING STATE CHAMPS</p>  |

# MTB COACHING CLINICS



Clinic 0: Our Into to MTB clinic is geared towards individuals who are new to the sport or have limited experience riding trails. The primary focus is on providing participants with the basic knowledge, skills, and confidence needed to start mountain biking safely and enjoyably. Green trails (easy trails)

Clinic 1: Our Fundamentals of MTB clinic provides a solid foundation for riders to build upon as they continue to explore and progress in the sport. It's a great starting point for beginners who are already confident riding on trails and valuable for more experienced riders looking to refine their skills or address any bad habits. Blue trails (intermediate trails)

Clinic 2: Our Mastering Trail Flow clinic is typically designed for intermediate to advanced riders who want to enhance their ability to ride trails smoothly and efficiently. The focus is on mastering the flow of the trail, which involves maintaining momentum, rhythm, and fluidity while navigating varied terrain. Black trails (experienced). Completing our Fundamentals of MTB Clinic is a prerequisite)

**<https://rockandrollmountainbiking.com.au/bookings>**

# SCHOOL OF ROCK



## COACHING FOR JUNIORS- BOOKINGS NOW OPEN

We have listened and can see the need for a regular coaching session for junior riders to develop skills, fitness and more importantly to get more kids onto bikes! Kids ride for fun all the time, sometimes for events but all of it is unstructured riding they do naturally – we want to bring some method, skills and fitness into the mountain biking madness while keeping it fun!

School of Rock is MTB programs are for junior riders ages 7-16 years old. Our philosophy is simple for junior riders – they are not just downhillers, gravity riders or cross-country riders – they are all simply mountain bikers. We have trained many elite athletes in both Gravity and Cross Country, and we can see the results prove our beliefs! To go up a hill you need the skills to be able to come down and likewise to come down a hill fast and safe you need the fitness and bike handling skills!

When we coach junior riders, we take a different approach to when coaching adults. We are more about the riding and less talking (while keeping it safe) and we will repeat skills on lots of different trail features and the most thing is it's about PROGRESSION!

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**DID YOU KNOW?**

## **RNR SUSPENSION SPECIALISTS**



# **RNR** **SUSPENSION** **SPECIALISTS**



We operate Rock and Roll Mountain Biking and RNR Suspension! You can get your suspension serviced, upgraded and repaired by people who are passionate about all things mountain biking! Our shop is located 2/12 Laurence Road, Walliston

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**YOU WILL SEE US AT GRAVITY ENDURO AND CROSS COUNTRY RACING!  
KEEP AN EYE OUT FOR OUR JUNIOR TEAM.**



# ROCK'N'ROLL RACING



EOI: We have a few places open for our 2024 RNR Racing Team.

Seeking: XC or Gravity Riders U15, U17 and U19

Female junior riders are highly encouraged to apply!

Send an email with your details and racing history to

[info@rockandrollmountainbiking.com.au](mailto:info@rockandrollmountainbiking.com.au)