

**THE PURPOSE OF LIFE, AFTER ALL, IS TO LIVE IT, TO TASTE EXPERIENCE TO THE UTMOST,
TO REACH OUT EAGERLY AND WITHOUT FEAR FOR A NEWER AND RICHER EXPERIENCE.**

— ELEANOR ROOSEVELT



A low-angle, action shot of a mountain biker navigating a rocky trail in a dense forest. The rider is wearing a blue jersey with a rainbow stripe, black pants, and a helmet. The bike is green and orange. The background is filled with tall, thin trees and sunlight filtering through the canopy.

**BUILD A MOUNTAIN BIKE TRAIL AND I MAY TRY IT. TEACH ME HOW TO RIDE
A MOUNTAIN BIKE TRAIL AND I WILL ENJOY THE EXPERIENCE FOR A LIFE-TIME.**



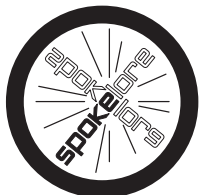
"UPGRADING & EVOLVING THE MOUNTAIN BIKE TRAIL EXPERIENCE" FOR LIFESTYLE AND LOW SPECIALISTS TO SPECIALISTS.

Minnesota is home to an amazing mountain bike community—from Three Rivers Parks to Loppet Cycle Works to MORC to community recreation department bike parks and trail builds to lift access trails in the Iron Range to the privately funded “Localized” to modern boom towns like Cuyuna and a vibrant high school racing league.

The JOREL Mountain Bike Study (08/2024) listed Minnesota, due to a large percentage of the population that is central to “Lifestyle” and “Low Specialist,” as a state that could benefit from mountain bike skill progression. This group represents at least 50% of the Minnesota market.

However, 30% to 40% of all “Factor” groups (“Central to Lifestyle,” “Skill & Experience,” “Equipment & Investment”) noted progression as a motivation for taking a “multi-day mountain bike vacation to a destination location.”

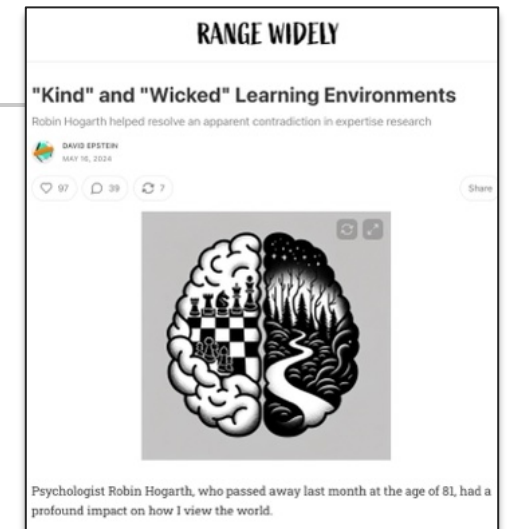
[JOREL MOUNTAIN BIKING STUDY LINK](#)



CREATING "KIND" & "WICKED" LEARNING ENVIRONMENTS FOR LIFESTYLE AND LOW SPECIALISTS TO SPECIALISTS.

Popularized in David Epstein's book "Range." "Kind" learning environments are structured, predictable situations where rules remain stable, and feedback is immediate and accurate, allowing experience to directly improve performance (e.g., chess, golf). Conversely, "wicked" environments are unpredictable, lack rules, have delayed/misleading feedback, and often feature complex human dynamics, meaning experience does not guarantee improvement.

[KIND & WICKED LEARNING
CONCEPT LINK](#)

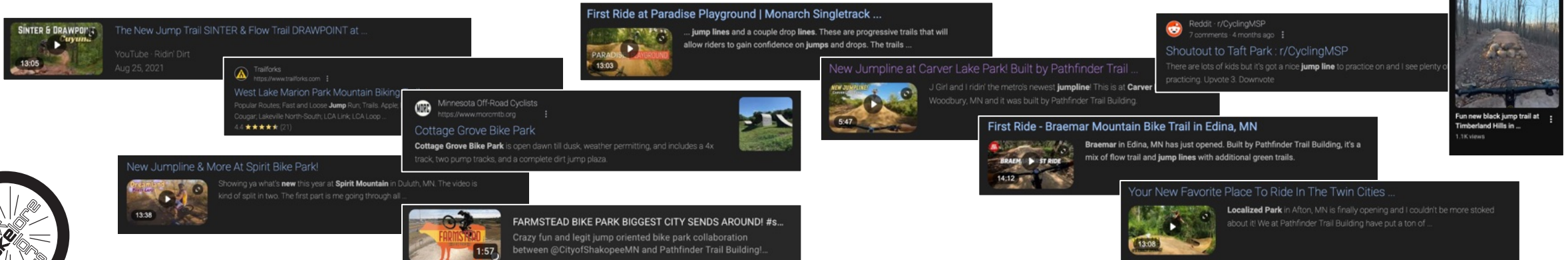


"UPGRADING & EVOLVING THE MOUNTAIN BIKE TRAIL EXPERIENCE" FOR LIFESTYLE TO LOW SPECIALISTS TO DEEP SPECIALISTS.

There are a limited number of mountain bike skill progression resources in Minnesota. While a dozen or so individual instructors offer learning, there are only a handful of recognized organizational learning groups: Loppet Cycle Works, Stoke MTB, Ride Like A Ninja, DRTPDLRS, NCYD Team, and The Spokelore.

There are an estimated 9.2 million mountain bikers in the United States. If two percent of those riders live in Minnesota, that's at least 180,000 mountain bike riders. Ninety-nine percent of those mountain bike riders don't have ideal access to learning opportunities beyond YouTube, which is largely unregulated learning and opinion-based.

On the other side of learning is a growing perception, especially by Lifestyle and Low Specialist riders, that mountain biking is only jumping, big air, and Red Bull. All trails and trail sections noted below have been built in the last one to three summers.



"HUMANS ARE BIOLOGICALLY BUILT TO MOVE AROUND AND BE IN TOUCH WITH THE OUTDOORS."

OUTDOOR BENEFITS:

- Brain Function —
 - Improves blood flow; Creates alertness and mood stability.
- Better Sleep —
 - Natural light helps regulate sleep and wake cycles.
- Reduces Stress —
 - Being in the woods reduces the stress hormone Cortisol.
- Immune & Mood Boost —
 - Reduces blood pressure; Releases Endorphins that boost mood and Phytochemical essential oils; Reduces sick days.
- Boosts Wellbeing —
 - Aids positive outlook and ability to better problem-solve.

SOCIAL CONNECTION BENEFITS:

- Better relationships
- Unplug, direct human connection
- Boost in confidence
- Build live social bonds
- Develop peer possibilities

LONG-TERM HEALTH BENEFITS:

- Strengthens muscles
- Improve balance & coordination
- Improves mental acuity
- Easier on joints
- Heart health
- Weight management
- Full body workout
- New neuro pathway development not accessed in other athletic exercise*



"HUMANS ARE BIOLOGICALLY BUILT TO MOVE AROUND AND BE IN TOUCH WITH THE OUTDOORS."

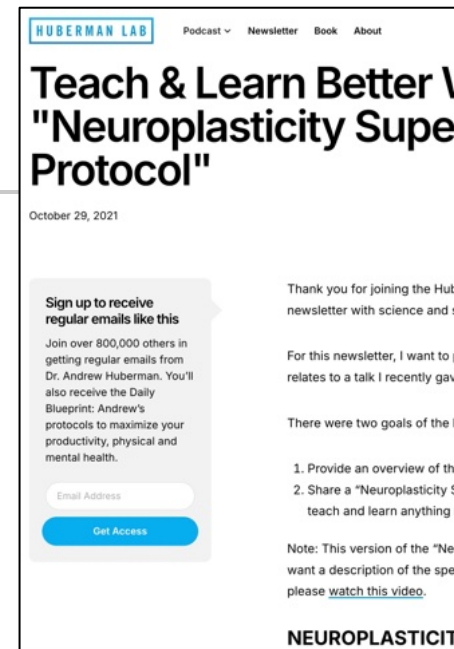
*NEUROPLASTICITY & MOUNTAIN BIKING:

- Plasticity is created by sending signals to the brain that something is different, wrong, or not being achieved.
- Flow is what we already know and struggle creates learning neuroplasticity if we don't walk away.
- Errors occur when we are not in sync with what we want, which queues our nervous system that something needs to be done differently.
- This style of learning is transferable to all learning.

*HOW TO ACCESS NEUROPLASTICITY:

- Sessioning (Slow is fast).
- Embrace errors (recognize).
- Learning time (Less is more; focus and rest).
- Review and re-session (MTB Tai Chi).

[HUBERMAN LAB NEUROPLASTICITY LINK](#)



The screenshot shows a newsletter from Huberman Lab. The header includes the logo and navigation links for Podcast, Newsletter, Book, and About. The main title is "Teach & Learn Better With 'Neuroplasticity Super Protocol'" dated October 29, 2021. A call-to-action box on the left encourages signing up for regular emails, mentioning that over 800,000 others are subscribed and that the newsletter includes Dr. Andrew Huberman's "Daily Blueprint" for maximizing productivity and health. Below this is an email address input field and a "Get Access" button. On the right, there is a thank-you message and a list of goals for the newsletter, including providing an overview and sharing the "Neuroplasticity Super Protocol" to teach and learn anything. A note at the bottom states that this version of the newsletter is a preview and that a full description is available in a video.



LET'S GET A WIDER RANGE OF RIDERS, DEEPER INTO TRAILS,
WITH THE KEY SKILLS TO SUCCEED AND ENJOY THE EXPERIENCE.

MOUNTAIN BIKE SKILL CACHES

A Convergence of Trail and Park Riding Created to Offer Interactive, Real-Time, Self-Paced Skill Progression for All Riders.

- Caches teach riders foundational skills for success, safety, and skill progression — while getting riders onto and deeper into the trail systems (creates trail interest for all riding styles).
- Instruction offers easy to understand steps for each of MTBing's Active Ingredients for riding success.
 - Creates trail riding connection for riders with varying skill levels, fostering connection.
 - Hashtag sponsorship fosters trail community value and social media interaction.
 - Mountain bike skill development creates brain growth and new neural connections.

MTB Skill Cache Kiosk

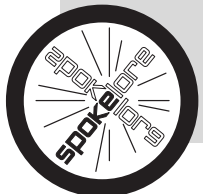
- Skills Used List
- Skill Steps Pictures
- Green, Blue & Black Progression Options
- Skill Term Definitions
- QR Code for Skill Video
- Sponsor Hashtag

Trailhead Kiosk
MTB Skill Cache Introduction

“GET ROLLING!”
MTB SKILL CACHE

MTB fundamentals are the Active Skills represented in all MTBing activities from the basic to highest levels. Fundamentals tie all aspects of MTBing together, while also connecting mind, body, and bike.

Ready Positions • Bike & Body Separation • Pedal & Crank Position • Eye Movement • Chin Guidance • Braking
Steering • Speed • Gearing, Cadence & Shifting • Timing & Coordination • Pressure Control



THESE FUNDAMENTALS ARE WIDELY RECOGNIZED AS THE SPRINGBOARD FOR RIDING SUCCESS & EXPERIENCE ACROSS ALL RIDING STYLES.

MTB Triad: Balance, Stability & Control

- Eyes, Fingers, Feet
- Heavy Feet and Light Hands
- Intro to Pressure Control
- Constant Input Required

Pedal & Crank Positions

- Intro to Level Pedal Concept

Ready Positions

- Out of Saddle
- Core Engagement

Bike & Body Separation

- Front and Back

Braking Modulation

- Standard and Emergency
- Bracing Leg

Steering & Directing

- Turn Bars
- Turn Bars and Lean Bike
- Lean Bike

Shifting, Gearing & Cadence

- Speed (Walk, Jog, Run)
- Ideal Pedaling

Timing & Coordination

- Input — When and How

BICP INSTRUCTION NOTES:

- Are the eyes scanning ahead and picking lines?
- Are the fingers resting on each brake lever at all times?
- When braking, is the rider increasing pressure gradually and releasing pressure gradually or other "panic moves" during braking.
- Is the rider maintaining a balanced position?
- Is the rider using bike/body separation for front-to-back and side-to-side stability?
- Does the rider coast and descend with equal weight on the pedals?
- Is the rider using appropriate steering?
- Are the muscles engaged and active or are they rigid and locked up?
- Is the rider using the best gear and cadence for the terrain?
- Is the rider staying within their comfort zone for speed?
- Does the rider have the timing and coordination needed for the terrain?



"SELF-PACED TRAIL LEARNING" – TRAILHEAD KIOSK INCLUSION DETAILS

**Skill-Station Program
Introduction**

**Photos & Video Links To
Fundamentals "How-To"**

**Skill-Station Trail Map &
Descriptions**

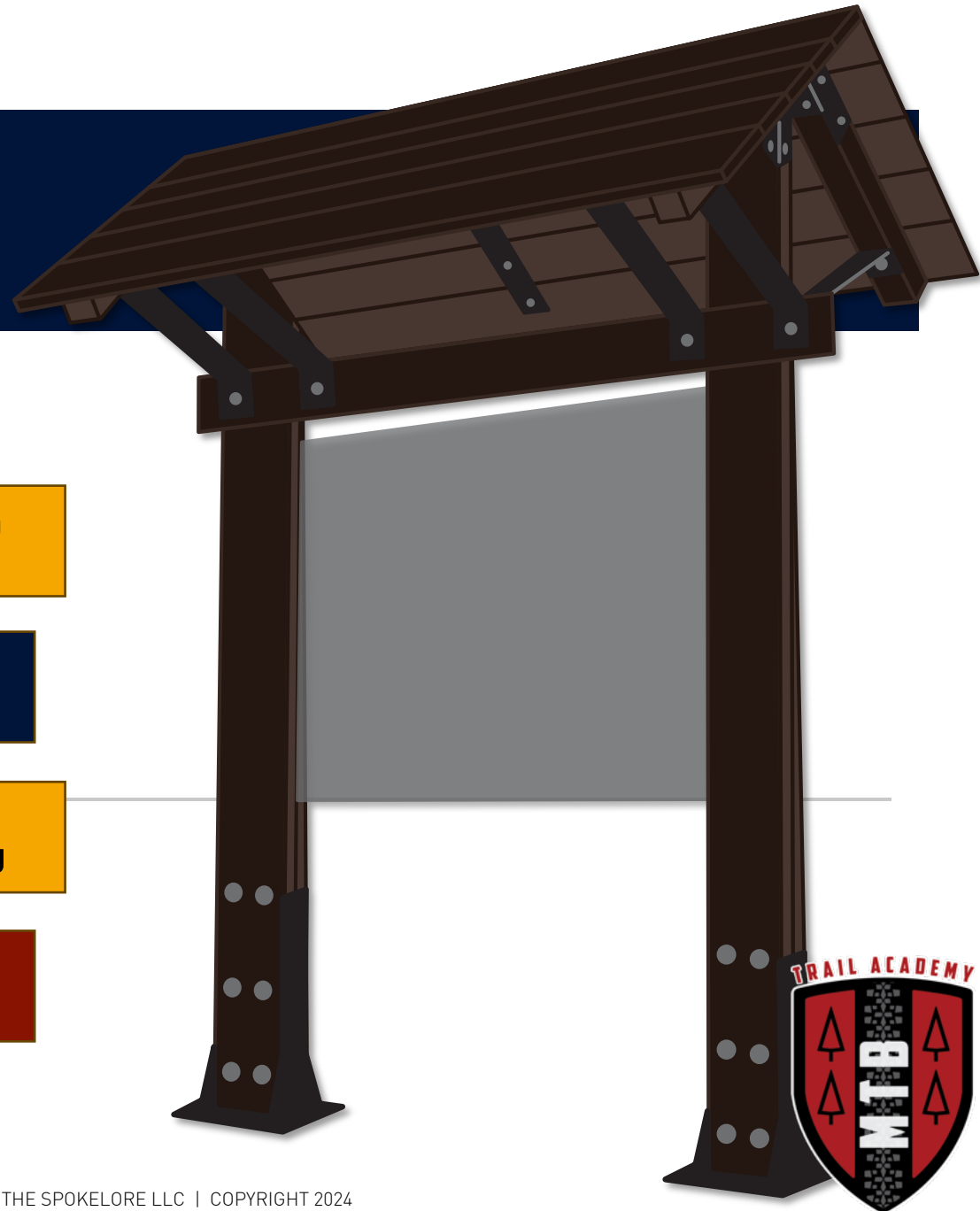
**Sponsors, Partners
& Social Media**

**Outdoor Exercise, Health
& MTB Statistics**

**About Three Rivers Parks
& Recreation**

**Additional Ways To
Get Involved With MTBing**

**Pre-Ride, Re-Ride
Then Freeride!**



"SELF-PACED TRAIL LEARNING" – TRAIL KIOSK INCLUSION DETAILS

**Station Introduction with
Skills & Fundamentals Used**

**Photos & Video Link(s)
To Skill(s) "How-To"**

**Directions for Green, Blue,
and Black Lines**

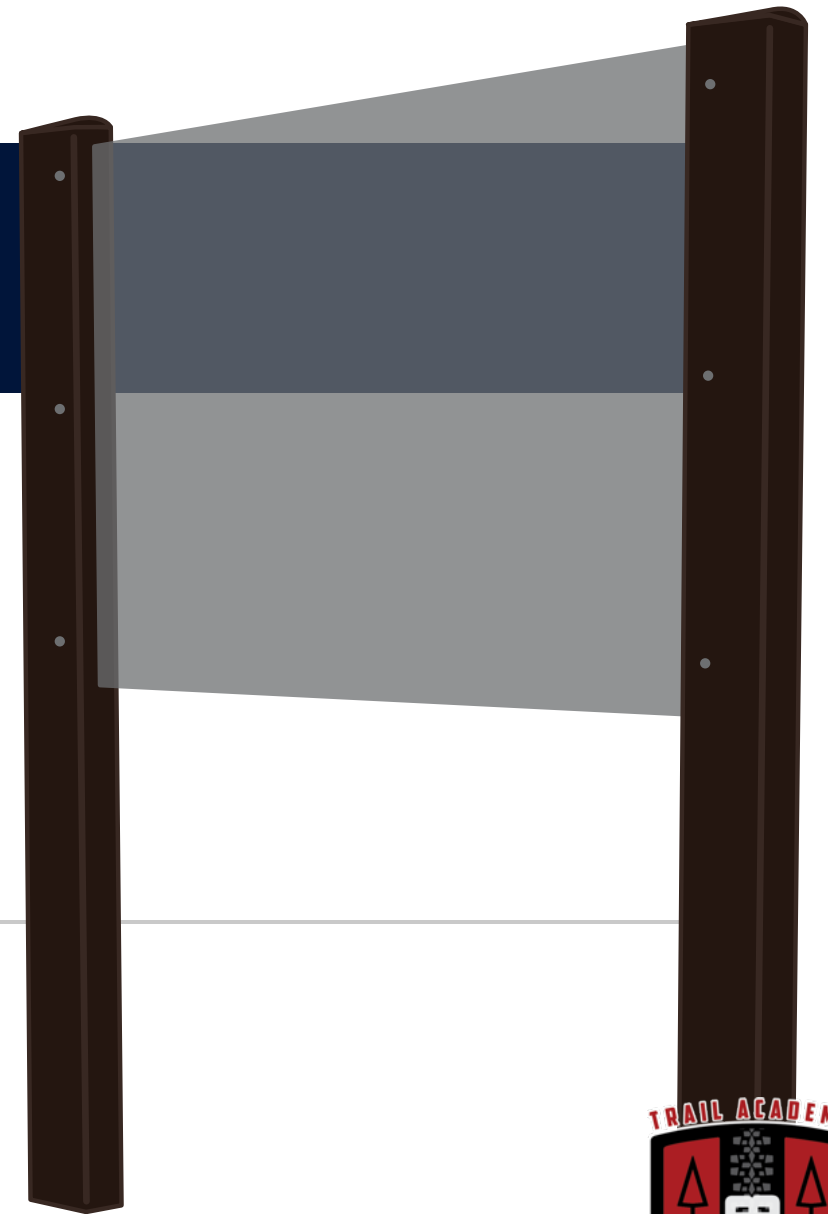
**Sponsors, Partners
& Social Media**

**Quick Tips, Games
& Progression**

**Where Else Might You Use
This Skill(s)?**

**Motivational
Quote**

**Pre-Ride, Re-Ride
Then Freeride!**



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS ONE:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

- **FITNESS STATION:**

- MTBing is more than riding, this station supports and promotes off-bike fitness that compliments riding musculo skeletal needs.
- Push-ups; Jumping Rope; Planks; Pull-ups; Squats and Lunges; as well as MTB Tai Chi.

- **ROLLER STATION:**

- Trail Skills: Pumping; Getting Over & Down Obstacles; Balance; Riding a Straight Line; Ratchet; Now and Next Vision; Extending.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **DROP STATION:**

- Trail Skills: Load; Lunge; Claw; Body Wedge; Absorb; Land; Riding a Straight Line; Now and Next Vision.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS TWO:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

- **LOG PILE CACHE:**

- Trail Skills: Gearing; Cadence; Speed; Track Stand; Ratchet; Bike & Body Sep; Lunge; Steering; Front & Rear Wheel Lift; Dismounting.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **SKINNY CACHE:**

- Trail Skills: Riding Straight Line; Ready Pos; Bike & Body Sep; Pressure Control; Timing & Coord; Track Stand; Now & Next Vision; Dismounting.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **TEETER-TOTTER CACHE:**

- Trail Skills: Riding Straight Line; Bike & Body Sep; Pressure Cont; Timing & Coord; Track Stand; Balance; Continue; COM; Braking.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS THREE:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

- **PIVOT & HOP CACHE:**

- Trail Skills: Pressure Control; Foot Wedge; Claw; Body Wedge; Gearing; Balance; Track Stand; Load & Explode; Braking.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **ROCK GARDEN CACHE:**

- Trail Skills: Line Choice; Wheel Lifts (All); Ratchet; Level Pedals; Track Stand; Timing; Pressure Control; Pumping; Rock Dodge.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **WHALE TALE CACHE:**

- Trail Skills: Speed; Pedals; Ready Positions; Stomp; Explode; Lunge; Claw; Body Wedge; Land; Absorb; Now & Next; COM.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS FOUR:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

• GAP JUMP CACHE:

- Trail Skills: Speed; Pedals; Ready Positions; Stomp; Explode; Get Tall; Lunge; Claw; Body Wedge; Land; Absorb; Now & Next; COM.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• LOG STEPS CACHE:

- Trail Skills: Wheel Lifts; Now & Next; Line Choice; Energy Use; Spring Up; Load & Unload; Claw; Push; Dismount.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• POLE ROLL BUMPS (FLAT) CACHE:

- Trail Skills: Riding Straight Line; Ready Pos; Bike & Body Sep; Pressure Control; Timing & Coord; Track Stand; Now & Next Vision.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL-CACHE OPTIONS FIVE:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

• TIRE OR ROCK ROLL-OVER CACHE:

- Trail Skills: Wheel Lifts; Ratchet; Bracing Leg; Bike & Body Sep; Trail Manual; Spring Up; Bunny Hop; Lunge; Roll-Down; Bar Turn; Dismount.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• POLE TECH (VERTICLE W/GAP) CACHE:

- Trail Skills: Riding Straight Line; Ready Pos; Bike & Body Sep; Pressure Control; Timing & Coord; Wheel Lifts; Trials Hops; Wheelie; Manual; Track Stand; Now & Next Vision; Dismounting.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• SLALOM CACHE:

- Trail Skills: Non-Berm Steering; Stomping; Pressure Control; Maintaining Speed; Foot Wedge; Bike Lean; Bike & Body Sep; Braking.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL-CACHE OPTIONS SIX:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

- **PLATFORM WITH GAP CROSSING (LILY PAD) CACHE:**

- Trail Skills: Riding Straight Line; Ready Pos; Bike & Body Sep; Pressure Control; Timing & Coord; Wheel Lifts; Trials Hops; Wheelie; Manual; Bunny Hop; Track Stand; Now & Next Vision; Dismounting.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **SIDE-STEPS CACHE:**

- Trail Skills: Trials Side Hop; Foot Wedge; Body Wedge; Wheel Lifts; Balance; Track Stand; Ready Position; Braking
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **ROLL-DOWN & ROLL-DOWN LUNGE CACHE:**

- Trail Skills: Low Ready; Bike & Body Sep; Extending Arms & Legs; Stomp; Lunge; Return; Foot Wedge; Heal Drop; Bracing Leg.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS SEVEN:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

• TREE OR POLE DODGE CACHE:

- Trail Skills: Bar Turn; Bike Lean; Ratcheting; Pressure Control; Slow Speed Balance; Foot Wedge; Bike & Body Sep; Level Pedals; Claw; Front Pivot; Braking.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• GET LOW OR UNDER-DOG CACHE:

- Trail Skills: Ready Position; Bike & Body Separation; Riding a Straight Line; Slow Speed Balance; Foot Wedge; Now & Next.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• PUMPING CACHE:

- Trail Skills: Ready Position; Quiet Head & Torso; Press & Extend; Energy Saving; Pedaling Alternate; Continue.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS EIGHT:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

• STEP-UP JUMP CACHE:

- Trail Skills: Speed; Pedals; Ready Positions; Stomp; Explode; Get Tall; Lunge; Claw; Body Wedge; Land; Absorb; Now & Next.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• HIP-JUMP CACHE:

- Trail Skills: Speed; Pedals; Ready Positions; Lean Bike; Stomp; Explode; Bunny Hop; Tail Whip; Claw; Body Wedge; Land; Absorb; Now & Next.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

• ROCK TECH CLIMB & DECENT CACHE:

- Trail Skills: Line Choice; Wheel Lifts; Ratchet; Level Pedals; Track Stand; Timing; Bracing Leg; Absorbing; Rock Dodge; Micro Hops.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"SELF-PACED TRAIL LEARNING" SKILL STATION OPTIONS EIGHT:

** SOME STATIONS CAN BE COMBINED TO INCLUDE MULTIPLE SKILLS AT EACH SITE. **

- **WHEEL LIFT CACHE:**

- Trail Skills: Front & Rear Wheel Lift; Level Lift; Bunny Hop; Quarter Punch.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **TABLE-TOP JUMP PROGRESSION CACHE:**

- Trail Skills: Speed; Pedals; Ready Positions; Stomp; Explode; Lunge; Claw; Body Wedge; Land; Absorb; Now & Next; COM.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.

- **STEEP CLIMB CACHE:**

- Trail Skills: Crouched; Seated; Standing; Gearing; Cadence; Power Pedal; Side-to-Side Push & Pull; Weighting; COM; Dismount.
- Trail Fundamentals: Ready Position; Bike & Body Sep; Pedal Position; Eye Movement; Braking; Steering; Speed; Gearing; Timing & Coord; Pressure Control.



"MTB TAI CHI" SKILL STATION

This cache supports and promotes off-bike fitness that compliments riding.

FITNESS SKILLS:

- Push-ups
- Jumping Rope
- Planks
- Pull-ups
- Squats
- Lunges
- Step-ups
- MTB Tai Chi
- Meditation & Visualization



"MTB TAI CHI" SKILL STATION

This cache supports and promotes off-bike fitness that compliments riding.

PUSH-UPS —

- Styles: Wide; Narrow; and Feet Up.
- Value: Helps you handle your own body weight.
- Tech: Back straight; Head in line with body; Core tight

JUMPING ROPE —

- Style: Single Spin or Double Spin.
- Value: Strengthen ankles, calves, and legs. Also aids timing and coordination.
- Tech: Body straight; Elbows tucked; Spin from wrists; Small bend in knees at jump; Use balls of feet; Jump only enough to clear rope.

PLANKS —

- Styles: Standard, Long Lever; and Side
- Value: Strengthens core and upper body.
- Tech: Keep back's natural "S" shaped spine; Straight line from ankles to hips to shoulders to ears; Elbows directly below shoulders tucked to side; Palms down to ground; Even weight between feet and elbows.

PULL-UPS —

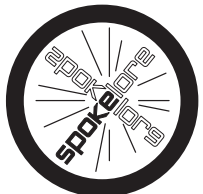
- Styles: Medium width.
- Value: Pushing and pulling motion.
- Tech: Flat hands with full grip on bar just beyond shoulder width; pull elbows toward ground; No body swing or leg kick, flex core; Bring chin to bar height.

SQUATS —

- Style: Flat, full foot
- Value: Legs; Core; ROM; and Balance.
- Tech: Legs just beyond shoulder width with feet pointing forward; Bend knees until quads are at 90° while keeping knees over toes; Neutral back, engaged abs; Chest open; Hips back.

LUNGES —

- Style: Single leg forward step
- Value: Glutes; Quads; Hams; Calves; ROM; and Balance.
- Tech: Natural stance feet at hip width pointing forward; Hands on hips step one leg forward until both legs are at 90°; Forward leg does not pass toes; Rear leg knee do not touch ground; Chest open.



"MTB TAI CHI" SKILL STATION

This cache supports off-bike skill visualization and balance that compliments riding.



MTB TAI CHI —

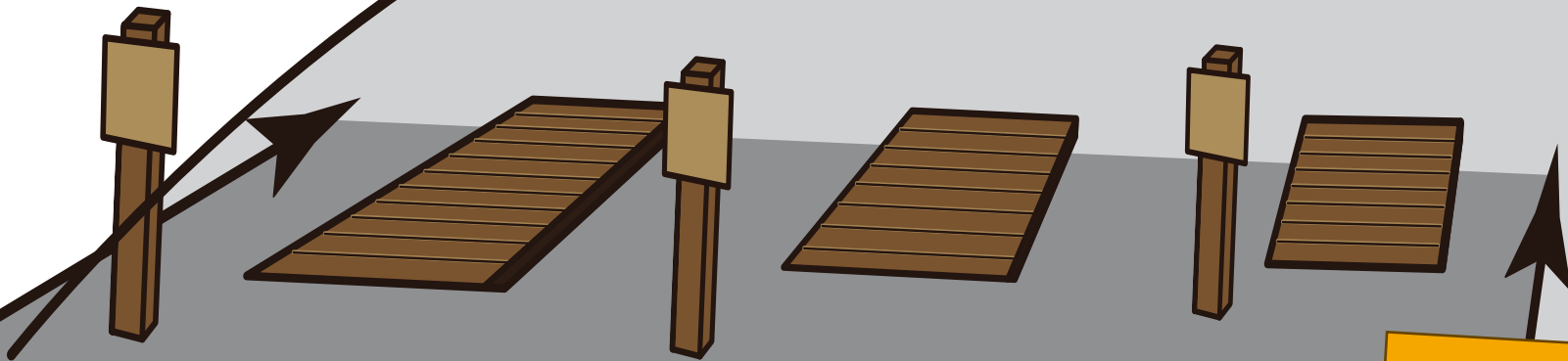
- Description: Our mind and body work together and looks for previous patterns (passive and active) to follow, that are both adaptive (good) and maladaptive (bad). These patterns are habits that allow the mind and body to act faster to preserve energy and keep us safe. Sometimes these habits are not even related to the actual activity, the mind simply sees parallels and acts based on those parallels (adaptive and maladaptive).

MTB Tai Chi allows us to practice MTB skills standing on the ground, with handlebars in hand in ready position with foot wedge, to systematically move through each skill step for a skill. Repeating the skill step movements in a safe environment prevents our fight or flight mechanisms from kicking in and allows us to create positive patterns or habits that will then transfer to the trail because we have already provided the mind and body with a previous pattern to follow (as well as key signals: handlebars; ready position; foot wedge).

- Styles & Tech: Designed for each MTB skill (like each fundamentals or jumping or steering or bunny hop).
- Value: Adaptive habit forming; Visualization; Balance; Mindset; Mind, muscle, and body control; and Movement.



"JUST DROP IT" SKILL STATION



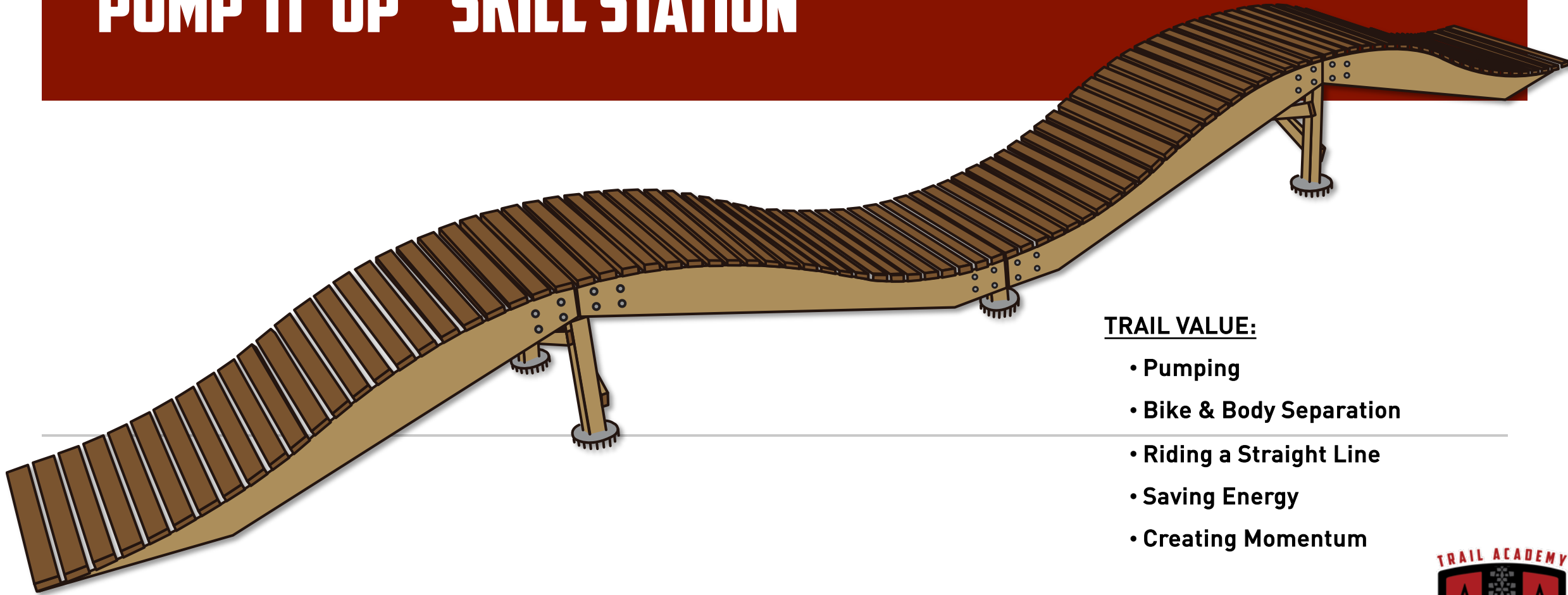
TRAIL VALUE

- Roll-Down
- Roll-Down Lunge
- Drops
- Timing & Coord

LANDING ZONE VIEW:



"PUMP IT UP" SKILL STATION

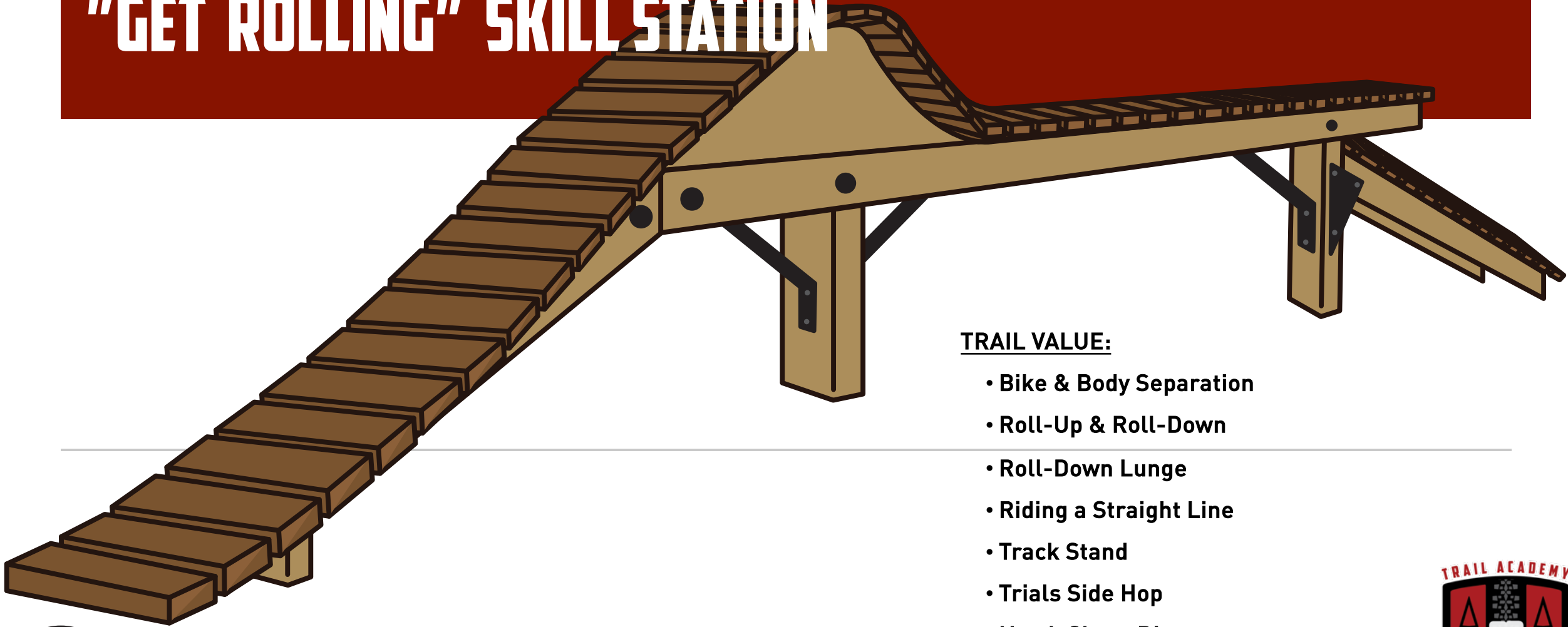


TRAIL VALUE:

- Pumping
- Bike & Body Separation
- Riding a Straight Line
- Saving Energy
- Creating Momentum



"GET ROLLING" SKILL STATION



TRAIL VALUE:

- Bike & Body Separation
- Roll-Up & Roll-Down
- Roll-Down Lunge
- Riding a Straight Line
- Track Stand
- Trials Side Hop
- North Shore Dismount



"TECHNOTRONIC" SKILL STATION

TRAIL VALUE:

- Steering
- Navigating Obstacles
- Technical Ascents & Climbing
- Line Choice
- Bike & Body Separation
- Momentum
- Absorbing
- Ready Positions
- Bracing Leg
- Dismounting
- Gearing

