

Mountain Biking Policy of the Rensselaer Outing Club

Created 9/15 by Nathaniel Ogilvie

General

- The club provides a limited number of bikes, helmets, etc., all equipment is first come first serve.
- Helmets must be worn on ALL rides regardless of difficulty.
- There must be at least three riders on every trip.
- All leaders must meet the club first aid requirements as listed under the First Aid Policy in the Bylaws.

Classification of Trips:

Easy:

- Beginner and intermediate riders, some on-road experience is recommended.
- Terrain consists of mostly double track with short easy sections of single track.
- Pace is moderate and rides are short (less than 8-10 miles or depending on terrain).

Examples: Pinebush, Colonie Town Park

Moderate:

- Faster intermediate rides.
- Terrain is varying and more technical; trail is mostly single track.
- Pace is faster and rides may be longer, this is also determined by the terrain.

Examples: Reservoir Trail at Grafton, ZigZag at Pittstown, Gibb's Farm, Skidmore

Difficult:

- Skilled riders with considerable experience only.
- The terrain is highly varying and very technical.
- Freestyle features fall under this category.

Examples: Vassar Farms, Skytop, Gore Mountain

Strenuous:

- Advanced riders on overnight or 50+ mile trips.
- Terrain is highly technical and involves strenuous climbing.
- Trip leaders are required to have sufficient Backpacking leadership for overnight rides.

Examples: White Rim Trail, Kokopelli Trail, Sections of the Great Divide Mountain Bike Route

Classification of Leaders:

Assistant Trip Leader:

- Familiar with proper trail etiquette.
- Able to attach bikes to cars without damage.
- Knows basic bike maintenance such as fixing flat tires and minor adjustments.
- Knowledge of basic mountain biking techniques (climbing, descending, obstacles).
- Requires outdoor wilderness first Aid and CPR

Day Trip Leader:

Leaders must meet all the requirements of an assistant leader, and must also:

- Must be able to achieve and obtain assistant trip leadership
- Fluent in basic bike mechanics, must be able to repair the following on the trail: Flat Bike Tire, Brake Adjustments, Chain break.
- Substantial technical proficiency and extensive experience

Overnight Trip Leader:

- Must be able to achieve and obtain day trip leadership as well as obtain backpacking overnight leadership.
- Required to lead overnight biking trips

Recommended Gear

- Carry minimum toolkit of:
 - pump

- patches and spare tube
- tire levers
- hex wrench set
- map, compass
- first aid kit

- extra food
- water
- clothing as appropriate.
- Bike
- Helmet

Optional Gear

- Extra Clothes (e.g. socks)
- Pads (Knee or Elbow)
- Gloves