



Mountain Biking Etiquette

A Few Simple Guidelines for Riding the Trails

With over 1,200 riders signed up for the 2016 Cape to Cape MTB, it is important that everyone follows some simple guidelines to ensure that every rider gets the maximum enjoyment from their ride! We have prepared a basic guide to mountain bike etiquette for those who are not familiar with mountain bike racing, or those who might just need a refresher!

Always treat the trails like a road!

If the trail is wide, stay to the left and pass on the right where possible.

Passing

1. If you catch a rider and want to pass them, let the rider know by calling out, suggestions are “rider behind please” or “when you are ready please”. Don’t forget to use your loud voice, if the rider in front of you does not hear a request, they will assume that you are happy to sit on their wheel and ride at their pace. So if you want to pass, make sure you are heard!
2. If a rider catches you and requests to pass, acknowledge their request and let them know when it is safe to do so, “after this corner” or “go on the right” are common calls.
3. When making a pass, let the rider you are passing know where you are going, eg, “on your right”. Some encouragement never goes astray either, a quick “you’re doing great” or “only 10kms to go!” always helps to lighten the mood.
4. If you are being passed, give the rider passing you as much room as possible without moving off the trail or compromising your safety.
5. If you cannot ride a section of trail, make sure the trail is clear for riders who can! If you stall on a hill, check behind you and clear the trail immediately so that you don’t block other riders. If you approach a jump or log-over and do not feel confident tackling it, pull off to the side and go around it ... don’t stop in front of it!

The Cape to Cape MTB is a long race and there are plenty of opportunities to pass, so be patient! The course is designed to maximise passing, with sections of wide trail breaking up the singletrack, so a passing opportunity will never be far away. Be considerate as riders pass and consider that it is highly likely that you will be passed by a whippersnapper! There are some insanely fast female and juniors out there, so let your ego go and give them a cheer as they come flying past you!

Accidents on Course

If a rider crashes in front of you, this is not an opportunity to pass them! Stop immediately and ask if they need assistance! The first rider on the scene of a crash is in charge of the situation and should remain with the injured rider as long as necessary. If a serious injury occurs, ask the second rider on the scene to direct oncoming riders, and send the third rider to the nearest communication point for assistance. Remember, if a rider is seriously injured do not move them, even if they are blocking the entire trail! Keep in mind that time considerations will always be given to those who stop and assist injured riders.

The bottom line is: remember your sense of humour and a smile.

At the end of the day (as awesome as it is) the Cape to Cape MTB is just a mountain bike race and you are here to enjoy it!