

BIKE AND BICITRAVESIAS DATA



**B I C I T R A V E S I A S
A N D
B I K E
A N D
D A T A**

BIKE PARTS



Image from: www.liv-cycling.com/global/campaigns/parts-of-the-bike/20452

TYPES OF CYCLING

CROSS COUNTRY

This discipline is on either natural trails or more common these days on custom made and carved out trail centers. Often the starting point for many in their mountain bike journey it is characterized by long climbs where typically riders traverse up like a snake left to right up the the side of a mountain to the top and then go down again across large berms (big smooth wider banked corners) through rock gardens terrain up and short steep runs. The terrain can be dusty and hard packed, rooty, rocky, gravel based, muddy and so on. The activity is often carried out for a few hours and away from roads and built up areas where you will take supplies for your nutrition, hydration and bike care with you. You need a helmet and gloves.

› TYPES OF CYCLING

ENDURO/ ALL MOUNTAIN

This is really the same as trail riding except it is more technical with trails interspersed with jumps and bigger drops. So these riders are more likely to ride black trails and then play on the skills park (often found) at the bottom of a trail center they mix it up a bit.

DOWNHILL RIDERS

This discipline generally involves being driven to the top of a trail (i.e. an uplift service) or the rider walks up. Then there is a fast descent that is more straight down than the side to side traversing you find in trail riding. The drops are bigger and generally demand commitment. Maintaining high speed is a big component of these trails whilst getting over rocks, gaps and jumps.

DIRT JUMPING

Dirt jumping involves riding at a dirt park with dirt jumps which are often steep and can easily be higher than your average person. These parks often have lines of dirt jumps each at differing levels. Here the discipline is focused on riding at speed to a jump to get air and then land.

4X (FOUR CROSS)

The 4X is where four riders race on a BMX style track with corners and rollers in a circuit with a downhill slope. These bikes are generally either full suspension with 3 to 4 inches (76 to 100 mm) of travel, or hard tails, and have, typically, quite strong frames. They run a chain guide on front and gears on the back. They have slack head angles, short chain stays and low bottom brackets to aid in cornering and acceleration.

TRIALS

Trials riders focus on balance and can ride at low speed. Tricks are the name of the game but they use the environment around them as their playground rather than needing their own park. So it could be railings, walls boulders, bridges and so on.

FREERIDE / SHORE

These folk again focus on balance and ride skinny ladders and wood beams whilst taking big drops. The bikes are similar to downhill bikes, but with less emphasis on weight and more on strength (tougher componentry). They have at least 7 inches of travel. Although they can be ridden uphill, this is hard and are made more for downhill.

PUMP TRACK

A pump track is made of continuous rollers and berms that enables the rider to maintain momentum without having to pedal on flat ground. It is a progressive environment designed for first pumping, then manually, and then jumping. Bikes are hard tail based.