



PSIA-Rocky Mountain-AASI



Wheels Up Downhill Mountain Bike Clinic Check list – Crested Butte Evolution Bike Park 2018

Should you have any questions regarding your personal biking skills or any gear you own that you would like to use during this clinic please contact the PSIA-RM office at 970-879-8335, tim@psia-rm.org

What to Bring

If you want to use your own bike:

- Must be full-suspension with at least 6+ inches of travel in both the front fork and the rear shock.
- Have hydraulic disc brakes (no V-brakes or cable brakes)
- Have 26 inch or 27.5 inch tires. (no 29 inch)
- No cross-country bikes.
- Flat pedals versus clip less pedals. If you are really adamant about riding with clip less pedals we can discuss your riding experience with your clinic leader. Flats are the way to go if you are learning.

Included with the bike rental:

- Full face helmet
- Elbow pads
- Knee pads or knee/shin combo
- Gloves (upon availability)

Required gear if you bring your own:

- Full Face helmet (no XC half shells)
- Full finger gloves (no road bike or XC gloves)
- Knee pads or Knee/Shin pad combo
- Elbow Pads
- Eye protection – goggles or sunglasses must be worn when descending the trail.



Food/Hydration

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- Snacks
- Lunch or lunch money
- Bring water

What to wear

- Wear athletic clothing (i.e. moisture wicking clothing, loose jerseys, and/or tight leggings to put pads over)
- It can be cool in the fall, bring lots of layers.
- Be prepared for rain, it could happen at any time out on the trail.

Optional gear

- Neck brace (i.e. Leatt Brace)
- Full armor jacket
- Back pack (Guides will have packs for mechanical issues with bikes)