

# **MOUNTAIN BIKING**

## **AS A RADFORD SUMMER SPORT**

Mountain Biking will run for the first time from Term 4.

- It is open to students currently in Year 8 to Year 11.
- Students must provide their own quality mountain bike in perfect working order. The bike should have front suspension and reliable running gear. Students will need to ride with a helmet, spare tube and pump and any other necessary equipment to fix minor problems on a ride. They must ride with a mobile phone.
- Students must have a reasonable level of fitness, sufficient to cope with 20km-30km rides over 2 hours duration. In addition, there will be one full day ride each term where students must be able to ride around 60-70km over 8 hours.
- The commitment for this sport is one afternoon per week (Wednesday) plus 2 hours on a Saturday morning.
- The cost for the season is \$75, which will be charged to student accounts.
- Numbers for this sports are capped at 10 students only in the first year. Selection will be based on order of registration. **You can download a mountain biking registration/permission form [here](#).**
- Parents will be responsible for dropping students off and picking them up from each activity.

This sport is cross-country mountain biking and does not cater for downhill riding. The Wednesday session will be fitness based and may include a gym session, bike maintenance or a local ride from school.

Saturday morning will be a ride at a local mountain bike area (Stromlo, Majura, Sparrow Hill, Black Mountain or Gossan Hill).

In addition, there will be one full day ride each term where students must be able to ride around 60-70km over 8 hours. These rides would take place in either the Brindabellas or Namadgi National Park.

**For further enquiries please contact:**

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