

Press Release: Mountain Bike New Zealand - Don't Burst Your Mountain Bike Bubble

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Facebook: @MTBNewZealand

Website:

www.mtbnz.org.nz

As we hopefully head towards level 3 of lockdown, please don't burst your mountain biking bubble. Maintain your social distance. Under level 3, there is still a 2 metre social distancing rule for people, so don't get carried away. You can't go out and ride with your buddy because you are still supposed to stay in your bubble. Jacinda said you could extend your bubble to a family member or a caregiver but she didn't say you could go riding with your mates.

Level 3 is not much different to level 4 for mountain bikers. A lot of people have been mountain biking in level 4 but taking a very cautious approach. So we would still reinforce the ride local, ride safe, ride kind and ride solo principles.

Match your ride to your experience. Be cautious. After riding a little more often in the last month, I do feel a little bit fitter so other riders might feel the same way too. So it is tempting to think I could ride my trail a little bit faster but I have to hold back because the last thing we want to see is a spike in mountain bike injuries just because people are going a little bit nutty. We feel like we have been stuck in a bubble and not riding our favourite tracks or as far as we would usually ride. Enthusiasm could take over from ability.

Outside our 50 plus clubs and 19000 odd members, the activity of mountain biking has a huge recreational ridership that is not connected to a mountain biking community like club members are. So maybe there are recreational riders out there who don't have a chance to be in the "loop" about what's happening. We encourage all riders to connect with the club in their local area to stay informed. See our website (mtbnz.org.nz) which has links to your local club.

"One of the small positives to come out of lockdown is seeing so many more families out riding their bikes. It makes me feel joyful. Also, seeing people out on all sorts of bikes. I've seen some real classic clunkers around, a heap of really old hard tails that have to be about 20 years old. I'd say they are collectors' items, really. I've also witnessed incidents of kindness, courtesy and respect, which also makes me feel proud of our mountain bike community" Chris said.

Ride Local. Only ride close to home, use MTB trails and bike paths accessible on

your bike.

Ride Safe. Ride well within your ability; ride easier tracks (use Grade 1 to 3 - see <https://www.mtbnz.org.nz/mtb-trail-grading>). This is not a time for shredding trails or ending up in hospital.

Ride Kind. Think twice before using multi-use tracks. One way loop tracks are best. Ride at least 2 meters away from other riders and track users. Choose a spot to enable a wider than just a 2m passing manoeuvre. Respect trail and park closures.

Ride Solo. Ride alone, or with those in isolation with you. Don't stop and don't congregate. If you approach another rider, stay clear and give them a yell "Passing on your right" to give lots of warning.

End: Chris Arbuckle (MTBNZ
President)

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