



What Your Body Needs For The Ride

**Helmet**  
Mountain biking is a great sport but it can also be a dangerous one so we would always recommend wearing a helmet. Different brands have different fits so it's important to try the helmet on before you buy it. Your helmet should be level on your head and fit fairly snugly. It shouldn't obscure your vision or cover the tops of your ears, nor should there be any excessive movement if you pull the helmet back and forth. The chin strap should be secure and the straps leading to your chin strap should go either side of your ears and not cover them.

**Gloves**  
Not all mountain bikers wear gloves but it's a good idea when you're starting out because of the high likelihood of crashing. They also help reduce soreness caused by vibrations from the bike. There are many brands on the market with different levels of padding and insulation. Again, try them on to make sure they fit – your fingers shouldn't feel cramped and there shouldn't be any bunching of material on the palm.

**Sunglasses**  
There's nothing more annoying than riding along and suddenly being hit in the eye by a fly or some other foreign object – that's why so many riders wear eye protection. Clear glasses are great because you can wear them all year round and you aren't plunged into darkness when you enter a wooded section, like you can be when wearing sunglasses. Many come with interchangeable lenses, including a yellow one for overcast or poor light conditions.

**Hydration Pack / Water Bottle**  
It's important to stay hydrated when you're riding so get a water bottle for your bike or, better yet, invest in a hydration pack – effectively a bladder full of water stored in a rucksack with a long straw so you can drink on the move. These packs have a plethora of pockets so there's plenty of room for all your extra bits and pieces – pump and puncture kit, cash, a phone and first aid kit

**Shoes for Regular Pedals or Clipless Pedals**  
There are basic cycling shoes made for regular, flat pedals and shoes with more features for use with clipless pedals. Clipless pedals are popular with experienced mountain bikers because they lock onto the clipless shoes providing top-notch pedaling efficiency, fast and easy pedal. Shoes for standard pedals look like sneakers or sports shoes and boast stylish, tough uppers, grippy soles for holding onto the pedals and walking, and easy-to-use closures. All cycling shoes also have stiffeners in the soles to help with pedaling and protect your feet. On shoes for flat pedals, these stiffeners aren't too stiff because these shoes are for pedaling and walking.

What Your Bike Needs For The Ride

**Spare Tubes (2)**  
Carrying two spare tubes is a must for long mountain bike rides. Double flats happen – usually a split second after you call out to your riding buddies "Hey! Watch this!" High-speed descents through rock gardens and jumps with flat run-outs are notorious for pinching tubes and tires.

**Patch Kit**  
Patch kits take up very little room in your pack and are a necessity when you've used your last tube. Glueless patches are much faster to apply but don't have the longevity of patches that use a vulcanizing agent.

**Mini Tire Pump**  
The first two items are pretty useless without a pump. A CO2 inflator and cartridges are optional; they will get you back up and rolling quicker, but a mini pump will work every time.

**Multi-Tool**  
Never leave home without a good multi-tool. A multi-tool with a built-in chain tool, a T25 torx, flathead and Philips screwdrivers, and at least 2.5 3,4,5,6 and 8mm Allen keys, Chain Cutter and the most common spoke tool sizes.

**Tire Levers (2)**  
While many multi-tools have a tire lever built into them, they're generally not as useful, nor as well constructed, as standalone levers.

**Extra links of chain with a master link**  
Keeping a few links of chain, along with a master link, in your pack will ensure you can replace bent or broken links and still have full use of your gears.

**Phone**  
Smart phones can do a number of helpful things, but the most important is to phone organiser / home in case an emergency. Be sure to have an "in case of emergency" contact listed in your phone's address book.

16  
DEC  
2017

ELMINA PAVILION  
CITY OF ELMINA

Start / Finish

Start @ 0800hrs  
End @ 1230hrs

3° 11' 11.83" N  
101° 31' 29.42" E

