

How do I join the Mountain Bike Club?

Mountain Biking is open to all boys from Year 4 -12. The training sessions are targeted towards certain age groups and allow all boys to develop skill, speed and endurance in a fun and supportive environment. To register to Mountain Biking, please get a registration form from Student Reception to complete and this is then to be returned to the front office.

What do I need to get started?

All boys will require in a certified Australian Standard helmet, a Mountain Bike, water bottle and casual clothes/cycling clothing.

How will mountain biking help me?

- Resourcefulness –the ability to use what is around for purpose.
- Resilience – to cope with difficulties when things don't go to plan.
- Confidence – a greater sense of self-esteem.
- Determination – drive to get better and learn from one another.
- Escape from reality – a sense of adventure.
- Relationships - Build strong friendships, teamwork and partnership.
- Fitness - Speed, agility, endurance, muscle tone and strength.
- Skills – the boys are continually learning new MTB skills.

See more photos and race reports on the MBBC Mountain Bike Facebook Page

MBBC has a Mountain Bike page devoted to the MBBC community. This site is a great place to catch up on information on what's happening in MBBC Mountain Biking. Click on the link below and like the page.

[Please click here.](#)

Maintenance basics

Cleaning Your Bike – Your bike is collection of moving parts. When exposed to mud, grime and debris, these parts begin to deteriorate.

Securing Bike Bolts - Bicycles are held together by dozens of nuts, bolts and screws. Maintaining a "tight ship" is important because loose (or improperly tightened) bike parts can:

- Cause poor performance
- Lead to serious wear and tear
- Become a safety hazard

The Pre-ride Inspection - The best defence against loose components is a routine inspection before every ride. This will help you catch potential problems (rattles, squeaks, wobbles) before they develop into safety hazards. Most pre-ride inspection adjustments can be made with a simple bike multi-tool.

The Bike Shop Visit - Don't overlook regular maintenance by bike pros. If you're a regular rider, bring your bike in for twice-yearly check-ups to ensure that complex, hard-to-evaluate components such as spokes, bearing surfaces, derailleurs and cable systems are inspected and serviced regularly. These bike parts should always be serviced and adjusted by experienced mechanics.

Lubricating Your Bike - Keeping your bike parts properly lubricated is crucial for good performance. Lubrication protects moving parts from excessive wear caused by friction, keeps them from "freezing up", and keeps rust and corrosion from attacking exposed metal components. You will need to lubricate the chain, brake and derailleur levers, brake and derailleur cables, brake and derailleur assemblies and bearing systems.

Uniforms

In the past we have gone through the process of ordering the MBBC Mountain Biking uniform through an online company. To make this a smoother and more cost effective process, MBBC are currently sourcing other options this is a sustainable process.

Safety

Helmets - It is compulsory for all boys to wear an Australian standards bike helmet. No boy will be able to train without a helmet.

First Aid

There are 5 First Aid kits allocated to Mountain Biking. These are worn as bum bags. All instructors carry a first aid kit with them at training sessions. Each instructor will also carry a mobile phone.

Storage and Insurance

The school has a lockable shed underneath the Science Building. Students seeking to lock their bike in this lockable shed have the responsibility of placing their bike in the shed each afternoon. The shed will be locked straight after training.

Please be aware that bikes stored in the shed are done so at the owner's risk. MBBC assumes no liability or any damage or theft of bikes locked in the shed. Parents have been advised to insure bikes under their contents insurance policy.

MBBC does carry insurance for such incidents however the policy excess is greater than the replacement value of most bikes and is subsequently is not an appropriate insurance option.

Cleats

Cleats are only recommended for confident and experienced riders. These do need to be Mountain Biking cleats. Road Cycling cleats tend to fill with mud and become a safety issue.

Induction of New Riders

All students must undertake an induction process prior to using the MBBC Mountain Bike Facilities. The induction process will be conducted by the MBBC coaches. The induction process will include:

- Riding gear compliance.
- Codes of behaviour.
- Students will ride 1 on 1 with an instructor.
- The instructor will assess the ability of that student and appointed a buddy from then on if required.
- Students will be briefed about what to do if they fall off, get injured or damage any part of their bike.
- Students will be periodically assessed to improve their riding skills.

Competition/races – Below is a list of tentative races that MBBC will be encouraging your son to participate in. The dates for each event will be posted on the MBBC Mountain Bike Facebook Page when information becomes available. Visit the MBBC Mountain Bike Facebook page by clicking here:

<https://www.facebook.com/MbbcMountainBikeClub?ref=hl>

1. Sunshine Race Series – [Click here](#)
2. Flight Centre Epic Race – [Click here](#)
3. Giant 3Plus3 – [Click here](#)
4. Scot 24hr – [Click here](#)
5. Bom Bom Racing – [Click here](#)
6. Bayview Blast

MBBC Boys starring at the Giant 3plus3 event - [click here to view the video](#)

Where do I sign up?

If your son is interested in Mountain Biking at MBBC. Please contact student reception on 3906 9444 or email Mr Weekes at weekesj@mbbc.qld.edu.au

Local trails - If you are interested in riding on a local trail or another trail in Queensland. This site is one that may be of use – [click here](#).