

MOUNTAIN BIKE

CLOTHING AND EQUIPMENT:



Clothing and Equipment:

***If your participant is not dressed appropriately they cannot participate**

Recommended Layering:

Top: Lightweight and wicking shirt, or short sleeve bike jersey.

Bottom: Mountain bike shorts (padded) or regular gym shorts. **NO DENIM!**

Eyes: Mountain bike goggles or polarized sunglasses.

Hands: Mountain bike gloves, full fingered preferred.

HELMETS ARE REQUIRED!!
IF YOUR CHILD DOES NOT
HAVE A HELMET THEY
CANNOT PARTICIPATE.

Equipment Checklist:

- Mountain bike helmet!
- Lightweight, wicking T-shirt, or short-sleeve bike jersey
- Mountain bike gloves
- Mountain bike shorts (padded) or wicking shorts (Gym shorts will work)
- Tennis shoes, or skater shoes.
- Neck Buff (not required)
- Bike Goggles or sunglasses
- Elbow and knee pads (optional)
- Water bottle
- Sunscreen!
- Bike with tread on tires (must have working brakes)

Please put your name on all personal belongings
Avoid bringing valuables

TURN PAGE OVER

RENTAL INFORMATION

Salt Lake County is not affiliated with any equipment rental companies. This is not a comprehensive list of rental shops.

Canyon Sports

Canyon Sports have daily rentals for full suspension and hard-tail mountain bikes available. Please contact them for sizing options.

Cole Sports

Located in Park City, Cole Sports has a variety of Mountain Bike rentals for half-day or full-day. Please contact them for pricing and sizing options.

Bike Sizing

Things to consider when buying a bike:

- Your child should be able to straddle the bike with both feet flat on the ground.
- A bike with larger diameter wheels will be more stable and more efficient for longer rides than smaller wheels because they require less effort to keep their momentum going.
- Seat height: Your child needs to be able to touch the balls of their feet on the ground while seated on the saddle.
- Reach: Your child should be able to comfortably reach the handlebars with elbows slightly bent when sitting on the seat. Handbrakes should be easily reachable and squeezable while seated.