

Nevada County Women MTB Skills Clinic and Camp
Mountain Biking Skill Level Guide
(Below skill levels may overlap ... dirt trails/single track vs. bike parks)

New Rider / Never Ever:

You are new to all kinds of cycling. You probably do not know how to shift, may not know which is front or rear brake. May have balance skills to learn. Your fitness is low and an hour or 2 will work you.

You will learn the basics:

Ready and neutral position, shifting, braking and intro to cornering.

Beginner Mountain Biker:

You have ridden some. You know how to shift but may need help with timing and gearing for hills. You may have spent time on the road but dirt of any kind is somewhat new to you. Your fitness can handle 1-2 hrs of riding on fairly flat terrain with some moderate hills.

You will learn:

Proper body position. Neutral, ready, fore, aft and side to side on the bike. Balance and weight placement. Proper foot position. Proper one finger braking and modulating front and rear brakes. Basic cornering. Balance skills, steering skills. Climbing and descending skills. Picking a line.

Intermediate Mountain Biker:

Enjoys riding mostly single track. Can handle climbs and descents with rocks they can ride over but do not have to lift the front wheel to get over. Small drops under 10-12 inches. Starting to get over rocks while climbing and descending. Starting to challenge yourself with rockier terrain whether you can ride it or not. Fit enough to handle a couple hours in the dirt. You have basic shifting skills and know how and where to shift though your timing may not be perfect.

You will learn:

Body position, neutral, ready, fore, aft. Pedal position, foot position with a wedge and clawing. Weight and balance. High speed, stop in a dime anywhere braking. High speed cornering. Front wheel lift, rear wheel lift, level lift, roll down lunge. Learning to roll big, steep and/or rocky drops or descents, steep climbs with obstacles. Riding skinnyties. Riding switchbacks. Picking a line. Pumping. Small wood walls, wood features that can be rolled.

Advanced Mountain Biker:

Fit enough to handle a few hours or a couple thousand feet of climbing. Can lift your front wheel over an obstacle on climb or descent. Rolling drops comfortably, starting to play around with jumping and air in small features. Able to lean bike not body in a turn.

You will learn:

High speed cornering with more precise foot placement. Level lift to the side. Lunge and preload/stomp drops of 12-24". Level lift to the side rear wheel lift to side. Small to large wood walls, air off walls.

Expert Mountain Biker:

Riding the whole mountain, steep climbing and steep descending with little problem. Hitting drops above 36 inches. Loose rocky terrain is no problem.

Learning or Strengthening Current Skills:

High speed cornering, drops 3 feet and above. Manuals, manual drops, bunny hops (no they are not the same as a level lift).