

SublimeRides.co.uk

THE LAKE DISTRICT MOUNTAIN BIKE GUIDING COMPANY

In order that we spend the maximum amount of time riding on the day, please can you read the information below and check that you are fully prepared. If you have any questions or need any further advice please do not hesitate to give me a call on 07909 558706 – it's also a good idea to add my number to your phone in-case you need to contact me on the day or at short notice.

Emergency Contact Form

Please can you print-out, sign and bring with you a completed copy (or copies if you are organising a group) of the Emergency Contact and Disclaimer Form (attached to your confirmation e-mail).

Safety

The wearing of a well fitting cycle helmet and full-finger gloves is mandatory. Cycle specific glasses / goggles are recommended. Knee or elbow pads are optional but are certainly a good idea in rocky lakes terrain (we ride in our Sweet Protection Knee and Elbow pads for more difficult/remote rides).

Your Bike

You will need to bring your own mountain bike or hire a quality mountain bike and bring it with you (we can help to arrange hire bikes). **Please ensure the bike is in good working condition and correctly adjusted**, if the bike has not been serviced for a while then asking a quality cycle-shop to give it a once over and safety check is highly recommended.

Clothing

Please wear mountain bike or outdoor clothing which is suitable for the time of year and forecast weather conditions:

- **If the weather is hot and sunny:** shorts and a moisture wicking top are ideal, with a waterproof outer layer and an extra warm layer to carry, and don't forget the sun cream!
- **For cold and/or wet weather:** warm base and mid-layers, warm gloves & socks and a waterproof jacket are essential, to wear or carry.
- **Very cold/windy/wet weather:** in addition to the above, bib-tights and waterproof shorts, gloves and socks are recommended.

Food and Drink

Please bring plenty of food, especially high energy items (malt loaf / fruit and nuts / flapjack, plus some energy bars / jelly sweets / Kendal Mint Cake / etc.) and plenty of water to drink.

To Carry

A rucksack or MTB specific backpack is the best way to carry your things. Please bring **a couple of spare tubes** (rocks and therefore punctures are common!), any tools which are specific to your bike, a pair of brake pads and a spare rear mech hanger for your bike.

Your Pedals

If you have booked a skills course, we recommend using flat pedals with suitable footwear. It is much easier to learn MTB skills on flat pedals, and to perfect technique. If you are unused to flat pedals and intend to fit them for the ride then it is a good idea to put them on beforehand in order to get more comfortable on them. The type of pedal I would recommend have a cast or CNC'd body and screw in pins, they are widely available and cost from around £20 (for something like a DMR V8) to £100 (DMR Vault or similar).

Footwear: On flat pedals; the shoe needs to engage with the pedal pins. The best are MTB specific sticky rubber soled trainers - 5:10/Vans/Giro/Shimano all make suitable models and most quality bike shops will stock a suitable option.

SPDs and suitable shoes are certainly suitable for guided rides.