

# New Rider Information

Are you new to mountain biking? Or perhaps just new to mountain bike racing? Either way, great! We're so glad you've found your way here, and we hope that you begin your racing journey with us.

The best thing to prepare for your first race will be to review the entire Series Guide and Race Guide of the race you will be participating in. Below you will find additional tips and tricks to get you ready for race day:

**Newbie Category** - Remember that we have a category designed just for you! The Newbie race takes place on the easiest course of the weekend and usually is only 3-5 miles in length. It starts right away in the morning, so you don't have to worry about the pressure of other riders coming up behind you. Oh, and did we mention this is free?

**New Rider Hangouts + Pre-Rides** - For select events, we'll have "New Rider Hangouts and/or Pre-Rides"; designated times to meet up with other new riders to either practice the course together or just hang out and get to know one another. These rides will be led by Ride Leaders, Coaches, and friendly folks here to help you have a great time. To find a New Rider Hangout, please refer to individual Race Guides or keep an eye on our social media page.

**The Right Bike** - There is no such thing! If you are on a mountain bike, you are on the right bike. You'll want to be sure your bike is in working order and safe to ride – if you aren't entirely comfortable with your setup, be sure to stop at the Trek Tent where our certified mechanics will be able to give the bike a tune up and give you additional tips and tricks to ensure your ride is a good one!

**Clothing you should wear** - (the short answer) is whatever you are most comfortable in. Many cyclists wear Lycra while they ride or race. This is entirely optional. The advantage to Lycra is its comfort and compatibility to hard mountain bike racing. What we wouldn't recommend are jeans, baggy pants (your pant leg could get caught in your chain) or sweatshirts. Worried about what you're wearing? The Trek Tent is your place - we'll give you the thumbs up on what's probably already a great choice of comfort and style, and hook you up with some other gear if you're still not entirely comfortable.

**What you should eat** - There's a million nutrition tips and tricks you can surf your way through. Our recommendation? Eat something fairly light two hours before your race (Oatmeal and light cereal are common, but really anything that you're used to is good) and then a banana or something similar 20 minutes before start time. Drink plenty the day before, but trail off an hour or so before your event.

**The last thing you should do** - After you've read our Series Guide, Race Guides, and all the YouTube videos your heart desires, you should then send us a direct email at [wors@trekbikes.com](mailto:wors@trekbikes.com). Introducing new riders to the sport is what we're all about, we want you to be able to meet someone who can offer personalized tips, and maybe even hook you up with some cool swag. The Trek team will make sure you get connected with the right people to ensure your first day racing is as fun as possible!