



Mountain Bike Action

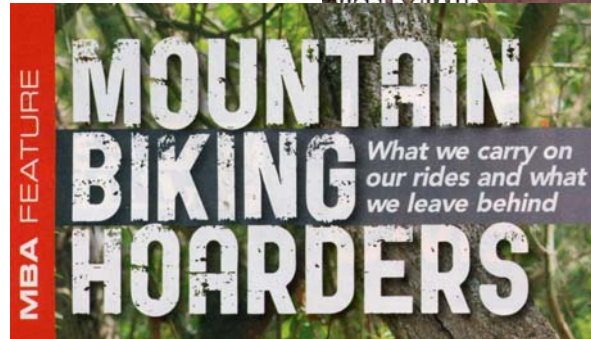
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What We Carry On Our Rides and What We Leave Behind

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THE INTERMEDIATE AND LONG RIDE

Rides longer than you get you pretty far away from civilization. The walk back to the trailhead might end in the dark if you can't fix a mechanical or if you bonk so badly that you can't see or pedal straight. So for the intermediate ride, we would rather be safe than sorry.

The hydration pack for an intermediate ride needs to offer around 750 cubic inches of capacity. How big is 750 cubic inches? Too big for this ride, but you are not going to stuff the pack to its capacity. If you can't visualize 750 cubic inches, don't worry. Every hydration pack has its claimed capacity (in cubic inches) on the label. You want to make sure that your hydration pack has a 90- to 100-ounce reservoir or, as pack companies hate for people to call it, a bladder.

Your hydration pack should include:

- 1 - Waterproof wallet with:
 - \$5-\$10
 - A few bucks in change
 - Towelettes
 - Advil
 - ID and emergency contact
 - Lip stuff
- 1 - Reservoir filled with 16 ounces more fluid than you think you will need.
- 1 - Tire pump
- 1 - Patch kit
- 1 - Tire tube (26-inch)
- 1 - First-aid kit
- 1 - Flat duct tape
- 1 - Multi-tool with chain breaker
- 2 - Tire levers*
- 1 - Replacement derailleur hanger
- 1 - Rain shell (a lightweight jacket)
- 1 - Bevy sack or heat blanket
- 2 - Energy gels
- 1 - Energy bar or candy bar

It would be the worst ride of your life if you ended up using all this stuff, but knowing that it is there gives you confidence on longer expeditions. Always customize the mix of spares in your pack to your location. Bugs an issue? Pack bug repellent or a net to fit over your helmet. Cactus? A pocket comb is perfect for flicking stuck cactus balls off your arm or leg.

THE EPIC RIDE

Epic-ride preparation was covered in our June 2011 issue ("Why You Need To Complete An Epic Ride"), and there is a lot more hanging on your safe return than what you have in your hydration pack. Don't attempt a super-long ride without consulting that story and taking the preparation seriously. ↴

RACE ESSENTIALS

LUNA'S CROSS-COUNTRY RACE KIT

By Chris Mathis

I have been in the mechanic/team/equipment manager game since 1996, first with KHS, then Jamis and the last nine years as the lead mechanic and equipment manager for the Luna Team. Here is what our cross-country racers carry during a race.

- 1 - Genuine Innovations Big Air Canister
- 1 - Four-millimeter Allen wrench
- 1 - Five-millimeter Allen wrench
- 1 - Maxxis ultra light tube
- 1 - Pedro's tire lever

Longer haul: Chris Mathis doesn't send his racers out with as much stuff as he carries on his rides; that's because not every ride is the same. Our tricks will have you properly equipped without packing the kitchen sink.

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WARNING: Much of the action depicted in this magazine is potentially dangerous. Virtually all of the riders seen in our photos are experienced experts or professionals. Do not attempt to duplicate any stunts that are beyond your own capabilities. Always use discretion and wear the appropriate safety gear.

