

IMBA'S RULES of the TRAIL for YOUNG RIDERS

IMBA's Rules of the Trail help mountain bikers and other trail users understand each other and get along better. Here's a version of the rules just for young riders.



1 Bike Where It's Allowed

Not all trails allow bike riding—some are just for walking or other activities. Find out whether mountain biking is okay before you ride.



2 Be a Ninja

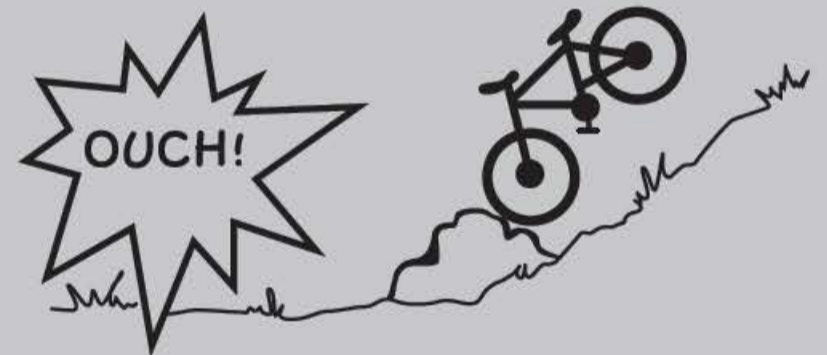
Be a mountain bike ninja, so quiet and careful that no signs are left behind after you ride. This means avoiding wet, muddy trails, and never leaving your trash behind.

3 Stay in Control

Don't ride too fast or too crazy—you must always be able to slow down or come to a stop so you don't frighten anyone on the trail.

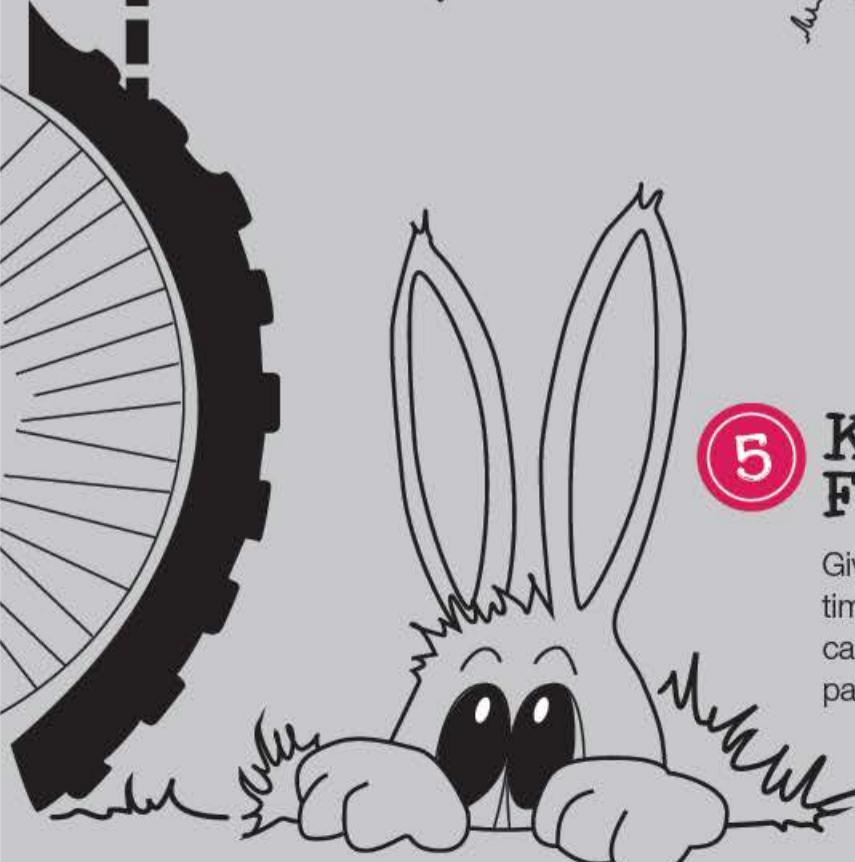
4 Move Over

Be friendly and polite to everyone you meet. Remember that people on bikes should move out of the way for hikers and horseback riders. If you are riding a bike down a hill and someone else is pedaling up it, be sure that you give them plenty of space.



5 Keep Furry Friends Happy

Give animals enough room and time to adjust to you. Use special care and follow directions when passing horseback riders.



6 Plan Ahead

Know where you are going—or bring a map. Ride with an experienced adult when visiting a new area. Always wear a helmet and appropriate safety gear.

