

# Grand Valley Adventure

## SKILL RATINGS

### SKILL LEVEL 1 – FIRST TIME RIDER

You've never ridden a dirt bike or motorcycle before.

### SKILL LEVEL 2 - BEGINNER

You have very limited experience on a dirt bike. You have learned how to use a clutch and can shift gears but may not have made it out onto a trail yet. If you have made it onto a trail, you don't yet feel confident handling the controls and your body positioning may need some work.

### SKILL LEVEL 3 - NOVICE

You're into riding off-road and wide dirt trails (atv trails or doubletrack), but don't yet have the skills and confidence to ride terrain with roots, rocks, tight corners, tight trees, steep hills and descents. You are comfortable and confident shifting gears, braking, and your body positioning is generally correct but you may need some tweaks. You have begun standing up on your bike, but you haven't quite mastered positioning or shifting.

### SKILL LEVEL 4 - STRONG NOVICE

You are comfortable and confident riding seated and standing. You may have even tried your first singletrack. You enjoy smooth, mellow singletrack and trails, but the tighter turns, quick shifting, constant whoops and rocks have you a bit scared and you lose proper form and body positioning over new obstacles. You may need some help with uphill and/or downhill and other obstacles. You feel ready to take your riding to the next level.

### SKILL LEVEL 5 - INTERMEDIATE

#### **TERRAIN**

You are comfortable and confident on mellow to slightly more difficult singletrack terrain including sand, mud, rocks, roots, and small hill climbs and descents.

#### **OBSTACLES**

You handle riding over small obstacles like roots, rocks and ruts with ease. You may get your wheels off the ground on occasion and may be able to get over smaller logs.

#### **BIKE SKILLS**

You are confident and successful executing the following basic bike handling skills on mellow singletrack:

*Shifting* - you anticipate the terrain and shift gears accordingly.

*Body Positioning* – you are comfortable and balanced standing up off of your seat. You understand where on the bike your body should be to maintain proper control during turns, hills, descents, whoops, and speed fluctuations.

*Hills* – you can comfortably transition your weight and body positioning on most hills, up and down. You can properly determine the best gear to be in to conquer different hills.

*Throttle Control and Clutching* - you use your clutch and throttle simultaneously to achieve the best power and control in different types of terrain (feathering the clutch).

## SKILL LEVEL 6 - STRONG INTERMEDIATE

### TERRAIN

You are comfortable riding a variety of singletrack which may include tight trees, mud, loose rocks, tight turns, sand, ridges, and washes and are comfortable doing so on more challenging terrain.

### OBSTACLES

You are comfortable and confident lifting your front wheel to get up and over larger obstacles (up to 6 inches) such as roots and rocks that are not rollable.

### BIKE SKILLS

You are confident and successful executing the following bike handling skills on a variety of singletrack:

*Shifting* - you anticipate hills and turns by shifting gears often and smoothly.

*Hill Climbs* - you are able to shift gears during the climb and position your body either front or rear to obtain the best traction while climbing. Climbing is typically successful, unless technical roots, rocks or corners stop you short.

*Descending* - you are comfortable and balanced standing up off of your seat and are comfortable with speed and letting go of your brakes as long as you can see the exit or end of the descent.

*Throttle Control and Clutching* - you use the throttle and clutch seamlessly to create power and control in challenging terrain.

*Cornering* - you understand effective cornering techniques although you may still need to work on your timing and coordination.

## SKILL LEVEL 7 - ADVANCED

### TERRAIN

You are extremely comfortable riding a variety of singletrack which may include tight trees, mud, loose rocks, high ridges, rocky ascents, descents, and sand on aggressive terrain with little braking.

### OBSTACLES

You can get your front wheel off the ground at any time to clear any obstacle in front of you including boulders and downed trees.

### BIKE SKILLS

You are confident and successful executing the following bike handling skills on a variety of singletrack:

*Shifting* - you anticipate hills and turns by shifting gears often and smoothly.

*Climbing* - you are able to shift gears during the climb and position your body either

front or rear to obtain the best traction while climbing. Climbing that involves technical roots, rocks and switchbacks and blind ridges are typically no issue for you.

*Descending* - you use the brakes sparingly, and are open to taking some air off rocks and whoops.

*Throttle Control and Clutching* - you use the throttle and clutch seamlessly to create power and control in challenging terrain.

*Cornering* - your timing and coordination on all types of berms is solid. You are comfortable leaning your bike through the corner and exit with acceleration.

## **SKILL LEVEL 8 - EXPERT**

### **TERRAIN**

You are comfortable riding any type of terrain, aggressively.

### **OBSTACLES**

You can easily maneuver over and around any obstacle you encounter including boulders, trees, tight ditches, etc.

## **SKILL LEVEL 9 - PRO**

You are a dirt bike god/goddess. You can handle the most technical terrain imaginable, eat up steps for breakfast and can hit all the jumps, turns, climbs and descents with ease.