

VELO LOVE YOUTH MOUNTAIN BIKING

IMPORTANT INFORMATION 2026

PURPOSE

The purpose of the VeloLove Youth mountain bike club is to GET YOUR KIDS OUTSIDE! We want to create a lifelong love of cycling and the outdoors while building teamwork, instilling a solid work ethic, and also creating positive social bonds. Part of what makes VeloLove special is that we spend an entire season with the same group of athletes. These athletes are able to grow together as a team and the improvements they make on and off the bike are exponential. We understand that mountain biking can be expensive with the purchase of bikes, helmets, etc. so this club is free with the generous support of our sponsors. We only ask that you purchase a team jersey so we can represent the companies and individuals who support us.

We are still seeking sponsors for 2026. Please email Leslie at veloloveyouthmtb@gmail.com or connect with us here: <https://www.veloloveyouthcycling.org/become-a-sponsor>

2025 sponsors (2026 are TBD):

Edge Homes <https://www.edgehomes.com/>

Cycling Upgrades <https://www.cyclingupgrades.com/>

Hyperthreads <https://hyperthreads.com/>

FinishLineUSA <http://www.finishlineusa.com/>

Alpine Pediatrics <https://www.alpinepeds.com/>

Tannus <https://tannusamerica.com/>

Lone Peak Trails Association <https://www.lptrails.org/>

REQUIREMENTS

DO NOT sign up if you do not plan on attending at least half of the scheduled rides! (our rides are 2x/week from spring to fall) Please do not take a spot if you do not intend on committing to ride with us for the entire season. Athletes who don't make it to 15 or more rides during the season won't have the opportunity to join us in the future.

***Parent help is a MUST!** We can not make this club work without the help of parents. We ask that you attend rides and help as a ride leader as often as possible. If you aren't able to ride, reach out to Leslie to see how you can help with parties, prizes, race support, planning etc.

EQUIPMENT

A working mountain bike: Please make sure that the tires are aired up (and hold air) and that the brakes and shifters are working properly. If you are looking for a new bike, or you are unsure if the bike you have is "trail worthy/trail safe", [Timpanogos Cyclery](#) can set you up with a good bike, and make sure that it fits your rider.

Helmet: Make sure that it is properly fitting. The front of the helmet should sit in the middle of the forehead and should stay in place. The helmet should not be over 5 years old, as the foam does deteriorate and weaken. If someone shows up without a helmet (junior athlete or adult) they will not be allowed to ride with us. No exceptions.

Water bottle/Camelbak AND water: If you use a water bottle cage on your bike, make sure that the bottle fits snugly within the cage so the bottle does not fall out during the ride. Please do not use disposable water bottles, they will fall out on the trail. Make sure that your Camelbak or water bottle is filled before practice, as some of our ride locations do not have water available for refills. We have found that Camelbaks are easier for kids to use.

Bike gloves: While not required, they are recommended to protect hands in the event of a crash.

Sunglasses: While not required, they are recommended to protect eyes from debris (dirt, sticks, bugs) and in the event of a crash.

Tube and tire levers: Bring an extra tube the size of your tire. This can be placed in a backpack or a jersey pocket.

Hand pump or CO2/plugs for tubeless tires: This is recommended for all adult leaders and coaches.

Shoes: Close-toed shoes are required! NO SANDALS. You do not need to have “mountain bike specific” shoes, however they are helpful and can maintain a better contact area on the pedals than a regular shoe. We also recommend using [flat pedals](#) for our younger riders (not clipped in).

Jersey/kit: All athletes are required to purchase **THE 2026 JERSEY.**

Shorts, bibs, socks, hoodies etc. are optional and can be purchased on the team store. The link to the team store will be on the website veloloveyouthcycling.org and it will also be sent out in the email confirming your athlete's spot on the team. We have added Coach/Shop shirts! The kits are available in mens/womens, and youth sizes in both race fit and baggy downhill options. Feel free to share our team store! You can purchase kits for your other riders, family, friends etc. After an initial order is delivered (4-6 weeks after the team store closes), we will reopen the store for those who would like to order more or if you ordered something that doesn't fit, you can order the right size. You are encouraged to reach out to the group on our Slack channel to exchange sizes with other families. This has worked well in the past for solving sizing issues.

GENERAL INFO

Parent Ride Leaders: We rely on parents to ride with the ability groups! Parents are asked to ride with us as often as they are able to share the load. You do not have to go to every ride but please be mindful of other parents and try to make it to rides when you are able.

You do not need to ride with the same group your child rides in (some kids work better without their own parents- go figure). I understand that it is difficult to make it to every ride, but if we don't have enough leaders for an ability group, we will have to cancel the ride. If you aren't able to ride, but your kids are planning on riding- please don't drop and leave. Stay there until they are checked in and you know that there is enough parent help for their group(s). Once the group leaves on their ride, you can leave. A ride leader's main job is to make sure that the groups are safe, that they ride trails which are within their ability, and that no riders are lost on the trail. Ride leaders will ensure that there is a ride leader at the front and rear of the group and that no riders miss a turn resulting in a lost rider. (wait at intersections and turns to make sure your group sticks together).

In addition to a preseason parent meeting, we will have a ride leader training for all parents at the beginning of the season

NO Non-registered riders! Younger/Older siblings, neighbors, friends etc. will not be able to ride with us. Please don't ask. Parents/guardians are welcome and encouraged to ride with us, but they will need to sign a waiver (find this link on the registration form and fill one out for every athlete/parent/grandparent who intends on riding with us this season).

Ability Groups: When registering, you will self-select your child's ability group. The ability groups are a way for us to ensure that the riders stay on trails that they are comfortable with, that they don't feel pressured to go faster than they are capable, and ensure that they aren't bored in a group which is slower than their ability. WE WILL MAKE CHANGES TO THE ABILITY GROUPS AFTER THE FIRST FEW RIDES TO ENSURE EACH ATHLETE IS IN A GROUP THAT FITS THEM.

If you rode with VeloLove in the past, you should select the group that they finished this past season in. As an example, if your child rode in the Yellow group this year, you would select Yellow again. If your previous rider has been riding during the off season, and you feel like they have improved since then, select the next higher ability group. If at any time your child would like to move up to a faster group, or down to a slower group, that is just fine. Please let the coach in your current ability group know, and they can have your rider moved up/down. **DO NOT have your child ride with a different group unless this has been cleared with a coach first.**

PINK: K-2nd Beginner. Athlete is just learning to ride on trails or can do beginner trails at a slow pace. Example trails: Soft Rock at Valley Vista, or A/B/C line at Little Valley Loops

PURPLE:

RED: 3-6th Beginner. Athlete is just learning to ride on trails or can do beginner trails at a slow pace. Example trails: Soft Rock or Rose at Valley Vista, A/B/C line at Little Valley Loops.

***Note that pink and red are both beginner groups, with age being the difference.**

ORANGE: K-2nd Intermediate. Athlete has been riding for a year or more and can do beginner trails easily. Example trails: Gamble at Valley Vista or Cowley's Curse at a slower pace. River or High Bench at Lambert Park.

YELLOW: 3-8th Intermediate. Athlete has been riding for at least a year. Can do beginner trails without any hesitation on the ascent or descent. Athlete is able to do longer rides. Example trails: Gamble at Valley Vista or Cowley's Curse at a slower pace.

GREEN: 3-8th Advanced Intermediate. Athlete is very comfortable ascending and descending on a bike, at a fast pace. Athlete has been riding for at least a couple years. They can handle intermediate trails without stopping for breaks. Example trails: Cowley's Curse and Cure and The Pit at Valley Vista, Ann's trail, Fango, Longview, Achtung, at Corner Canyon.

BLUE: 3-8th Advanced. Athlete is confident and skilled on a bike, can ride advanced trails without hesitation. Athlete has been riding for a few years, can do longer, more technical rides at a fast pace without getting fatigued. May start to race on the junior high team. Example trails: Cowley's Curse, Cowley's Cure, The Pit, Sneaky Shiz at Valley Vista. Ann's, Canyon Hollow, Rush, Achtung, Zooropa, Vertigo, Fango at Corner Canyon.

WHITE: 7-8 grade ADVANCED, Athlete has previous race experience, has been riding for several years and can easily do 15+ miles at a fast pace without taking breaks. Athlete **MUST** be confident on all terrain. This is a good group for athletes going into JR DEVO! This group is **FAST** and will ride between 10-15 miles in a practice. **DO NOT SIGN UP** for

this group unless your athlete is prepared to work hard and they have the skill, speed and endurance to handle longer, more challenging rides. Example trails: Sneaky Shiz and Thunderdome at Valley Vista, Rattlesnake (Altar) at Timpanogos, More technical sections of the BST, Rush, Achtung, Vertigo, Zooropa... basically, the white group athlete should be able to ride any trail with the exception of black trails.

Calendar: Events will be posted on the [Google Calendar found here](#). You will need to download the calendar. Please note that rides have not been added to the calendar yet, and you may need to download the calendar closer to when the season begins. For any last minute cancellations, this information will be broadcast on our #coach slack channel. PRO TIP- DOWNLOAD SLACK ON YOUR PHONE SO YOU RECEIVE INSTANT UPDATES!

***Ride Schedule: Mon/Wed 6pm-7:30pm during the school year and Mon/Wed 7:30am-9am during the summer.** You will need to be on your bikes, checked into your assigned groups and ready to roll before the start time. [Plan to arrive at the trailhead 15 minutes before the scheduled start time](#). Rides will begin when the trails are consistently clear in the spring, with our first event being team photos and our skills day with the Elite team. Our last event and end of season party will be held on the Wednesday following Labor Day, so mark your calendars now!

Velo Love Elite Skills Camp & Team Photos: TBD The Velo Love Elite team will be running a skills camp for our youth riders and we will have professional photos taken of the team. We will begin our Mon/Wed rides on the following Monday. All athletes will need to wear their team kits for the photos and have their bikes and gear ready to go at this event.

Ride Locations: Ride locations will be listed on the Google calendar. You will find a list of the trail systems and links to the [trails we use most frequently](#). Again, please be signed in and ready to ride 15 minutes before the scheduled departure time. It is also very helpful for parents to stand with the group that they intend to ride with, so that we can see how many leaders we have per group.

Trailforks: [DOWNLOAD ON YOUR PHONE!!!](#) This is a must have on the rides so that you can have the maps of every trail system that we ride.

Slack: All communications will be sent out via Slack. Once your application is accepted, you will receive a link to join our Slack channel. It is a requirement that you [download the app onto your phone](#) so that you can receive instant updates. I encourage parents to communicate with other parents to plan carpools, source equipment needs, post bikes for sale, pass on used, outgrown uniforms and gear etc.

Photos: We have a shared [Google Photos file](#) which will be used throughout the season. Please add any photos from rides/events that you would like to share with the group.

Waiver: Everyone who intends to ride with us will need to [sign a waiver](#). This will be completed during the application process. If you fail to sign a waiver for any of your athletes, their application will be considered incomplete and they will not be added to the team. A waiver will need to be signed by a parent or legal guardian for every athlete or parent who intends on riding with us.

AT THE RIDE

Meeting: Please arrive at the scheduled ride location 15 minutes before the start of the ride and be checked in and ready to roll. This allows you to get bikes ready, get gear on, and get into your ability groups. There will be colored signs that match the rider's ability group. On each sign there is a clipboard with a roster on it. **YOUR RIDER NEEDS TO SIGN IN AND OUT at every ride! If you arrive late: DO NOT SEND YOUR ATHLETES OUT TO RIDE UNLESS THEIR GROUP IS STILL THERE, AND THEY ARE SIGNED IN.**

Attendance is taken at every ride. Athletes who do not attend at least 10 rides throughout the season will not be invited to return the following season. We have 50 families on the waitlist this year. IF YOU DON'T THINK YOU'LL MAKE IT TO 10 RIDES THEN DO NOT TAKE A SPOT FROM SOMEONE WHO WANTS TO RIDE WITH VELO LOVE! There will be prizes for attendance at the end of season awards, so make sure to sign in every time! Please sign out at the end of the ride.

On the trail In case of an emergency: If it is a true emergency, use your best judgment and call 911 if needed. If it is not an emergency; stay calm, take care of immediate needs, make sure that there is no immediate danger for the injured rider or for the rest of the group (i.e. get them to the side of the trail so they aren't hit by other riders). Make sure the

coach for the group is informed, and call the riders' parents. Contact information for parents will be listed on the roster for each of the ability groups.

Keep track of your riders: Make sure to get a count of riders before you leave for the ride, during (at crossroads), and after. Most importantly there NEEDS to be a ride leader in front and a ride leader in back. *Please do not allow youth riders to take the lead on trails or go behind.*

Weather cancellation: I've tried, and I still can't seem to control the weather, or predict it for that matter. We won't be able to ride in the spring until the trails are clear. Rides will be posted on Teamsnap, but if we get to those dates and the trails are not clear, then we will postpone the start of our outdoor season.

Swag: every athlete will receive a team T-shirt and water bottle. These will be handed out at the parent meeting before our scheduled rides begin (TBD).

Instagram: follow our youth page so we can maintain our awesome community support and sponsorships [@velolove youth mtb](#). If you post, remember to tag us so we can share your post and create more visibility for our sponsors.

Ride Challenges: Emily Fullmer is running this program for us this year! To encourage your riders to get on their bikes more often, we do monthly challenges. Each month during the season, riders who complete that month's challenge will be entered into a drawing for a \$20 gift card to Timpanogos Cyclery. The challenges are [posted here](#). Send a photo of the completed form to Emily to be entered into the raffle.

ICup Races: We will have a team tent at all of the ICup races. This will be an area for riders to hang out and receive support. Parents are encouraged to join us either in the races, or as support! Team awards are given at the end of season for cumulative points. A discount code will be provided for the team.

End of Season Awards Party: **SEPTEMBER 3, 5-7pm** We have an end of season party every year where we have a raffle. Raffle tickets are in order of attendance, with the best attendance choosing their item first and so on until the last athlete. Athletes who have excelled during the year are given awards. Selection is based on the suggestions of parent ride leaders and athletes. There will be a form sent out at the end of season so that you can

make your nominations. As you are riding with the groups, look out for kids who you think should receive the following awards:

Most Improved Rider

Best Attitude

Mountain Goat

Best Downhill

Corner King/Queen

Best Crash

Best Sportsmanship

Coach of the Year

Athlete of the Year

The Persistence Award

Ride for FUN: We are here to ride for FUN! It is okay to be competitive, and to encourage the riders to push themselves, but please remember to be kind. No one likes to be yelled at. No one likes to feel like their performance is substandard, so please be careful with what you say, and remember to be encouraging, and to give positive feedback along with pointers on how to improve.

NICA: Founded in 2009, The National Interscholastic Cycling Association (NICA) develops interscholastic mountain biking programs for student-athletes across the United States. [The Utah High School Cycling League](#), a 501(c)3 nonprofit, was organized in 2011 and is an affiliate league of the [National Interscholastic Cycling Association](#). They facilitate the development of interscholastic cycling teams/clubs for grades 7 – 12 and provide the education, training, licensing and insurance for coaches and volunteers. They also provide a high-quality mountain bike racing experience that emphasizes the value of each participant (no one is benched), camaraderie among peers, a positive sporting behavior and the cultivation of health over competition. For 6th graders interested in racing with

their junior high/high school team here are the links to the nearby teams. Please note that the Utah league is a fall league, so most teams will have enrollments beginning in the spring to early summer. Watch for these updates from your local team. For other teams, please see utahmtb.org.

Orem Youth Cycling Association: <http://www.oremyouthcycling.com>

Timpanogos: <https://www.facebook.com/TimpanogosTWolfMountainBiking/>

Provo/Timpview Composite: <https://www.facebook.com/ProvoMTB/>

American Fork: <https://www.cavemenmtb.com>

Lehi: <http://www.lehimtb.com>

Pleasant Grove: <https://www.facebook.com/PGBikingVikings/>

Corner Canyon: <http://www.cchsmtb.com>

Lone Peak: <https://www.facebook.com/LonePeakKnightRiders/>

Skyridge: <http://www.skyridgemtb.com>

Cedar Valley: <https://www.cedarvalleymtb.com>

