

The Leverage Corporation Mountain Biking Code

• **Respect the trail**

- **Respect the environment**
- **Respect wildlife**
- **No littering**

• **Respect your fellow rider**

- Help others – you were a beginner once
- Respect the landowner – they make trails available for a race – not for your personal enjoyment when there isn't a race – when a gate is closed, it's closed – so don't swear at landowners when confronted about trespassing
- If there's a hill.... get over it
- Respect the marshals and officials
- No princesses or drama queens allowed – this one is mainly for the guys
- Adhere to the basics
 - **Ride with a helmet fastened at all times**
 - **Stick to the rules of the road**

• **Train – well sort of**

- Pay it forward – help others in need - you may need help one day
- Respect the basics
 - **Bring a cell phone**
 - **Bring spares**
 - **Carry enough liquid**
- If you are doing a race, your goodie bag isn't always going to be like Sani. Get over it
- Don't trash the organisers on Social Media – have the balls to chat to them first
- If racing, follow the arrows – not the person in front of you
- Enjoy it – we get it that fitness and health are a big part of what you do, but enjoy it as well.

**Chill, Chat, Have a Cold One, Share Stories,
Show off your toys
- enjoy it!**