

Welcome to the Corral Center Mountain Bike Park

This is a great place to learn new skills, improve old skills and **HAVE FUN!**
Please follow the rules so everyone stays safe and has a great time.

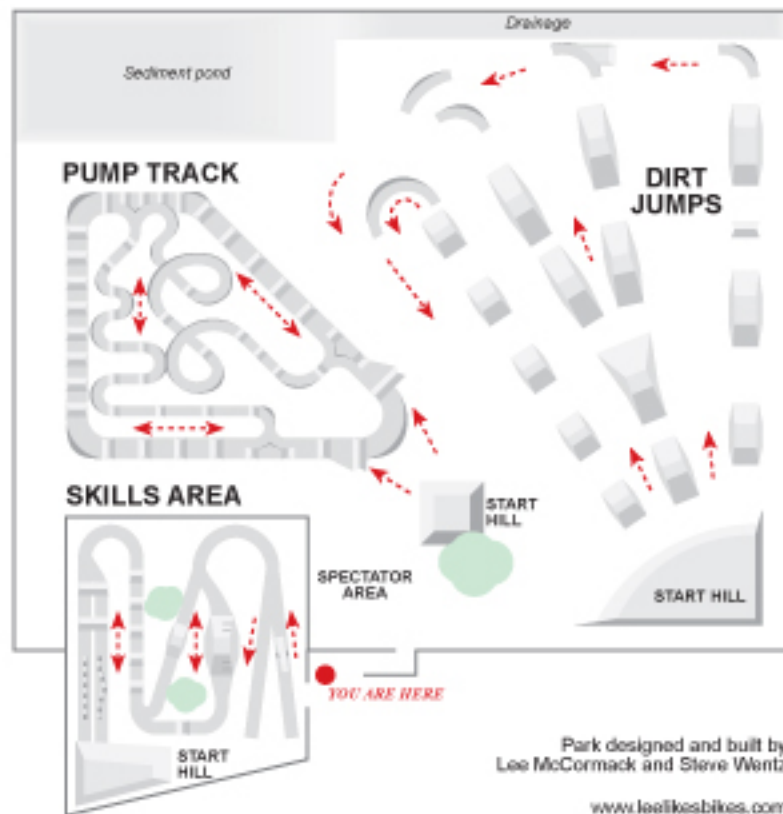
Be aware of other riders. Ride the Dirt Jumps only in the downhill direction. Be aware that the Pump Track and Skills Area run in both directions. Keep your eyes open.

Always yield the right of way, especially to slower riders.

Stay out of riders' way, whether you're riding or watching.

Start small and work your way up as your technique improves.
We suggest this progression:

1. Skills area
2. Pump track
3. Smallest dirt jumps



Park designed and built by
Lee McCormack and Steve Wentz

www.leeikesbikes.com

Corral Center Mountain Bike Park rules

Wear safety gear. Helmets, gloves, knee pads and elbow pads are strongly recommended.

Ride only when park is open. Hours are dawn to dusk, unless the area is posted "Area Closed" or the dirt is wet.

Use caution and know your limits. Start small and work your way up. If in doubt, stay out!

Non-motorized use only.

Ride responsibly, be aware of other riders and yield the right of way.

Be considerate. Foul language not be tolerated. Parents, watch your children.

Ride only in designated areas. If the ground is wet, do not ride in this area!

Remain in the spectator area when you're not riding.

No alcoholic beverages. Beverages greater than 3.2% alcohol are prohibited by law in Colorado State Parks and are not permitted in the corral area.

All Colorado State Parks rules apply.

Ride at your own risk. Mountain biking has inherent risks, hazards and dangers that cannot be eliminated.

Report all hazardous conditions to park staff immediately.

In case of emergency call 911. You are at Lory State Park, 708 Lodgepole Drive, Bellvue. Contact a ranger at the visitor center.

Want to help? Call 970-493-1623 to become a Corral Center Caretaker.

Practice your attack position

Almost every move (braking, turning, pumping, etc.) starts and finishes in this position.

Focus on one thing at a time.

Soon this position will be automatic!

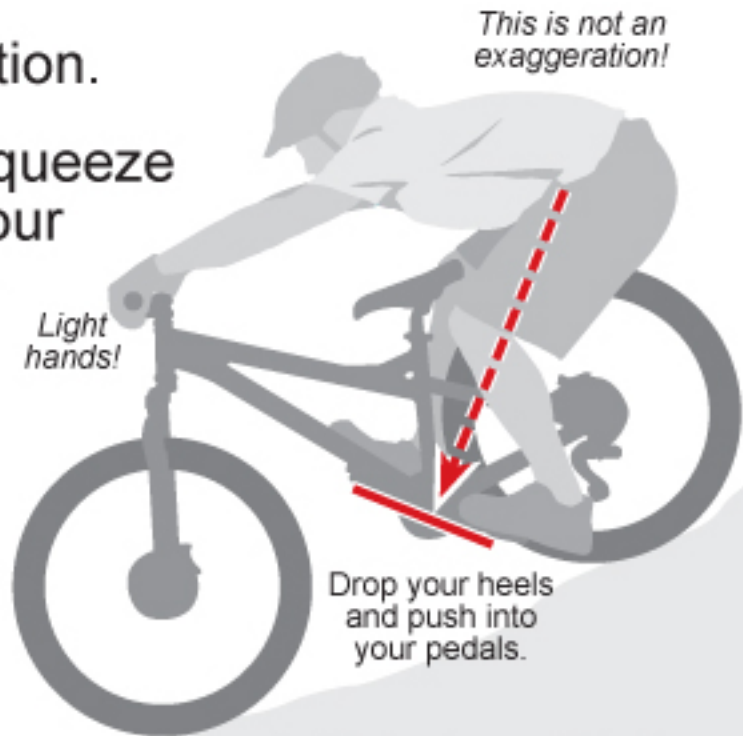


Slow down safely

1. Start in attack position.
2. As you gradually squeeze both brakes, rotate your body down and back.

*Press into your feet,
not your hands!*

3. Gradually release the brakes and resume attack position.



Turn on a dime (or a rock)

1. Start in attack position.
Low shoulders!
2. Look through the turn to where you want to go.
3. Lean your bike beneath you.
The more you lean, the tighter and faster you can turn.

Stay loose. Let your bars turn on their own.



Spin easy, climb fast

Save energy and have more fun with these tips.

For more power, shift your hips back.



Balance on your feet.

Keep your hands light!



Back straight.
In line with tailbone.

Hips rocked forward.

Spin an easy gear.

Push across the top.

“Pump” bumps on the track and trail

1. Push down before the bump.
2. Pull over the front of the bump.
3. Get low on top of the bump.
4. Push down the back of the bump.

