



Coach Bryan's tips for a fun day riding Rays!

- Of course Helmets are mandatory (as with all riding).
- Wearing knee and elbow pads is a good idea if you have them. If you don't have them Ray's has some available at no cost. Ask at the front desk. First come, first serve.
- Long pants and long sleeve shirt are also a good idea. You will warm up very quickly but it's usually chilly so wear layers. Think fall weather riding. Bring a hoodie and beanie to wear while you are resting to stay warm. (We usually wear jeans, a long sleeve shirt and t-shirt)
- Flat pedals are highly recommended to have more fun.
- Flat sole shoes with some flex are good. You don't need BMX or "skater" shoes but something comfortable and flexible. Helps grip the flat pedals.
- Put your seat and post as far down as they will go! Ray's is all about rollers, pump tracks, jumps, skinnies, bridges and obstacles. You will be standing to ride most of the time and its good to have the saddle out of the way. Think of how you stand to ride over a log pile or rocks when outside.
- Bring some basic tools. They have a shop but its always good to have your own.
- Don't be intimidated by some of the jumps you see. The park is huge and there is something for everyone. It's a good idea to start at the novice and beginner sections if you have never been to a bike park or ridden this type of terrain.
- Most of the features in the novice section have options to go around. There is nothing wrong with walking your bike either. If you feel that the obstacle is too advanced, simply dismount and walk the bike to where you feel safe to ride.
- But, don't stop on the trail and chat. You can clog up the flow of bikes or worse cause a crash.
- All trails at Rays are one way. Watch the arrows or ask but don't ride backwards on trails.
- Make sure to take breaks and rest in between riding sessions, plus hydrate! When you are not riding make sure and go into the Profile World room to watch some of the more experienced riders jump and pull cool tricks.
- For sure check out the pump track behind the beginner section. It's a blast for all levels of rider!
- Most important, Have fun!!!
- Bonus: For any moms or dads not riding there is a lounge with couches and a fireplace to stay toasty!
- Bonus 2: Bring your GoPro!