

**NORTH OKANAGAN
CYCLING SOCIETY**

PRESENTS A PROPOSAL FOR

**MOUNTAIN BIKE SKILLS PARK
INITIATIVE**



NOCS Vision

- ◇ Create an inclusive environment for all community members
- ◇ Provide greater access to a recreational activity
- ◇ Encourage physical activity for all ages
- ◇ Inspire all abilities to develop and hone their skills

NOCS Mission

- ◇ Provide our community with a high quality place for youth, families, and individuals to develop their mountain bike skills
- ◇ Promote mountain biking as an exceptional means of staying physically active
- ◇ Bridge the gap between simple terrain and technical trail riding

Proposal

Design and Build a mountain bike skills park at Marshall fields in Vernon, BC.



Proponents

- ◇ Primarily for youth and beginner-intermediate riders
- ◇ Open to all ages for skill development
- ◇ Led by North Okanagan Cycling Society with support from:
 - Community, particularly parents of young children
 - The City of Vernon
 - The Vernon Rotary



Bike Skills What?

- ◇ A designated space for riders to learn crucial bike skills in a safe and controlled environment
- ◇ Consists of trail specific features
 - log rides
 - bridges
 - berms
 - pump track
 - small to medium dirt jumps
- ◇ All elements designed to build rider skill and confidence

Why do we need one?

- ◇ Facilitate more youth participation in mountain biking
- ◇ Create a riding experience that is safe, fun and easily accessible
- ◇ Encourage physical activity and inspire youth to take advantage of the outdoor recreation in the Okanagan

Benefits?

- ◇ Ease of access promotes early skill development
 - Trail riding is not an option for all ages and abilities
 - Youth strength and stamina limit development on trails
 - Difficult rides discourage beginner riders
 - Convenient venue for parents to take their children
 - Great resource for bike coaches and “learn to ride” programs in our community



Benefits?

- ◇ A safe learning experience influences safer riding
 - Central location of park enables youth to practice together and be supervised by a parent/guardian
 - Allows youth to identify trail hazards and manage risk
 - Riders can confidently choose trails that are rated according to their ability
 - Emergency response times are rapid and extraction is simplified

Benefits?

- ◇ It's all about the fun!
 - Bike Skills Parks provide an outlet for youth to have fun while staying physically active
 - Enjoyable riding experiences promote the maintenance of a physically active lifestyle
 - Positive youth mental and social development



Park Design

- ◇ Quality over quantity
 - attractive location with appealing, well built features
 - must endure the elements
 - avoid overextending NOCS span of control
- ◇ Utilize wooden features
 - dirt jumps, berms and obstacles are high maintenance
- ◇ Difficulty progression
 - phase 1 - beginner to phase 3 - advanced skill level
- ◇ Minimize disturbance to environment
 - maintain natural landscape

Construction and Maintenance

- ◇ Source high grade dirt to construct features
 - contains ideal soil:clay ratio
 - Install main water line to ensure features can endure
 - use crushed rock when dirt is not viable
- ◇ Use primarily natural cedar for wood features
 - high durability, low maintenance
- ◇ Park features inspected regularly and maintained by volunteer park crews
 - Regular maintenance of property by city crews

Construction and Maintenance



Rock garden



Drops and roll downs



Pump track



Bridges and log rides

ENDORSE OUR PARK PROGRAM

- ◇ Community driven initiative
 - NOCS encourages members to get involved
- ◇ Sourcing private sector sponsorships
 - have connections pass them along!
- ◇ Labour and materials sought after
 - strategic partnerships with local clubs/businesses
- ◇ Acquiring funds from grant agencies
 - filling time sensitive applications

