



MBS Camp Program

Table of Contents

MBS Camp Program 3

Learning the Basics
Ride Guide Instructional Video
Tools & Supplies
Instructor Support Pack

Maintenance 4

Getting Started
Daily Board Maintenance
Annual Board Maintenance

Terrain Assessment 6

Recommended Terrain
Terrain Preparation
Course Design

Safety 8

General Guidelines
Protective Gear
Brakes & Stopping
MBS Protective Gear

MBS Ride Guide 9

Getting Started
Tire Pressure
Pushing on Flats
Powerslides
Toe Side J-Turn
Heel Side J-Turn
Linked Turns

Our Story 11

History of Mountainboarding



Glossary 12

FAQ 14



Page 3



Page 6



MBS Camp Program

Welcome to exciting world of mountainboarding! This guide covers the basics about implementing a mountainboard program at your camp.

Learning the Basics

MBS' Instructional Program focuses on teaching balance and basic maneuvering skills. Program Directors, Instructors, (and anyone else involved with your Mountainboard program), should become familiar with MBS' Ride Guide Instructional Video and learn to use the skills progression approach as a guideline for teaching and learning balance and maneuverability.

Ride Guide Instructional Video

MBS' 'Ride Guide' should be an instructors' main guide to teaching beginner through intermediate riders how to ride safe and have fun.

The 'Ride Guide' features a skills-progression curriculum that includes J-Turns, S-Turns, linked turns, Powerslides (stopping without a brake) and freestyle riding techniques. By exercising common sense and spacial awareness, instructors can greatly reduce the risk of injury to program participants.

It is encouraged participants watch MBS' Ride Guide Instructional Video before riding to shorten the learning curve and get an idea of what they will be expected to learn.

Tools & Supplies

Instructors should always have the following tools readily available:

- Air pump
- Tire pressure gauge
- Crescent wrench
- Both metric and standard Allen keys
- Spare tubes
- Extra hardware as needed

Likewise, keeping extra protective gear or a patch kit is recommended in the event of equipment malfunction.

Instructor Support Pack

An instructor support pack should include plenty of water, and a basic first-aid kit.



Maintenance

Getting Started

MBS Mountainboards arrive mostly assembled and ready to ride; here is what you need to do to get your boards set up for camp use:

- Install wheels and brakes
- Set tire pressure to accomodate terrain conditions - See section Tire Pressure.
- Perform maintenance check on all boards - See list below.

Daily Board Maintenance

Check these items before and after each ride:

- **Axle nuts** - Check that axle nuts are neither too tight nor too loose. Wheel should spin freely, but without any side-to-side movement. Nylock nut insert must fully engage the axle threads.
- **Hub bolts** - Check that all bolts are tight.
- **Tires** - Check for wear and tear.
- **Tubes** - Check tire pressure.
- **Bearings** - Remove dirt; replace if they do not spin freely or make "clicking" noise.
- **Top Hat hardware** - Tighten all.
- **Springs** - Check overcompressed springs.
- **Shock Blocks** - Replace if applicable
- **Deck bolts and nuts** - Tighten all bolts and nuts.
- **Kingpin nut** - Check that kingpin nut is neither too tight nor too loose. A tight kingpin will not allow the deck to return to a level resting position. A loose kingpin will rattle or click when weight is applied to the deck.
- **Grip Tape** - Clean with scrubbing brush after each ride.
- **Bindings** - Tighten all nuts and bolts.

Clean and wipe board dry after each ride. After checking all criteria above, perform a drop test. Drop mountainboard flat onto all four wheels from a height of 1 foot. Tighten any loose hardware. Repeat this test until your board bounces without rattling..

Throughout the years, MBS has made dozens of board models, all of which have subtly different specifications and components. While some components are universal, some are compatible only with their specific model. For example:

Core 16



Colt 90X



Comp 95



- Free Flex bindings
- Matrix Trucks (12mm axle)
- Spring/Top Hat suspension

- F1 bindings
- ATS Trucks (9.5mm axle)
- Brake system

- F5 ratchet bindings
- Matrix II Trucks
- Shock Block suspension

Annual Board Maintenance



Do the normal daily maintenance before storing your mountainboards away for the winter. Be sure all parts are well lubricated and mountainboards are being stored in a dry place.

Replacement Parts

Here are the most common MBS parts camps request when getting their boards ready for another season:

- Upgrading to the latest mountainboards: newer models tend to be lighter, more versatile, kid-friendly, and easier to learn on.
- Hardware kits to help prolong the life of your fleet.
- Helmets and protective gear to keep program safe.
- Tires & tubes



Terrain Assessment

Recommended Terrain

One of the many upsides to adopting a mountainboarding program is that they can be ridden on almost any terrain. That being said, some places are better than others when it comes to teaching the basics or working with larger groups. Here's some tips to help pick an appropriate site for your MTB program.

Terrain Preparation

Mountainboards are designed to handle a variety of terrain including grass hills, dirt trails and more rugged terrain. MBS emphasizes safety above all else, so all riding areas should be kept clear of sharp, dangerous obstacles including fence posts, sharp rocks, sticks, trash and other debris.

The entire riding area should have boundaries clearly marking side perimeters and starting and finish areas. Hay bales or signal cones can be used to mark boundaries and cover existing hazards. Hazards need to be monitored regularly to ensure program safety.

Forest Slopes



Grass Hills



BMX Tracks



Dirt Trails & Roads



Course Design

After your participants have mastered the basics, you can offer steeper terrain or an intermediate course with natural or sculpted dirt features for more of a challenge. When designing a course for mountainboarding, try to incorporate BMX-style dirt features on a gentle slope.

An intermediate course should have an elevated starting area to afford riders enough speed to ride over a variety of dirt features and banked turns guiding riders safely into the finish area. Camps can use variations of these features, taking advantage of the natural terrain features on their property.

An advanced course would feature more jumps, bigger features and steeper terrain. If moving dirt is not an option, you can use wooden ramps to challenge the kids.

For more ideas on course development, visit your local BMX track, pick up a BMX magazine or contact MBS.



An example downhill mountainboard course rendering

Additional Tips

- A riding area where the action can be viewed by other campers creates a fun, community-like atmosphere for all.
- Having an area with access to shade and water offers riders a quick break from the action to cool down on a hot day.
- Beginners should start on a gradually sloped grass hill with medium tire pressure. Brakes are recommended to further safeguard against injuries resulting from excessive speeds.
- Keep in mind, riders must climb back up whatever they roll down. A 50-100 ft grassy slope with a 5-10% grade is ideal for teaching balance and basic turning exercises.



SAFETY

General Guidelines

1. Always wear protective gear.
2. Assess all obstacles and potential dangers before riding any terrain.
3. Never ride at night or with poor visibility.
4. Stay on designated trails and follow regulations when riding on public or private lands.
5. Always ride in control and within the limits of your own ability.
6. Youth should always be supervised by an adult when riding.
7. Never ride where there is vehicular traffic.
8. Know how to stop in an emergency by mastering the powerslide.

Protective Gear

To prevent injuries, all riders should wear the proper safety equipment:

- Helmet
- Gloves and/or wrist guards
- Knee, elbow, and hip pads
- Sturdy shoes
- Long sleeves and pants (recommended)

Wearing pants and a long sleeve shirt will help prevent simple scrapes. Sandals or flip-flops should not be worn while riding. Pads and helmets should be kept organized by size in separate containers to reduce the amount of time spent 'padding up' before each session.

MBS Protective Gear

Making sure your riders have the tools and gear to feel protected and ride safely has been a priority at MBS since the beginning. We have a variety of protective gear options to choose from, so when you do take a tumble you can get right back up and be ready to ride.



MBS Ride Guide

Getting Started

MBS Mountainboards are delivered mostly assembled and ready to ride; here is what you need to do to get your mountainboards set up for Camp use:

- Install Brakes - See V5 Brake installation instructions included in kit.
- Set tire pressure to accomodate terrain conditions - See Tire Pressure section below.
- Before riding, complete a maintenance check on all boards - See check list on page 4.

Tire Pressure

Regulating the tire pressure is a great way to promote safety, control speeds and reduce injuries. Gauge the skill level of your participants then adjust tire pressure accordingly:

- Lower tire pressure (10-20 PSI) means slower, safer descents and will extend the life of your tires. Use lower tire pressure on steeper terrain for more control and better traction when the ground is hard packed and more rugged. Higher tire pressure (20-40 PSI) is recommended for advanced riders, flatter terrain, or in slower, early season conditions when the ground is softer.
- You can use steeper graded terrain effectively for intermediate and advanced riding by lowering tire pressure within a 5-15 PSI range.

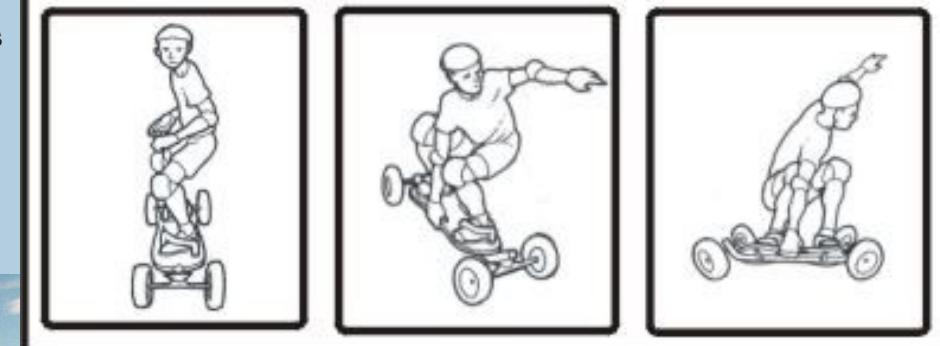
Pushing on Flats

Before going downhill, riders should practice skating their board around on a flat surface. They can push with their lead foot or back foot; whichever is more comfortable.

Powerslides

The powerslide allows riders to come to a quick, safe stop without the use of a brake. It requires skill and practice and a beginner should not be expected to perform this maneuver right away. Riders should start out doing a heel-side J Turn. As the momentum increases, riders should bend at the knees and ankles enough so they can grasp the toe-side of the deck with their trailing hand. The lead arm should be extended over heel-side of the board and uphill. As the rider applies pressure to their heels, the deck is pulled up with their trailing hand while the lead hand is extended uphill.

Power Slide to Stop



Toe Side J-Turn

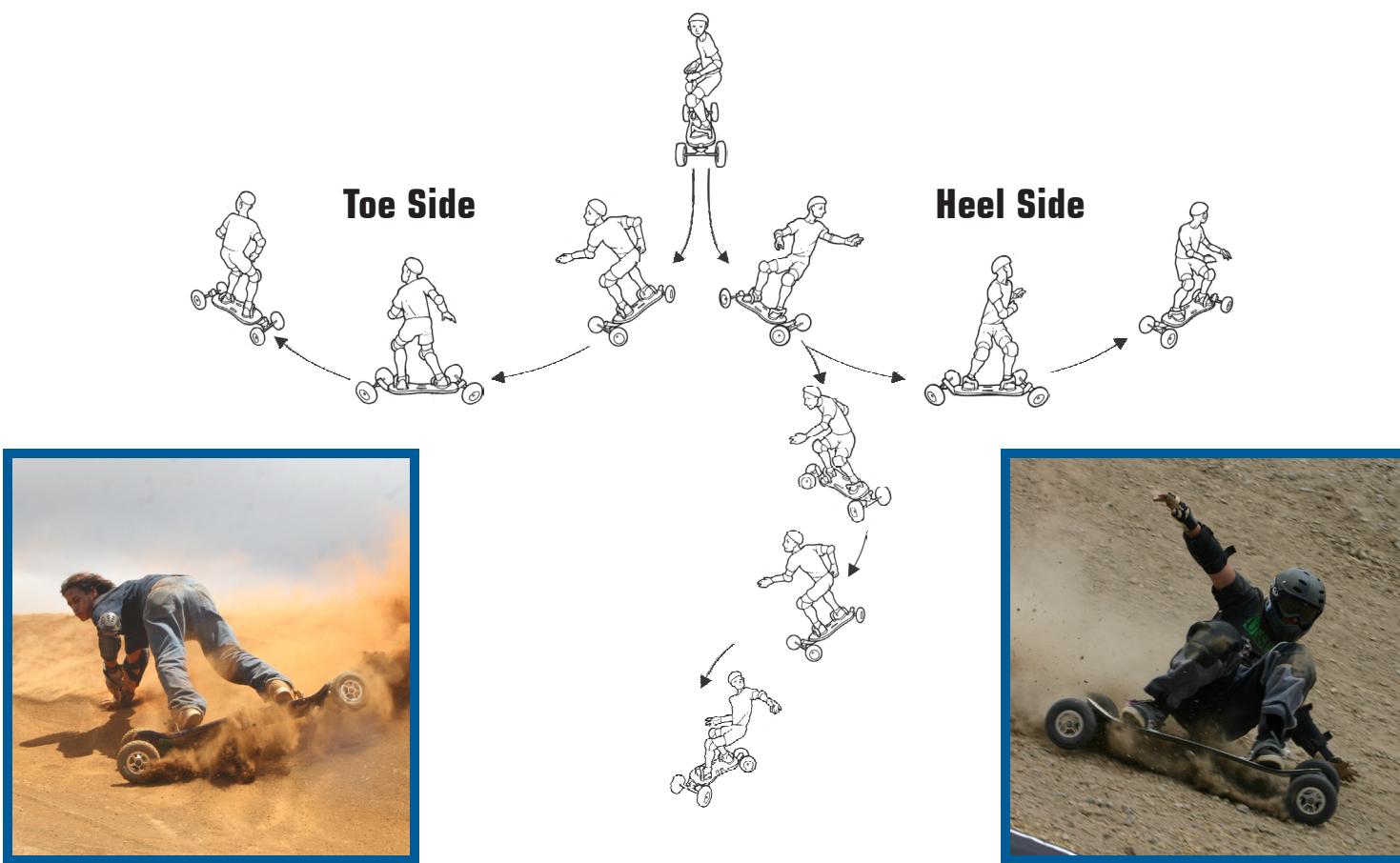
Riders should try to visualize the hill as a clock; 12:00 is straight ahead and downhill. Rider should roll downhill to the 12:00 position, apply toe side pressure on the board, turn toward 2:00 and continue to the 4:00 position (regular foot riders), for goofy or left footers, turn toward 10:00 and continue to the 8:00 position.

By applying 60 – 70 % of their weight on the toe-side of the board, extending the lead arm and looking towards the 2:00 position (10:00 for goofy footers), the rider will able to turn the board directly up the hill and successfully complete a toe side J turn.

Heel Side J-Turn

Riders should roll down the hill in the 12:00 position and by applying heel-side pressure on the board, turn toward 10:00 and continue to 8:00 position (regular foot riders), for goofy or left footers turn toward the 2:00 position and continue to the 4:00 position.

By applying 60 – 70 % of their weight on the heel-side of the board, extending the lead arm and looking towards the 10:00 position (or 2:00 for goofy footers), riders will able to turn the board directly up the hill and successfully complete a Heel-side J Turn.



Linked Turns

As riders start to link J Turns into S Turns they will naturally start to gain more speed. Riders should be encouraged to increase or decrease their turning radius to demonstrate more control over their speed.

Riders should always stay in control and decide after every linked turn, whether they want to continue downhill, turn the board uphill to complete a J Turn or simply Powerslide to a stop.

Riders should always look in the direction they are going to turn and never to look down at their board or the ground. They should then use their (lead) arm and place their elbow over the particular side of the board they want to turn (either heel-side or toe-side).

OUR STORY

History of Mountainboarding

The story of MBS Mountainboards and the sport of mountainboarding began in San Francisco, California in 1993 with Patrick McConnell and Jason Lee. Both avid skiers and snowboarders, they yearned for an adrenaline sport similar to snowboarding that could be done without snow during the off-season. Using the theory of snowboarding, but applying it to mountain terrain without snow, McConnell and Lee developed the first mountainboard and launched MBS Mountainboards that same year.



MBS Mountainboards & mountainboarding as a whole has grown from a mere idea as a new way to board and have fun with friends into a highly successful company and global sporting community. Today, tens of thousands of mountainboards have been sold around the world and dozens of summer youth mountainboarding programs are already in place at numerous camps and ski resorts. Of these active programs, we estimate more than 100,000 kids are introduced to the sport each year via camp programs alone.

MBS-brand mountainboards are now sold at more than 150 retailers in the US and distributed in more than 35 countries across the globe.



GLOSSARY

ATS Trucks - Lightweight, adjustable truck system that comes in either 9.5 mm or 12 mm axle diameters. Does not contain Shock Blocks or spring suspension, but functions using a reverse kingpin and pivot cup configuration.

Bindings - Unlike snowboard bindings, mountainboard bindings, or foot straps, are not only designed to keep the rider's foot engaged to the board so he/she can carve hard and catch air, but also offers the option for the rider to dismount the board and push like a skateboard at will.

Boardercross® - A head-to-head competition style, typically with at least four racers. A sloping dirt course is used with turns, jumps, berms and rollers. This is also a popular snowboard racing style as well.

Carving - The art of making a turn. By leaning the body far enough in one direction, the rider can make the board turn in an arc.

Channel Trucks - Patented MBS technology that serves as the basis of the turning system. It is comprised of two channels -- a top channel that attaches to the deck and a bottom channel that holds the axle.

Cobra Coil - Mandatory at resorts; the coil is similar to a surfboard leash that keeps the rider connected to the board, preventing runaway boards on steep terrain.

Dampener - An energy dissipater, such as MBS' Eggshock system, that reduces excessive vibration caused by higher speeds that result in 'speed wobbles'.

Deck - Platform part of the board where the rider stands. The deck is covered with grip tape and has Bindings or foot straps, attached that help the rider stay on the board.

Downhill - A type of riding or a style of race that involves higher speed and bigger carves.

EggShock™ System - Custom designed urethane dampener placed inside the springs to provide resistance in a turn and to increase stability of the board when riding. Various densities are available. These are used in conjunction with the springs and channel trucks.



FreeFlex™ - MBS' proprietary freestyle binding or foot strap with adjustable padded Velcro straps for maximum traction while riding.

Freeride - Downhill riding where no particular trail is mapped out.

Freestyle - Trick-oriented style of riding. The main focus is to catch "big air" and perform maneuvers such as 360s, grabs, and flips.

Goofy-Footed - Riding with dominant right foot, positioned on forward part of deck.

Kite Boarding - Similar to kite surfing on water, utilizing a mountainboard on land. The power source is a large rectangular kite on a cord system 60 feet in the air.

PBT (PolyButylene Terephthalate) - Hard plastic laminate used on the bottom of freestyle decks for abrasion resistance and to help prolong the life of the deck.

Precision Bearings - Long lasting bearings shielded to keep dirt out. This creates less friction for a faster ride.

Regular-Footed - Riding with dominant left foot, positioned on forward part of deck.

Reverse V Brake - MBS' proprietary hand held Brake, which applies pressure to the inside hubs of both back tires. Operates similar to traditional Bike Brake, but works in reverse - squeezing out toward hubs.

ShockBlocks™ - MBS ShockBlocks combine the rebound of steel coil springs and the shock absorption of urethane into a single piece. Yellow ShockBlocks (Soft) allow for very tight turns. Red Shockblocks (Hard) are best for stability at high speeds. Orange Shock-blocks (Medium) cover the middle ground. Compatible with Matrix II truck systems.

Top Hat - MBS' Patented spring retention device that works with EggShock system. It holds the springs in the channel trucks. Allows for easy suspension changes.

Hub - Two-piece, lightweight wheel system that is light but incredibly strong. Serves as the base for inner tubes and tires, and epicenter for bearings and truck axles.



FREQUENTLY ASKED QUESTIONS

What is mountainboarding?

Mountainboarding is one of the nation's fastest growing extreme sports. It combines the carving and freestyle aspects of snowboarding, skateboarding and surfing with the trail and mountain riding aspects of mountainbiking and BMX.

What is a mountainboard?

A mountainboard is part skateboard, part snowboard and part bicycle. Most mountainboards include a rugged deck, adjustable steering system, air filled tires and some sort of foot strap system.

Is mountainboarding hard to learn?

Mountainboarding is quite easy to learn for anyone with good balance. In fact it is much easier to learn than snowboarding. Within a short period of time, most people can learn balance and basic maneuvering on a mountainboard.

What additional gear do I need?

We recommend wearing it all. Helmet, elbow pads, wrist guards, leather gloves, long pants, knee pads, sturdy shoes, eye protection. The safer you feel the better you will ride. If you do take a tumble you'll get right back up and be ready to ride again.

How old do you need to be to learn how to mountainboard?

We recommend being at least 6 years old and 50lbs. But a lot depends on how good you are already at riding skateboards or snowboards. There are many people up to 60 years old who still regularly ride.

Where can I ride a mountainboard? Only on a mountain?

You can ride a mountainboard almost anywhere. In fact you really need only a 5 degree slope to have enough speed in which to carve. Generally grass hills are an ideal place to learn. Additionally you can ride on bmx tracks, dirt roads and pavement. The question is more "Where can't I ride my mountainboard?" The answer is you can ride it almost anywhere you want.

Can I ride a mountainboard at my local ski resort?

Some resorts offer complete rental and instructional programs. Some resorts rent boards and others just allow lift access. Before traveling to any resort to mountainboard, be sure to call ahead and get the latest information on their program.

Is mountainboarding an extreme sport?

Mountainboarding can be as extreme as you make it. You should always ride within your ability and ride in control at all times

Is mountainboarding dangerous?

It's safe if you take the time to learn the basics and wear proper protective gear. With MBS' hand-held V Brake, you can tackle steeper terrain and stay in control.

How much do mountainboards cost?

Mountainboards range in price from \$169.00 for an entry level kids board with brake system to \$550.00 for versatile kid-friendly commercially used board. MBS has many models in between. See Product Information for a complete list of boards and accessories.

Where can I buy a mountainboard?

Mountainboards can be purchased at your local sporting goods, snowboard or skateboard shop or directly from the MBS website.

How do you steer a mountainboard?

By applying toe or heel side pressure on the deck, the board will turn toe or heel side-side. Turning further up the hill will make the board slow down and eventually stop.

How do you stop a mountainboard without a Brake?

Turn the board sharply uphill and you will stop the board (see diagram below). You can also use a hand-held V brake to stop, but it is best to learn to stop without a brake by turning and powersliding.

Are there any races or demos we can attend this summer?

Yes, check MBS' event page at www.mbs.com for a list of races and events in your area.

Can we use a mountainboard with a kite or sail?

Yes. Kiteboarding is one of the fastest growing segments within the sport of mountainboarding.





**719-884-1000 ext. 0015
customerservice@mbs.com
www.mbs.com/contact**