

# Safety Tips

## Gear Up

Always wear a helmet and any other appropriate safety equipment for the riding conditions.

## Don't Wait to Drink

Don't wait until you're thirsty to start drinking. Thirst is a sign that your body has already been without fluids for a while.

## Never Ride Beyond Your Abilities

There is no shame in walking sections of the trail you don't feel confident enough to ride, and don't let anybody tell you otherwise.

## Use Appropriate Equipment for the Terrain

Some bikes are better for different situations. Just because you can see tire tracks, doesn't mean you can ride it with your bike.

## Keep Your Speed In Check

Always keep your speed at a level that will allow you to adjust to any unforeseen obstacles or changes in trail conditions.

## Know The Trail

Never push the limits on a trail you are not familiar with. You need to get to know the trail you are riding at slower speeds before you can ride it like the trails you're used to.

## Slow Down for Blind Corners

You never know what or who is around a corner when you can't see past it.

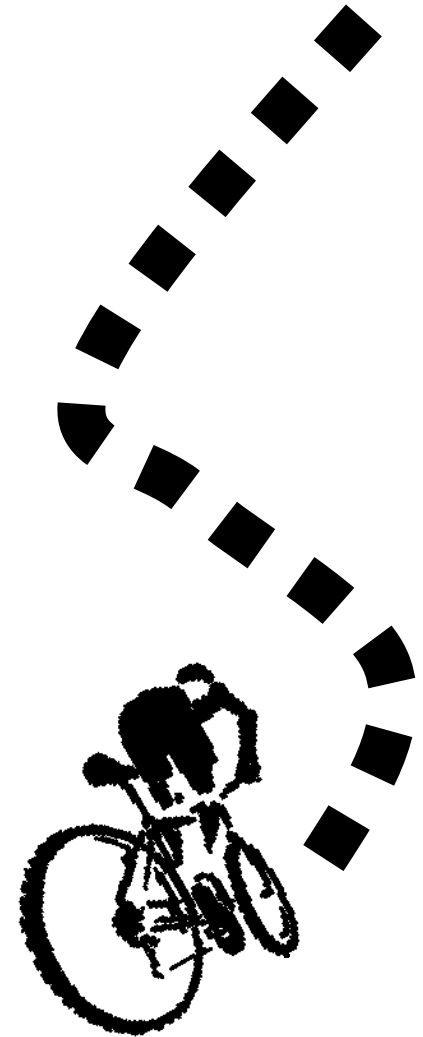
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