

*2023
Enduro Program*



Head Coach Dee Tidwell



- B.S., Exercise Physiology
- Coached Missy Giove and many champion professional athletes across different sports
- Two-time Big Mountain Enduro Masters Champion
- Former Strength & Conditioning Coach for the Yeti/Fox Factory Racing Team
- Owner of Train to Ride



HRJC Enduro Program

Practices: Four practices at 10am

- May 20 @ Village Greens Park
- May 27 @ Hidden Mesa,
- June 10 @ Floyd Hill
- July 15 @ Floyd Hill

Races: **Revolution Enduro**

- Aug 13 @ Keystone "The Samduro"
- Aug 19th / 20th @ Snowmass



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Rev Enduro example stages:

Example of Rev Enduro Snowmass-

Day 1- <https://www.trailforks.com/route/revolution-enduro--snowmass-day-1--2022/>

Day 2- <https://www.trailforks.com/route/revolution-enduro--snowmass-day-2--2022/>



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Equipment for Races

- Must have:
 - Full face helmet
 - Elbow and knee pads
 - Pack or hip pack
 - Tools- multi-tool/ tire irons/ tube/ CO2 or pump, chain link, puncture fillers
 - Water + Hydration mix (Ryno Power)
 - Sunscreen
 - Food- fake and real
 - Glasses/goggles
- Nice to have:
 - Extra gloves
 - Any extra parts
 - Floor pump



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Bike Requirements



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Equipment for Races

- Must have:
 - Full face helmet
 - Elbow and knee pads
 - Pack or hip pack
 - Tools- multi-tool/ tire irons/ tube/ CO2 or pump, chain link, puncture fillers
 - Water + Hydration mix (Ryno Power)
 - Sunscreen
 - Food- fake and real
 - Glasses/goggles
- Nice to have:
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 - Floor pump



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Equipment for Practices

- Helmet
- Pads?
- Water
- Snacks
- Notebook if you like to take notes
- Phone, ONLY for me to take pics of you for learning purposes.



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Session goals/ layout

- Warm up
- Bike set up, bar width, seat position.
- Skills assessment on different features
- Body position
 - Belly button over bottom bracket
 - Upright till technical
 - Butt back? No, upper body down via hips
- Grip/elbows
- Where to look
- How to corner, flat, berms
- How to pump



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Q&A