



Spring into action!

GOT Quarterly Newsletter

Whats new?

- JUSTIN MAWDSLEY

I hope this finds you well and you are coping with this Winter weather.

On January 30th Claire and I braved the cold and obtained our Smart Cycling 101 certificates in order to get us one step closer to becoming League Certified Instructors.



Here's a picture of coach Claire and I are working towards adding another certification to our programs.

For more information on the organization check out this link below:

[AMERICAN LEAGUE OF BICYCLISTS](#)

As Spring approaches and we get ready for the riding season I wanted to take some time to discuss a few things of importance; maintenance, set up and safety and our Spring program offerings!

Now is the time to pull those bikes out of the garage, shed or basements and look them over for safety. At a minimum you should be performing an ABCQuick check (more below) or taking it into the shop if you're not sure what to look for.

Helmets, shoes, gloves and water bottles or packs are also something that you may want to look at as we get ready to kick things off. Does that helmet still fit? How old is it? (if you can't remember when you bought it I'd suggest going ahead and buying a new one) - if you need recommendations on gear or where to shop just let me know!



Last thing I wanted to touch base on is the weather. As we all know, the Spring weather in the mid Atlantic is unpredictable at best. This coupled with the freeze/thaw that happens on trails, our program schedule will likely be fluctuating.

As always, make up sessions will be offered for any programs you plan on attending should it be canceled due to weather.

Coach Claire Checking in

Hey Everyone!

I am so excited to hit the trails with my G.O.T. Groms for a second year!

It's been a long winter so we need to dust off those bikes and stretch out our limbs to get ready to have some fun.

Hope to see some familiar faces out there!

- Claire Marsh



Free Bike Safety Check

If you have an questions regarding your child's bike and would like to us to take a look at it, please respond to this message letting us know. If I can't fix it I can usually help diagnose and provide recommendations.

Additionally Claire and I would like to offer a free bike maintenance and safety check day the first weekend of March (3/5) at South Germantown Bike Park, time TBD.

If you are interested in that please send me an email letting me know.



New Spring Program Calendar is Here!

Head on over to our program calendar section of our website and reserve your spot in one of our upcoming programs!

We will likely be adding some additional specialty programs in the near future so be sure to check in for updates.

As always if you have questions just ask!

[PROGRAM
CALENDAR](#)



Freeze Thaw Explained

Freeze/Thaw is a phenomenon that affects all trail users, especially during the Winter/Spring seasons of the year.

The quick explanation is, when the ground freezes it holds in water. as the ground thaws and releases that water it becomes a muddy mess. Riding in such conditions not only creates dirty/hazardous riding conditions, it also degrades the trail and is frowned upon in the outdoor culture.

[FREEZE/THAW
EXPLAINED](#)



Bike Maintenance Tips

Now is the time to look those bikes over.

At a minimum you should always be performing an ABCQuick check everytime you set out for a ride.

- Air - does your bike have air in the tires? - for the smaller riders you don't need as much as you think. A good starting point is around 23 front, 28 rear
- Brakes - do they work? how much pad is left? are they confidence inspiring or is it too much for small hands
- Chain - is the chain clean and lubed? - not too much lube, remove the excess!
- Quick - check those quick releases, is the seat secure? what about the wheels?

[BICYCLE
MAINTENANCE TIPS](#)