



## Ashland DEVO Registration Guide

This guide will serve to answer registration questions, explain a bit about DEVO's programs, and help with the decisions needed to set your rider up for success. **Please reach out with any specific program questions or concerns to [ashlanddevo@gmail.com](mailto:ashlanddevo@gmail.com).**

**Important!** - Mountain Biking is an inherently dangerous venture. With coaching, progressive skills instruction, a risk management policy, and properly sized and functioning equipment, the risk associated with mountain biking can be minimized.

- **Beginner pedalers are not beginner mountain bikers.** Beginner pedalers need time to hone their skills on flat surfaces and pavement before negotiating the singletrack trails. Please read all requirements before choosing a program for your rider. Riders with the ability, but not yet the expected skills for singletrack adventures, may pose a safety risk to themselves and others. We want to ensure the safest and most positive learning environment possible for all riders, and beginner mountain bikers are welcome in Kindergarten programs and above. Beginner mountain bikers should be confident and safe smooth-surface bike riders.
- All riders should have properly-sized and functioning equipment prior to registering for DEVO programs. Our program sponsor bike shops include Rogue Cyclesport with locations in Medford and Ashland, Piccadilly Cycles in Ashland, and Bear Creek Bicycles in Ashland. Our local professionals are there to make sure your child's equipment is up to the rigors of mountain biking. Improper equipment on the trails is not allowed as a matter of safety. Please read our bike requirements carefully for the group you wish to sign up for.
- Our goal is to equip your riders with the skills necessary to progress safely, but *how* they progress is dependent on more than the instruction they receive. Desire, commitment to practice and repetition, challenging oneself within the individual's acquired skill set, and safe decision-making are all key factors in progressing as a rider. Ashland DEVO will build this foundation through peer-supported practices following age-appropriate lesson plans, taught by coaches who have a desire to see your riders succeed in their mountain biking goals.

# Kindergarten - Bear Cubs

**Dates/Time:** Thursdays, 3:30-5pm April 29th - June 3rd

**Program cost:** \$155

**Rider Requirements:** \*This is not a Learn to Bike Program\* Riders will be expected to have the following skills on day 1:

- Mastery of starting and stopping on their own.
- Ride UPHILL on their bikes (an occasional push is OK, but no towing).
- Descend uneven terrain - including dirt roads, grass hills, and beginner singletrack trails.
- Experience riding offroad is highly recommended before practices start.
- A DEVO medical release, media release, and liability release must be filled out at check in. Please let coaches know if a media release has not been signed so we can accomodate.
- All parents must check-in and check-out their riders.
- Riders must be of Kindergarten age, between 5-7 years old.

**Bike Requirements:**

- At least 16" wheels.
- Front and Rear Handbrakes (NO coaster brakes).
- Bike must be in good working order, with bolts tightened appropriately. Proper bike fit and function will be included in the first session.

**Goals/skills:**

- Have FUN and be SAFE
- Build confidence in off road riding
- Improve bike handling by introducing skills
- Basic components and parts of a bicycle
- How to clean your bike (with assistance)
- Master all 3 basic essentials (Level Pedals, Eyes Forward, Cover Brakes at all times)
- Standing while riding
- Neutral/Pounce position
- Intro to cornering and steering
- Understanding safe braking
- Trail etiquette and trail riding responsibilities

**Locations:** Emigrant Lake, Ashland Fairy Ponds, Strawberry-Hald Park, Riverwalk Park, and the YMCA fields

# 1st Grade - Coyotes

**Dates/Time:** Mondays, 3:30-5pm April 26th - May 31st

**Program Cost:** \$155

**Rider Requirements:** \*This is not a Learn to Bike program\* Riders will be expected to have the following skills on day 1:

- Have a basic understanding of their bike, and the components that make it work
- Basic knowledge of steering and cornering
- Complete mastery of riding bikes on flat, smooth surfaces including braking
- Ability to descend slight to moderate downhill, offroad grades SAFELY and IN CONTROL
- Must have ridden off road prior to DEVO practices

**Trail Requirements:**

- SOME experience riding Lizard or Rabbit Hole trails (walking sections is OK) highly recommended

**Bike Requirements:**

- At least 16" wheels. 20" recommended for children over 45" tall.
- Front and Rear brakes, preferably disc style.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Bike must be in good working order, with bolts tightened appropriately. Proper bike fit and function will be included in the first session.
- Suspension fork recommended, but not required.

**Goals/skills:** \*Coyotes should know and review all bike skills from preceding program levels. Practices will focus on the following:

- Have FUN and be SAFE
- Build confidence in off road riding
- Improve bike handling by introducing skills
- Basic to intermediate components and parts of a bicycle
- Basic trailside repairs and adjustments (coach demonstrations), as well as ABCD checks
- How to clean your bike (with assistance)
- Intro to pumping techniques
- Bike/Body separation
- Climbing and basic shifting
- Developing cornering and steering
- Trail etiquette and trail riding responsibilities

**Locations:** Emigrant Lake, Ashland Fairy Ponds, Strawberry-Hald Park, Riverwalk Park, and the YMCA fields

## 2nd/3rd Grade - Cougars

### Dates/Times:

Option A: Tuesdays, 3:30-5:30pm, April 27th - June 1st

Option B: Thursdays, 4-6pm, April 29th - June 3rd

Program Cost: \$195

**Rider Requirements:** \*This is not a Learn to Bike program\* Riders will be expected to have the following skills on day 1:

- Have a basic understanding of their bike and the components that make it work.
- Ability to climb from White Rabbit Parking Lot to Lamb Saddle unassisted (No towing, but taking breaks and walking sections is acceptable).
- Ability to descend green and some blue singletrack trails safely and in control.

### Trail Requirements:

- Have ridden or attempted to ride Lizard or Rabbit Hole (walking certain sections is OK), and have ridden bikes offroad several times.

### Bike Requirements:

- At least 20" wheels. 24" wheels recommended for children over 52" tall.
- Front and rear hand brakes that operate properly. **No Coaster Brakes**
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power)
- Gears for climbing.

**Cougar Goals:** Cougars should know and review all bike skills from preceding program levels.

- Have FUN and be SAFE
- Build confidence in downhill riding to the rider's comfort level - "You Do You" culture of progression
- Improve bike handling skills
- Learn more detailed components and parts of a bicycle
- Basic trail side repairs (coach demonstrations + rider hands-on)
- What to do in an emergency
- How to clean your bike (with assistance)
- Cornering and pumping
- Bike/Body Separation
- Braking techniques during trail riding
- Intro to climbing and climbing positions/ basic shifting techniques and principles
- Trail etiquette and trail riding responsibilities

**Locations:** Emigrant Lake, Medford BMX track, YMCA fields, and the Ashland Watershed trail system

## 4th/5th Grade - Jr. Vultures

### Dates/times:

**Option A: Mondays, 5:30-7:30pm, April 26th-May 24th, and Tuesday June 1st**

**Option B: Wednesdays, 3:30-5:30pm, April 28th-June 2nd**

**Program cost: \$195**

**Rider Requirements: \*This is not a Learn to Bike program\* Riders will be expected to have the following skills on day 1:**

- Have a basic understanding of their bike and the components that make it work.
- Ability to climb from White Rabbit Parking Lot to Lamb Saddle unassisted (No towing, but taking breaks and walking sections is acceptable).
- Ability to descend green and most blue singletrack trails safely and in control.

### Trail requirements

- Have ridden Lizard and Rabbit Hole top to bottom, without walking sections, and have ridden bikes off road numerous times. Experience riding BTI/Jabberwocky/Catwalk highly recommended (walking sections is OK).

### Bike Requirements:

- At least 24" wheels. 26" wheels or greater recommended for riders over 60" tall
- Front and rear hand brakes that operate properly.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension HIGHLY recommended.
- Mechanical or hydraulic disc brakes highly recommended (increased control and stopping power).
- Gears for climbing (no single speeds).

**Jr. Vulture Goals:** In addition to goals, Jr. Vultures should have mastered skills listed in previous groups.

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level - "You Do You" culture of progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- How to clean your bike
- Cornering and pumping and riding berms
- Wheel lifts and rolling obstacles
- Braking techniques during trail riding. Controlling skids and slides
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques and principles
- Handling basic first-aid emergencies and problems on the trail
- Trail etiquette and trail riding responsibilities

**Locations:** Emigrant Lake, Medford BMX track, YMCA Field, and the Ashland Watershed trail system

## **3rd-5th Trail Riders - Rattlesnakes**

**Dates/times:** Tuesdays, 4:30-6:30pm, April 27th-May 25th, and one weekend day 10-2pm

**Program cost:** \$225

**Rider Requirements:** \*This program is for advanced riders, and requires the following to enroll:

- At least one prior DEVO semester completed
- Coach recommendation from previous DEVO program AND invite from Head Coach

**Trail Requirements:**

- Can ride Jabberwocky, BTI, and Lizard confidently without walking or stopping on any sections.
- Have ridden Bull Gap, Upper/Lower Lynx and Catwalk
- Ability to climb up to 1,000 feet in elevation unassisted with minimal breaks
- Ability to descend all blue and some black singletrack trails safely and in control.

**Bike Requirements**

- At least 24" wheels. 26" wheels or greater recommended for riders over 60" tall
- Front and rear hand brakes that operate properly.
- Tires must have at least 50% tread left, and need to have offroad style knobs.
- Front suspension required, front and rear suspension highly recommended.
- Mechanical or hydraulic disc brakes.
- Gears for climbing (no single speeds).

**Rattlesnake Goals:**

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level
- Improve bike handling skills
- Basic trail side repairs
- How to clean your bike
- Advanced Cornering/pumping/riding berms
- Wheel lifts/drops/rolling obstacles
- Beginning Wheelies/Stoppies
- Advanced Braking techniques during trail riding. Controlling skids/slides
- Technical climbing + long distance climbing
- Line choice and how to session a section of trail
- Safe Jumping Technique
- Using terrain to your advantage
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules

**Locations:** Ashland Dirt Jumps, Medford BMX Track, Ashland Watershed Trails

# Middle School - Ospreys

**Dates/times:** Thursdays, April 29th - June 2nd, 5-7pm

**Program Cost:** \$195

**Rider Requirements:** \*This is not a Learn to Bike program.\* This session will focus on novice/intermediate riding skills. Riders will be expected to have the following skill set day 1:

- Have a basic understanding of their bike and the components that make it work
- Ability to climb and descend green and blue singletrack trails safely and in control

**Trail Recommendations:**

- Recommended all riders have ridden Lizard/Rabbit Hole/BTI/Jabberwocky, and have ridden bikes off road numerous times. (walking one or two short sections is ok)
- Ability to climb from the Quarry to Lamb Saddle unassisted (approximately 1500 feet, breaks are ok)

**Bike Requirements:**

- At least 26" wheels
- Front Suspension
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

**Middle School Goals:**

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level - "You Do You" culture of progression
- Improve bike handling skills
- Components and parts of a bicycle
- Basic trail side repairs
- How to clean your bike
- Cornering/pumping/riding berms
- Wheel lifts/rolling obstacles
- Technical trail riding/rock gardens
- Incorporating momentum
- Braking techniques during trail riding Controlling skids/slides
- Different climbing positions - Standing/Seated/Crouched
- Shifting techniques/principals
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules
- Learn the planning and logistics of going on a mountain bike ride; map reading, navigation, and basic orienteering.
- Proper nutrition, hydration and taking care of oneself on longer rides.

**Locations:** YMCA Field, Emigrant Lake, Medford BMX track, and the Ashland Watershed trail system.

# **\*NEW\* Middle School/High School - Enduro**

**Dates/times: Wednesdays, April 28th - May 26th 4:30-6:30 pm, Saturday May 29th 10-2pm**

**Program cost: \$225**

## **Rider Requirements:**

- Must have completed either one season of NICA OR one semester of DEVO - Ospreys
- Coach recommendation from NICA or DEVO
- Must be in 7th-12th grade. Riders entering 6th grade will be evaluated on a case by case basis. High school riders will be allowed to participate until a high school program is formed.

## **Trail Requirements:**

- Can ride all Ashland Watershed trails confidently and safely
- Comfortable hitting some features on the above trails
- Ability to climb up to 1,500 feet in elevation unassisted with minimal breaks
- Ability to descend all blue and some black singletrack trails safely and comfortably enough to try features on those trails.

## **Bike Requirements:**

- At least 26" wheels required
- Modern geometry (2014 and newer) bike highly recommended
- Front suspension required, rear suspension highly recommended
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails

## **Enduro goals**

- Attain overall program goals
- Build confidence in downhill riding to the rider's comfort level
- Improve bike handling skills
- Basic trail side repairs
- How to clean your bike
- Advanced Cornering/pumping/riding berms
- Wheel lifts/drops/rolling obstacles
- Beginning Wheelies/Stoppies
- Advanced braking techniques during trail riding. Controlling skids/slides
- Technical climbing + long distance climbing
- Line choice and how to session a section of trail
- Safe Jumping Technique
- Using terrain to your advantage
- Handling basic 1st aid emergencies and problems on the trail
- Trail Etiquette/trail riding rules

**Locations:** Ashland Dirt Jumps, Ashland Watershed Trails, Mountain of the Rogue



# **\*NEW\* Middle School/High School - Cross Country (XC)**

**Date: Mondays, 4:30 - 7:30 April 26th - May 24th and Saturday May 1st, 9am-2pm**

**Program costs: \$325**

## **Rider Requirements:**

- Must have completed one season of NICA
- Must have coach recommendation/invite from NICA
- 8th graders and above
- Riders must come to Week 1 in shape and ready to climb

## **Trail Requirements:**

- Can ride Jabberwocky, BTI, and Lizard confidently without walking or stopping on any sections.
- Have ridden Bull Gap, Upper/Lower Lynx and Catwalk
- Ability to climb up to 3,000 feet in elevation unassisted
- Ability to descend all blue and some black singletrack trails safely and comfortably

## **Bike Requirements:**

- At least 26" wheels required
- Front suspension required, rear suspension optional
- Front/Rear Mechanical or Hydraulic disc brakes
- Gears suitable for climbing off road trails
- Riders must carry multi tools, appropriate sized tubes, and a pump

## **XC Goals**

This program is aimed at riders who compete in the Oregon Interscholastic Cycling League, and are looking to expand their fitness, training techniques, nutrition/hydration, repair skills, self sufficiency, and long distance ride ability through a challenging program designed to prepare them for the OICL/NICA race season. Long rides will be accompanied by lessons covering the topics mentioned above. The overall goals are summarized below:

- Attain overall program goals
- Develop a riders "base" fitness for the upcoming season
- Introduce the riders to new trails, more single track bike riding, and more saddle time
- Develop nutritional hydration plans throughout the week for the longer rides
- Develop autonomy and resilience. Each rider will need to carry their own tools, tube and pump
- Introduce training techniques such as pace and intervals

**Locations:** Ashland Watershed, Applegate Lake



# Ashland DEVO Refund Policy

As a registrant, it is your responsibility to know and understand these refund policies upon registering for a DEVO program. However, we realize that exceptional circumstances may arise. As such, DEVO will CONSIDER refund requests for exceptional circumstances, such as injury or illness. The amount refunded under exceptional circumstances is up to the discretion of the Executive Director, depending on the circumstances of the cancellation and DEVO's ability to fill the opening in the program.

## I. Early Cancellations

Early cancellations must be submitted a minimum of TWO WEEKS before the start of the DEVO program. Early cancellations should be submitted in writing to [ashlanddevo@gmail.com](mailto:ashlanddevo@gmail.com), stating a request to withdraw from the DEVO program. Cancellation requests received more than TWO weeks before the start of the program will be fully refunded, minus any credit card processing fees incurred at registration.

## II. Late Cancellations

Cancellations submitted in writing to [ashlanddevo@gmail.com](mailto:ashlanddevo@gmail.com) LESS THAN TWO WEEKS before the start of the DEVO program are considered late cancellations. Registration fees MAY only be PARTIALLY refunded for a cancellation received less than TWO WEEKS before the start of the program. The amount refunded for late cancellations is up to the discretion of the Executive Director depending on the circumstances of the cancellation and DEVO's ability to fill the opening in the program. In cases with unusual or extreme circumstances, a registrant may request that their registration fee get applied to a future equivalent program. If the request is granted, the registrant must, within ONE YEAR register for, and attend an equivalent program; otherwise, all payments are forfeited.

## III. No Shows

Registration fees are non-refundable and non-transferable for any no-shows to a DEVO program. \*NO refunds or credits will be issued for requests submitted after the conclusion of the DEVO program.

## IV. Alterations or Cancellations by DEVO

Note that circumstances beyond the control of Ashland DEVO may necessitate the substitutions, alterations, or even cancellations of a DEVO program. Ashland DEVO reserves the right to alter, modify, or cancel any program if necessary. Any alterations or cancellations will be communicated via the email provided in the program registration as soon as possible. In the event that a program must be canceled by DEVO, the program fees for all registrants to the program will be fully refunded, minus any credit

card processing fees incurred at registration. In the event that a program is substituted or otherwise altered by DEVO, the refund policies outlined in Sections (I) and (II) will apply.

In the event that substitutions or alterations to the program are announced LESS THAN ONE WEEK before the start of the DEVO program, the registrant may submit a written cancellation or transfer request to ashlanddevo@gmail.com within ONE WEEK of said substitutions or alterations being announced via email. In this case, registrants who submit a written request within one week of the substitution or alteration announcement will be fully refunded, minus any credit card processing fees incurred at registration.

#### CANCELLATION AND REFUND REQUEST INSTRUCTIONS

In order to submit a request for a refund and/or cancellation, please send an email to ashlanddevo@gmail.com. Your request should be accompanied with as much detail on your registration and circumstances of your request as possible, including the name(s) of your child(ren), registration confirmation number(s), and the reason(s) for your cancellation request. Please allow 72 hours for us to get back to you about the request.

**REFUND METHODS** Refunds will be issued in accordance with the original payment method utilized at registration. If the registration was paid for with cash or check, the refund will be issued via check. If the registration was paid for with a credit card, the refund will be processed through the credit card company, and the refund will be applied to the same credit card number as was used to pay for the registration. We are NOT able to issue the refund to a card other than the one used for the original registration. Refunds may also be issued as a credit for a future DEVO program at the discretion of the Executive Director.

#### **COVID Refunds for Spring 2021**

Due to the nature of programs, insurance costs, coach payments, etc., DEVO will not be offering refunds for any classes missed due to COVID related postponements or cancellations in the Spring 2021 season. If programs are cancelled ONE WEEK OR LONGER BEFORE season start, full refunds will occur. **Please consider this before paying in full for your programs.**