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21. October 2020 by Gunhild Bottolfsen

## **Report "Project Mountain Bike Adapt"**

18-20 September we arranged a adaptive training camp at Geilo. We were 15 participants and 8 of them were adaptive riders. We also had meetings to discuss how we can promote and work for the adaptive mountain biking community.

### **Participants:**

- Gunhild Bottolfsen (adaptive rider from Oslo and MTB adapt).
- Gøril Meland (Gunhild's support rider).
- Lars Ivar Eilerås (adaptive rider from Vestfold and MTB adapt).
- Maria Solfall Tuftlåt (Lars's girlfriend and support rider).
- Sigurd Groven (adaptive rider from Møre og Romsdal and MTB adapt)
- Lena Groven (Sigurd's wife and support rider).
- Luis F. Gran (adaptive rider from Oslo).
- Terje Engeset (adaptive rider from Viken).
- Yvonne Dolonen (adaptive rider from Viken).
- Arja Slåtten (Yvonne's daughter and support rider).
- Stian Slåtten (Yvonne's son).
- Stian Salomonsen (adaptive rider from Viken).
- Tonje Gulbrandsen (Stian's wife and support rider).
- Stian Skarsten (adaptive rider from Viken and Visit Geilo).
- Morten Skovdahl (film producer).

## **FRIDAY 18th SEPTEMBER**

### **Meeting with Visit Geilo and Hallingdal Rides/DIRTT**

Gunhild, Lars and Sigurd had a meeting with Lars Wraae Jensen (participant of the EU-project DIRTT / Chairman of "Opplysningskontoret for Terrengsykkel" / Chairman of "Hallingdal Rides", an organization owned by the six biggest bike destination in Hallingdalen) and Stian Skarsten (adaptive riders who works for "Visit Geilo"). We discussed how Geilo and the whole Hallingdal region can adapt their trails and destinations to be friendly for adaptive riders. Geilo goal is to be

the best adapted mountain bike destination. We also discussed the possibility to have an adaptive bike rental shop in Geilo.

Then we discussed how we can include adaptive trail building in the curriculum of the new trail building school starting in Norway and Switzerland. Lars W. Jensen participates in the EU project DIRT ("Developing Inter-European Resources for Trailbuilder Training") and he we agreed that adaptive mtb will be a part of the curriculum. MTB adapt will find resources/litterateur on the subject. MTB adapt will also have a lecture for trail builders on the subject. Gunhild will take part in the DIRT references group on behalf of The Norwegian Spinal Cord Association (LARS) and MTB Adapt

### **Meeting MTB adapt**

MTB adapt members also had a meeting to discuss how we will continue to work on promoting adaptive mountain biking. We made a list of our goals for 2020\21:

- 1.** Start an aMTB club together with "Nesodden sykkelklubb".
- 2.** Apply for money at "DAM" and "Sparebankstiftelsen" to arrange a large adaptive mountain biking training camp at Trysil in July 2021. We will do this together with LARS and NCF. We also want to arrange an adaptibe mtb camp at Beitostølen in August.
- 3.** Arrange one adaptive downhill race at Hafjell next season. Preferably the adaptive race will take part at the same day as a regular downhill race.
- 4.** Work together with LARS to change the motor assist regulation. We want NAV to allow these motors to be stronger than on regular e-bikes. Tandem bikes already have an exception from the rule and can use stronger motors. This should also apply for adaptive mountain bikes. The motor they use today is not strong enough for the terrain.
- 5.** Continue to visit different bike parks to check out the if their trail are adaptive and post guides on [mtbadapt.no](http://mtbadapt.no)

### Afternoon ride and dinner

On Friday those of us arriving early went out riding to inspect the trails and make plans for where we should ride Saturday and Sunday. Most participants arrived Friday evening and we had a nice dinner together.

## SATURDAY 19th SEPTEMBER

### Riding

New riders got their bikes adjusted and then we went to the nearby bike park. We trained in nice and easy trails with more experienced riders as guides. We also tried out the jump lines and Sigurd gave some instructions about how to jump. Film producer Morten documented this day and will make an adaptive mtb promo film. We tested two new bikes from "Hjelpemiddelspesialisten" called "Jeetrike" and "Explorer III". This gave us valuable information. One adaptive rider, Stian Skarsten, is newly injured and tried an adaptive bike for the very first time.

### Lunch meeting and dinner

At lunch MTB adapt members had a meeting with Maria Grevsrud from "Geilo sti og løypelag" and Kevin Eikerhagen from "Ski Geilo" to further discuss how Geilo can adapt their trail, hotels and town to adaptive mtb riders. Kevin also went riding with us to learn about adaptive mountain biking. In the evening we had a large group dinner to further get to know each other.

## SUNDAY 21st SEPTEMBER

This day we tried out more trails and continued teaching adaptive riding to new riders. We also checked out an old downhill trail called Gold Digger and concluded it is good for more experienced riders. At 3pm we had a late lunch together before we all went home.



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