

An adventure, action sports and documentary photographer based in Cornwall. Since studying at Truro College & Plymouth University he has become involved predominantly in photographing action sports, working alongside some influential brands within the mountain biking Industry. He has been working with any brands he can get his hands on recently but has mainly been working with Nukeproof and Atherton bikes. He has also featured in magazines like Mbuk and Mbr.

I love Ian Lean's mountain bike photography, this comes from his ability to capture the essence of the sport. With an really good eye for detail, he not only showcases the breathtaking landscapes that serve as the backdrop to these rides but also manages to freeze in time the riders' expressions of determination and pure exhilaration. Ian's work goes beyond mere photographs, it tells a compelling narrative of adventure, teamwork, and the pursuit of pushing boundaries in the natural world. His images serve as a constant source of inspiration for me, reigniting my passion for both photography and of mountain biking.

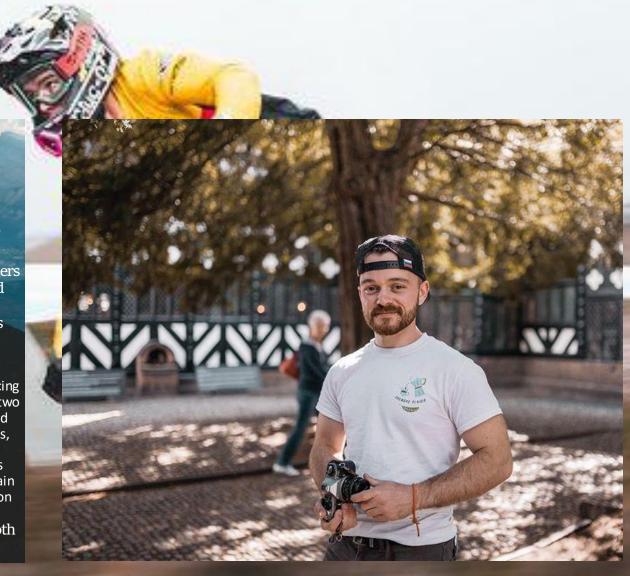
IAN LEAN

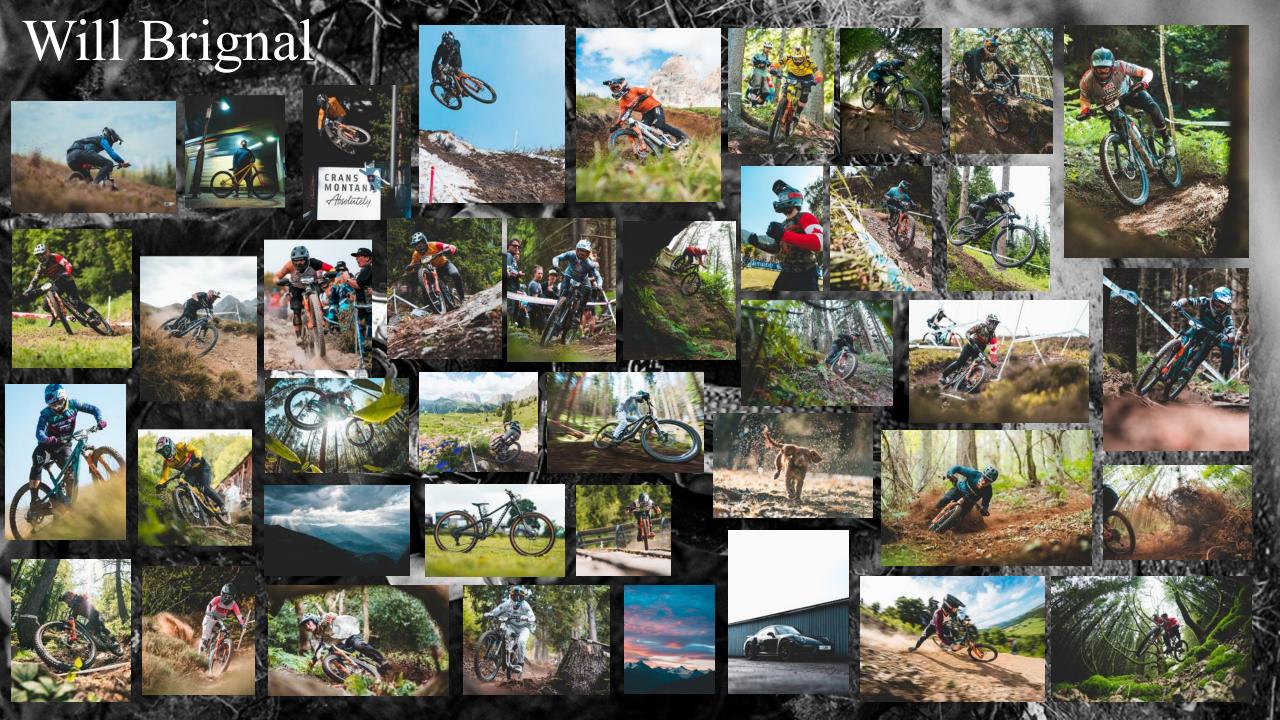
Will Brignal

An adventure, action sports and documentary photographer. He has worked with many brands such as Nukeroof bikes. He has also featured in many magazines like misspent summers and tea and biscuits.

I really like Will's photography for the way he captures the adrenaline-fueled essence of the sport. His expert use of composition and lighting not only showcases the stunning natural landscapes where riders conquer challenging terrains but also highlights the riders themselves, their determination, and the sheer thrill of the ride. Will's images transcend mere snapshots; they tell compelling stories of adventure, camaraderie, and the exhilaration of pushing one's limits in the great outdoors. His work consistently inspires me to embrace the spirit of exploration.

"Just a small stumpy scouser from Liverpool, UK. I originally picked up a camera merely by chance after being sucked into the wormhole that was "street" photography. Couple this with years of racing bikes, climbing and anything with an adventurous nature. It was only a matter of time before the two came together. I originally started shooting friends on bikes, but soon got asked to shoot for a good friends mountain bike feature film. Ever since, I've been shooting all things two wheeled in the hills, mountains & anywhere else it takes me. But I do love to step out of my comfort zone and capture lots of other subjects and settings in order to broaden the skillset and bring new and exciting ideas into my shooting. I mostly shoot in the commercial sector for brands and teams within the mountain bike ndustry, but I do still love just simplicity of heading out of the door with the camera in hand on any given day and capturing what ever it may bring. I find it keeps the creative juices flowing and most importantly keeps the fun in shooting as that's my main goal. and fuels my passion for both photography and mountain biking."





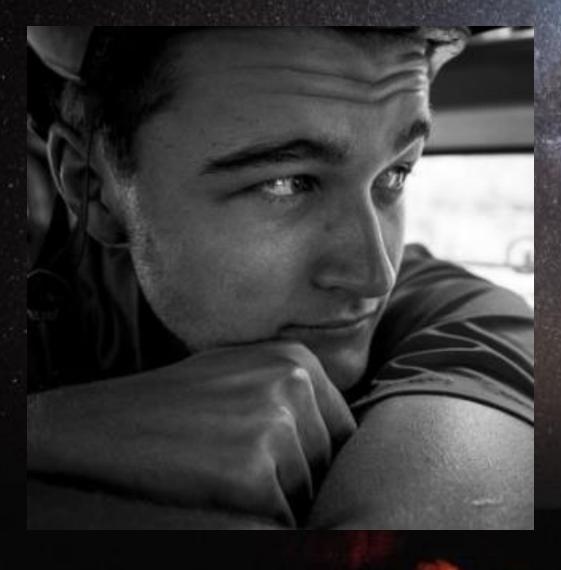
Jack Tennyson

Jack Tennyson is a photographer based in Newcastle Upon Tyne, UK capturing Action Sports, Lifestyle, Adventure, Weddings and much more. Jack is currently working with Maddison Saracen team and heading to all the world cups with them.

Jack's photography stands out as exceptionally creative in my eyes, solidifying his status as a truly outstanding photographer in the field. His work consistently pushes the boundaries of conventional photography, employing innovative angles, lighting techniques, and artistic compositions to create visually stunning and thought-provoking images. Jack's ability to capture not only the action but also the emotions and essence of mountain biking is truly remarkable. Each photograph tells a unique story, offering viewers a glimpse into the thrill and camaraderie of the sport. His work is a testament to his unwavering dedication to his craft, and it continually reminds me of the limitless possibilities that exist within photography, making Jack Tennyson a true luminary in the realm of mountain biking photography.



Ross Bell



"Ross is a Scotland based photographer primarily specialising in action sports, although this covers a wide genre including action, documentary, portraiture, lifestyle and product, all with a creative twist.Since completing his studies in Edinburgh he has been working in the cycling industry as both a photographer and writer. Ross' past and current clients include the likes of Pinkbike, Trek Bicycles, Pirelli, Red Bull, Shimano, SRAM, Canyon, Yeti Cycles, SCOTT, Cycles Devinci, FOX, Ride 100%, COMMENCAL, Dakine, Rocky Mountain Bicycles, Crankbrothers, Fasthouse, Ohlins..."

I like Ross as a photographer because his shots capture the adrenaline and freedom of riding. His photos make me feel like I'm on the trails with them, experiencing the thrill. It's like they bring the mountain biking experience to life through their lens!

Ross Bell

































Sterling Lorence

"Sterling Lorence is an award-winning commercial photographer based in Vancouver, B.C. His artistic talent for capturing defining photographic moments with intriguing compositions and dramatic lighting gives him a renowned reputation in the action sports industry. Working with top brands and athletes around the world results in global advertising campaigns, catalogs, editorial feature assignments and magazine covers...unique to Sterling's eye."

I love Lorence's photography because he captures the sport's essence so well. Their photos show both the thrill and tranquility of mountain biking, standing out with a unique perspective and attention to detail.



Sven Martin

Sven Martin is an integral part of mountain biking from Nelson, New Zealand. He has greatly influenced the sport while also snapping some of the sport's most iconic images.

Martin is the leader of the media pack at mountain bike events; aspiring photographers learn from him — his personal drive is unmatched and his techniques and processes somewhat unique.

He has been a driving force in the direction of the sport over the last decade; he's influenced bike companies, race series, magazines, etc. He is an integral part of Hurly Burly and The World Stage yearbooks by misspent summers (pg 87). Sven is one of the most widely published journalist of mountain biking in recent times and works hard to expose the wildlife in the zoo of World Cup racing. He freezes the world's fastest racers in extraordinary and historical moments. The effort this man goes to in capturing and presenting these images is extraordinary and requires supreme skill and a rebellious commitment that borders on the maniacal. The World Cup week has a tortuous schedule for a photographer, and there are no do-overs. It's a one-shot-one-kill kind of mission every weekend, so the pressure is immense. Which is why Sven's double exposure is his quiet, family-oriented life with his wife, Anka and his daughter Ziggy. At the races he's fully in the moment, at home he's fully engaged in being present.





OUTDOOR PORTRAITS





Abercarn"age", Wales Western Bike Events #4

Abercarn is a town and community in Caerphilly county borough, Wales. It is 10 miles northwest of Newport on the A467 between Cwmcarn and Newbridge, within the historic boundaries of Monmouthshire.

Western Bike Events only began in 2023 but have already made an amazing start to there enduro events, everyone who comes enjoys there self a lot thanks to the awesome people who run the events and the cool Welsh venues they have been held in.











Bike Park Kernow, Cornwall

Bike Park Kernow is in Cornwall. There are six short downhill trails to ride, two blue trails, two reds and one black. The longest is only 600m and most of the trails are family friendly, quite a few downhill races have taken place there with all age categories making it fun for everyone. The Cornwall bicycle project (TCBP) also host a Monday night club that sometimes uses this bike park and have hosted some of the races here!











Grammarcombe Woods, Exeter Ashcombe Mini DH

Ashcombe Mini Downhill returns for 2023 to Grammarcombe Woods near Exeter on 5th March 2023.

After a four year hiatus we are back for 2023! Expect the same as before, a fun unridden track and tight race times.

A new track is being built, with the focus on carrying speed and line choice. There are no jumps or drops on our course, everything is rollable. You will find the difficulty comes from the roots (of which there is a lot) and fresh nature of the course. Expect fastest times of the day to be around the 1 minute mark.

Grammarcombe woods are a perfect Mountain Bike (MTB) venue suitable for for any ability. A 100 acre wood with 10k of fire roads and narrower single tracks to explore. There are plenty of natural features with drops, berms, jumps and steep gullies to challenge riders.

MTB Downhill racing in South West, Ashcombe is private land there is no access out of events.





Tiverton, Devon Southern Enduro Rnd 2

Settled in the Mid Devon countryside, the town of Tiverton is brimming with history and heritage just waiting to be discovered; with romantic castles, historic houses, and horse drawn barges.

Centrally located in Devon, Tiverton is the ideal base for exploring the Devon countryside and to really escape on holiday – where you can discover surrounding traditional thatched villages, enjoy rural countryside walks and wildlife, and enjoy beautiful local produce at your leisure.

Southern Enduro ran its first race in 2013 since then we have been growing to bring the south of the UK top-class enduro racing.

Southern Enduro runs a multi-race series each year as well as a two-day champs event and a few one-off events.







Minehead: Southern Enduro champs

Coming off the back of a heat wave, riders were greeted with ominous skies and threats of torrential rain storms as they trickled into the race village located just on the outskirts of Minehead in Somerset, this weekend. For years this area has been used for smaller, regional races and it has a decent network of natural trails. They were put to maximum use by Scott and the Southern Enduro team who taped out 8 separate stages of varying lengths, each with its own unique character and challenges. Some riders loved the new challenge whilst others clearly preferred a more conventional format. Either way, the event was well run and it was the same for all and we should take out hats off to any organiser brave enough to put an event of this scale on in the current climate. Despite the biblical weather that was forecast we escaped with just a few thunder claps and a decent rain shower the night before race day, turning the dry loam and dust of track walk into a lovely slippery paste that covered the roots littering the tracks. Even with the rain, most riders reported that it was surprisingly grippy, nobody was holding back. Day 1 ended with everyone pouring over their results, telling stories of near misses, "French" lines taken, and inside lines missed. After so many cancelled events over the past year, it felt good to be back amongst friends and the atmosphere was great.





S01 TT, Duchy Velo

Duchy Velo is Mid Cornwall's latest cycling club. Our aim is to provide training / group rides to cater for all abilities ranging from beginners right up to riders wanting to push themselves at National level. Formally known as Lanhydrock Wheelers decided to have a name change to try and initiate a bit of a revamp and put some energy back into the club. The club is based in the Bodmin area and ride on Tuesday and Thursday evenings when there is enough daylight and on Sunday mornings throughout the year. Club information is shared through the Duchy Velo Facebook page and also the Duchy Velo Strava group.











Forest of Dean





















Trevone, UK

Trevone is a popular beach with both surfers and families. The main beach is sandy inlet that is actually far deeper than it is wide. To either side of this expanse of golden sand are rocky ledges which are home to some great rock pools.

However, if it's rock pools you're after try the aptly named Rocky Beach next door. Here you'll find not only great rock pools to explore but a big tidal pool ideal for splashing around in.

With its gently sloping sand swimming is generally safe at Trevone and RNLI lifeguards are present in the summer months. Please note there can be a strong rip current on the right side of the beach at times.

The rocks in around Trevone are of particular interest and the area is Site of Special Scientific Interest (SSSI). Of particular interest though is the blow-hole known as Round Hole; an 8oft (25m) deep hole in the cliffs formed from a collapsed cave.

The beach is located around 2 miles west of Padstow making it easy to get to from this popular town. On the minus side, with all Trevone's great features, it can get quite busy in the summer.

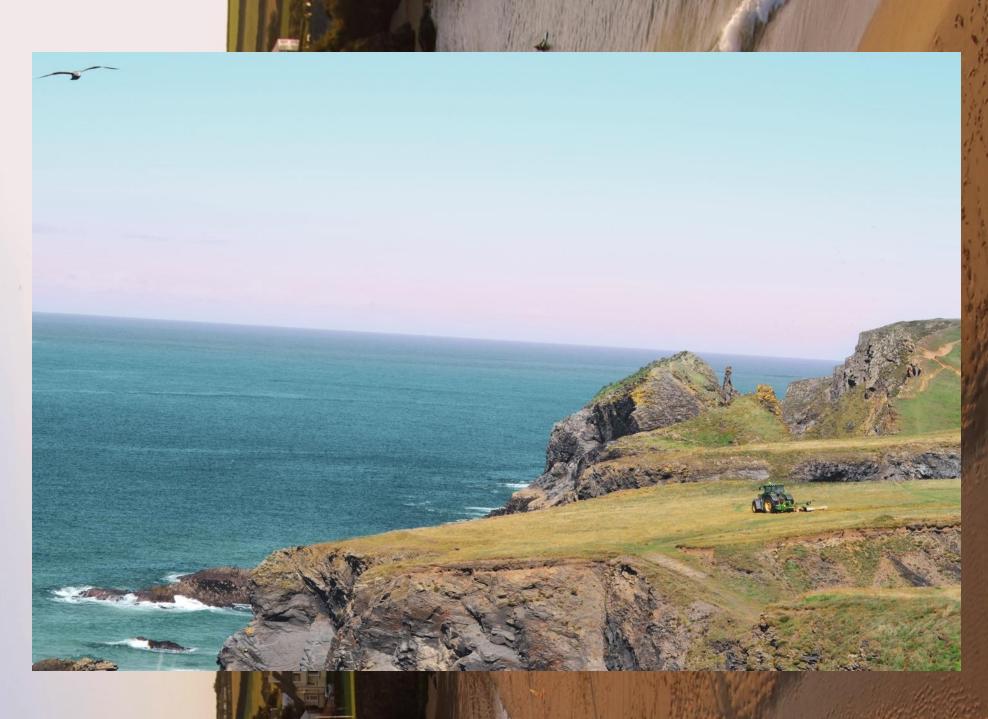


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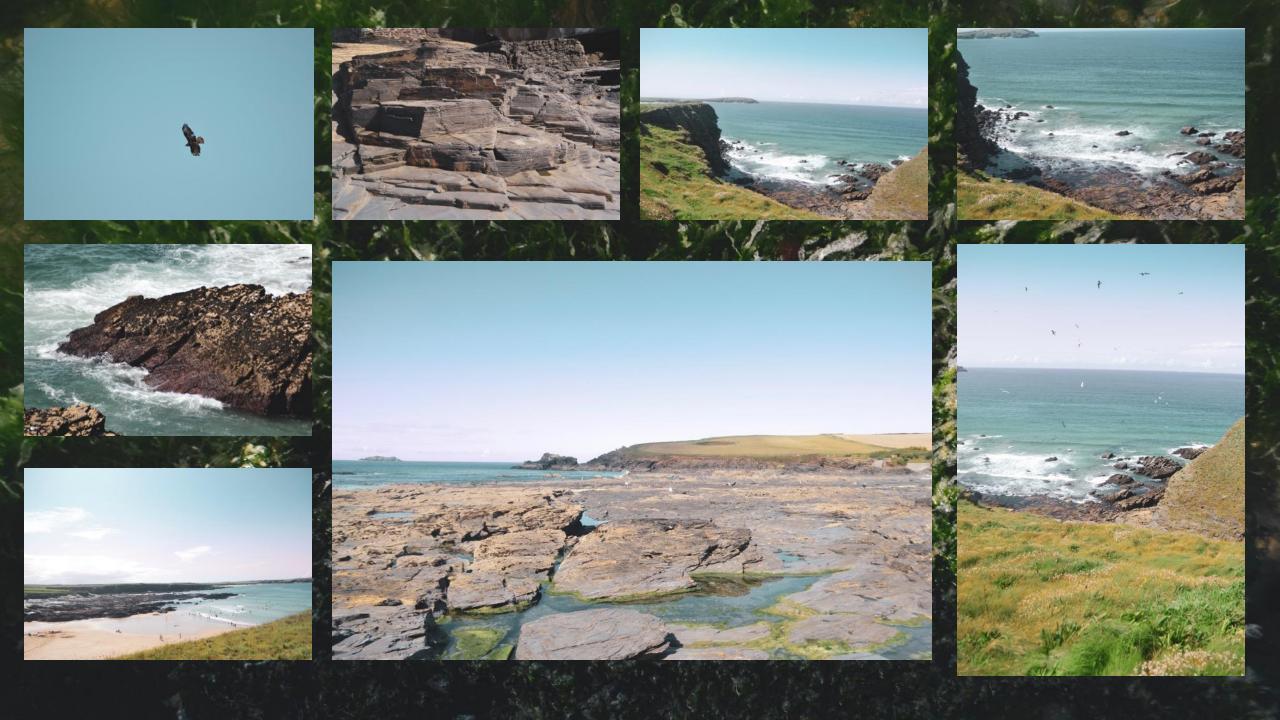
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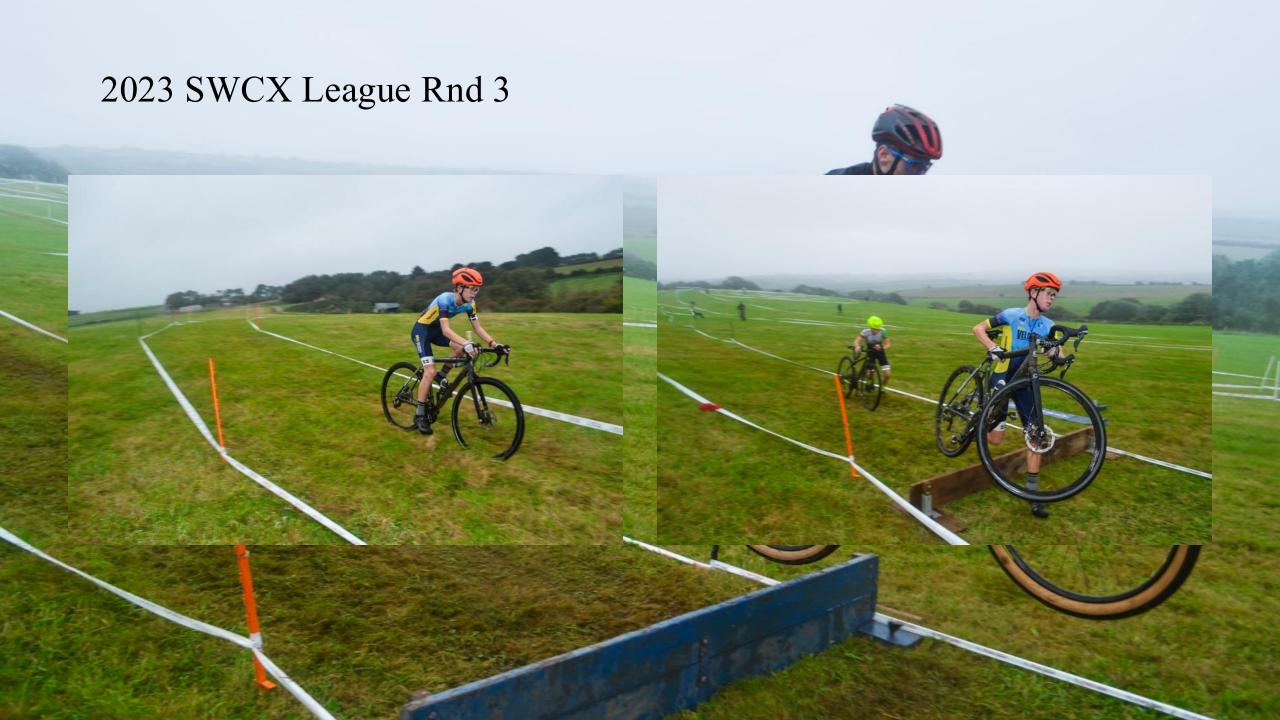
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"Misspent Summers brings some of cycling's best designers, photographers, writers and videographers together to produce unique, long-lasting publications online and in print. Whether it be electronic or paper and ink, high quality or grungy simplicity, the aim is to tell a story, inspire people to get out there, and to create a product that is cherished. It's a cycling media company and store producing and selling books, photo prints and merchandise from the world of mountain biking and two-wheeled good times. The company is UK-based but has a worldwide pool of contributors, staff and followers."

I am a big fan of all the books they produced so far. They managed to keep some craftsman feeling when you open them up and mixing it with the highest quality of bigger companies. For me that's a bit the best of both worlds. The quality of the products are second to none though. The books them self's use wonderful paper stock that feels nice in your hands and a reassuringly comfy weight. The images are some of the best content from photographers all over and the articles are well written and thought out.

https://www.pinkbike.com/

Downtime EP2:

Can you read a podcast? Yes, you can: Downtime EP is the paper-and-ink incarnation of the best mountain biking podcast, bringing the ideas, vibe and entertainment of Downtime Podcast to a coffee table near you.

EP2 gets inside the minds of riders and racers, amateurs and pros, exploring and explaining a shared love of the sport through painstakingly compiled stories, photography, illustration and design. In this issue we catch up with uphill addict Ben Hildred (Pedalling to Mars on a Packet of Crisps) and enduro specialist Katy Winton (The Lows and Highs of Being Pro). Chris Kilmurray discusses future-proofing the next generation of racers and Aaron Bartlett ponders Discovery's takeover of the World Cup broadcast. Daisy Maddinson explores ways we can shape mountain biking into a more diverse sport, and Chris Hall chats sustainability. Other features include a spicy adventure in Ecuador, a love letter to downhill, two stunning photo essays, and numerous opinion pieces, podcast extracts and insight. Jackson Goldstone is photographed by Sven Martin for the cover. Downtime EP is a biannual print collaboration between Misspent Summers and Downtime Podcast. Supported by *Nukeproof* and *Marin Bikes*.

























































































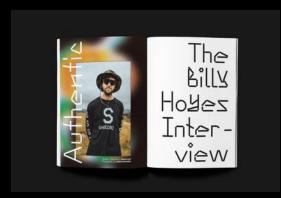
















Misspent Summers: Films/Video (Tommy C)





Tea and Biscuits

Tea and Biscuits film – T&B is a very British international mountain bike film by Caldwell Visuals and Misspent Summers. Filmed across several years, the series includes local shredders and global mountain biking superstars like Reece Wilson, Bex Baraona, Jesse Melamed, Andréane Lanthier Nadeau, Adam Brayton and many more. If you're looking for a recommendation, how about watching Phil Atwill's unforgettable Greece section in Tea & Biscuits 2? Or what about Kade Edwards's Revolution Bike Park seggie that opened T&B1?

https://www.youtube.com/watch?v=ktfSqapHAkU&t=1s

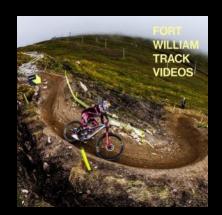
https://www.youtube.com/watch?v=9h6Qa1O8ky0&t=1s

About the videographer: Tom Cadwell a.k.a. Tommy C

"I'm Tom Caldwell - A creative and efficient Videographer, Editor and DP based in North West England, working across the globe for some of the biggest brands in Mountain Biking. Starting in July 2014 under Caldwell Visuals, I worked with Dirt Magazine through my University years and have since then developed a strong reputation and large following for off beat video production with impactful and lasting results. I'm always looking for people, riders and brands to work with, so get in touch below and lets see what we can do."

Tom Specialises in - handheld video, fast paced action / product launch videos, run and gun documentary style, directing a project, event coverage with same day shoot, edit and delivery.

Contact - mail@ caldwellvisuals.com / WhatsApp +44 (0) 7411778873 / @tommyc_insta

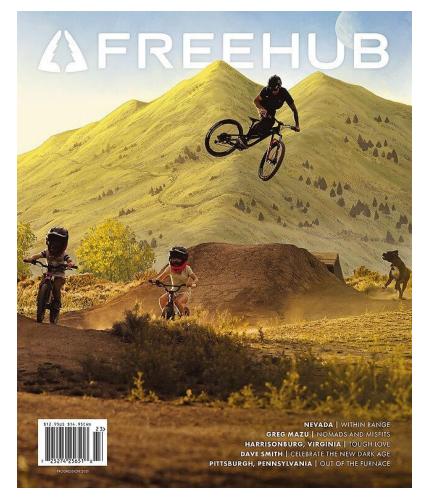


https://www.youtube.com/watch?v=ujik-yYvYc0

Freehub Magazine

"Freehub Magazine is a quarterly mountain bike magazine that features timeless stories, with world-class photography, video and product reviews to help share and convey the culture of mountain biking."

https://freehub.com/



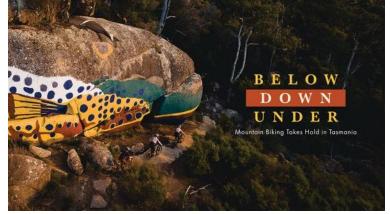






Freehub Magazine























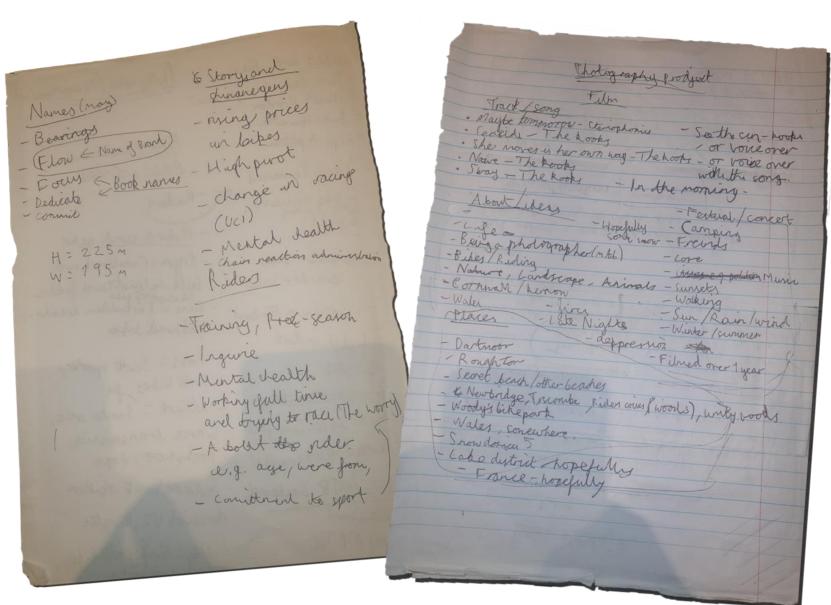


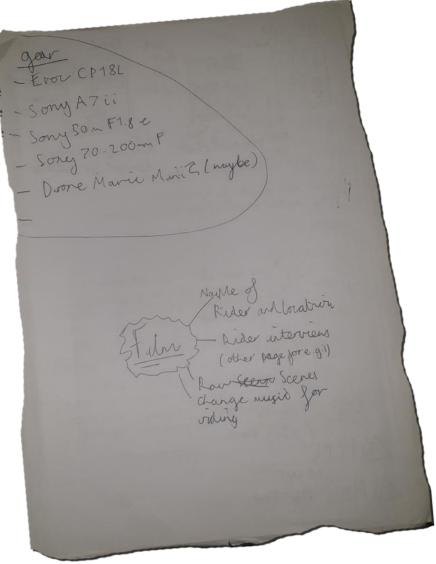






Film and Magazine ideas





Film and Magazine ideas Photography Project Film Inspiration : 7- Tomony ((irrand) - Benthom S (quite cool to) - Ollie gambie (quite cool) - Manpent summers Forbidden Bikes, A ctual planning: dex and sam sTORR Names: (-Tony chamber & syn appleton - Stuart

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Statement of intent

The goal of my project is to create and explore a magazine/book about the world of mountain bikes and use photography and graphic design to amplify it. I will also be creating a website to back it up. The target audience for my project is the mountain bike community. I need to make a logo, a front cover and all the pages for the book/zine. I also need to make the spine of the book, this book will not only be a physical object but also a digital file. The name of the brand is "flow" but the name of the first book is going to be DEDICATE.

My previous course work was all to do with the action of mountain biking, but as of the word space I am going to look at it in a different way. Using the space in nature around them and what goes on in there head and the state of there mental health.

This is a massive problem in the mountain biking industry as the prices of everything are rising so much and the worry of injuring yourself especially as and adult who has a job and needs the money. All of this ties together and messes with their mental health, this is why I'm going to mainly focus on adults for this topic and why the name of the book is called dedicate because of the dedication they have to put towards the sport in order to do well whilst having so many other things to worry about at the same time.

Outcomes

Branding:

- -logo= Flow magazine
- -website= <u>Oscardawe.myportfolio.com</u>

Advertising:

- -social media posts
- -social media storys

Website:

- -Advertisement page
- -Shop

Magazine:

- -front cover, spine and back
- -pages e.g. contents, pictures, writing

Adobe Illustrator

For the logo of the brand, I started off by heading to adobe fonts and having a look through, I eventually found the font BELY which I utilized in "display regular" and used it in capitals and non-capitals. I also used the filogo to make the word flow but I'm not using it as its too big. After this I decided to make mountains, I did this by making two triangles with the polygon tool and used the down arrow to get less sides. For the smaller triangle I used the pathfinder the make it look like it does (images, I can't explain what it looks like). After this I tested some colours and thought black was the best until I created the light kaki green colour that could resemble nature so that will be my final colour for the moment, unless I have to change it for a different colour backgrounds because I'm using photography.

For one of the back pages with AI I used the paint brush tool and a graphics tablet and started to draw the word DEDICATE so it looked natural and different from the front. In the second design of the back, I used the text from the front page and separated it to have the letters arranged as they are. The natural, handwritten text was influenced by a brand called misspent summers who have a lot of handwritten prints.

One area I could improve this design is by making the back design (picture and text) an image, make it smaller than use the white boarder to add the logo in black at the bottom using positive space.

To make another version of the logo, I used the original finished logo and put a black square behind it and used the pathfinder then unite to turn the name into a hole in the middle of the block.

For my different colour versions of my logo I went onto the adobe colour website and screen shotted 5 different colour pallets, after this I incorporated them into my magazine logo. I can improve this design element by used more colour and maybe different shapes (like a circle) around the outside of the actual logo.

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speed and safety 2023-2024

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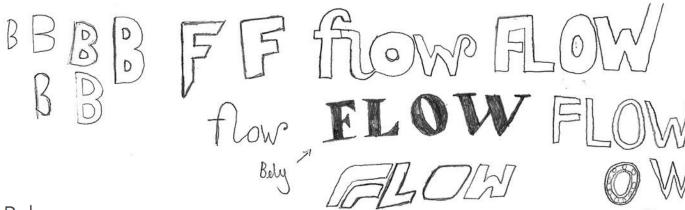
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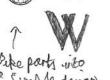
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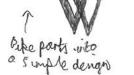
Logo Ideas

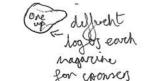


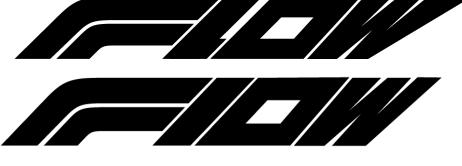










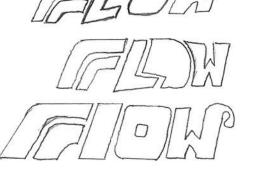






Designed by Roxane Gataud. From TypeTogether.





Logo Design





flow



































2023 2024 speed and safety 2023-2024



Adobe Photoshop

First of all, I copied and pasted my logo from AI as a smart object into my file, which I had measured out and created guides to become a book cover, spine and back all in one because that's what I have to do to print it and if I need to, I can split it up anyway. After I imported my photos and I wrote the name of the book in the font "Halyard Display: Semibold". I copied and pasted this, then made it smaller, turned it 90 degrees and put it down the spine of the book. I did the exact same thing for the '2023-2024' text underneath 'DEDICATE'. Next, I used the selection tool to select the rider in the picture on the front cover and move him in front of the text for some cool layering and to make the front cover more interesting. I did the same for the back cover but used the letters arranged in the way shown in the photo above and lowered the opacity. Also, for the image to look different I made it black and white but still had the character or rider popping out in front of the text, like the front cover. I also incorporated the "slogan" speed and safety into the front and back page, on the back lowering the opacity (like the other words and logo on back) and having at the top of the screen compared to one hundred percent opacity and at the bottom of the screen. This was done in the same font as everything else. On the back I also added the 'flow' logo at the bottom in the center and made it larger whilst decreasing the opacity to the same as the other text on this side.

For the very first two pages in the book I just took one of my best photos and have done a double page spread, I also wrote the photographers name (**oscar** dawe) very small on the bottom left of the left page.

The second page spread is 'contents', one half of this page is a black and white image of two riders pushing up a hill, but with a bit of a white border. The other half is the contents of the book, at the top I wrote 'CONTENTS', under and above that text there is a thin black line, there is also a vertical line under this in the center of the page. Either side of this is the contents of the book.

Why Are Enduro Bikes so Damn Cool?

Enduro bikes have taken the mountain biking world by storm, and for good reason. These machines are the epitome of versatility. blending the best features of downhill and cross-country bikes into one badass package. But what exactly makes enduro bikes so damn cool? Let's dive in and explore.

The Perfect Blend: Enduro bikes strike the perfect balance between downhill prowess and cross-country agility. With a slack geometry and ample suspension travel, they eat up technical descents like a dream. Yet, they're still nimble enough to tackle climbs and navigate tight trails with ease. Whether you're bombing down steep slopes or grinding your way up rocky terrain, an enduro bike has got

Unstoppable Performance: Enduro bikes are built to perform in the most demanding conditions. From technical singletrack to bone-rattling descents, these bikes can handle it all. With beefy suspension, robust frames. and burly components, they inspire confidence and push riders to new limits. Whether you're hitting drops, railing berms, or sending gaps, an enduro bike is your ticket to unlocking your full potential on the trail.

Versatility: Enduro bikes are the Swiss Army knives of the mountain biking world. They're equally at home on steep descents, technical climbs, and everything in between. Want to tackle a gnarly downhill run? No problem. Need to power up a rocky ascent? Piece of cake. With an enduro bike, you're ready for whatever the trail throws your way. It's like having a one-bike quiver for all your off-road

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That Cool Factor: Let's be real - enduro bikes just look sick. With their aggressive stance, beefy tires, and sleek lines, they exude an aura of badassery that's hard to ignore. Whether you're ripping through the forest or hitting the local bike park, you'll turn heads and make a statement on an enduro bike. Plus, there's something undeniably satisfying about conquering rugged terrain on a machine that looks as good as it rides.

So basically, enduro bikes are the ultimate adventure machines, combining the best elements of downhill and cross-country bikes into one unbeatable package. With their versatility, performance, and undeniable cool factor, it's no wonder they've become a favorite among mountain bikers worldwide. So, if you're looking to take your riding to the next level, hop on an enduro bike and prepare for the ride of a lifetime. Trust me - you won't be

Mountain biking is not just about conquering rugged errains and steep trails; it's also about mastering the art of bike control and finesse. One skill that can add an element of thrill to your ride is the wheelie. This is where you lift the front wheel off the ground and ride on just your rear, its a fundamental trick that every aspiring nountain biker should learn. Not only does it look cool but it also helps you navigate obstacles with greater ease and confidence. In this guide, we'll break down the steps to help you wheelie like a pro.

Safety First: Always prioritize safety when practicing vheelies. Wear appropriate protective gear, including a helmet, gloves, and knee pads, to minimize the risk of injury. Choose a clear and open space free of obstacles and other riders to practice safely. Start with small wheelies and gradually increase the duration and height me more comfortable and confident.

Find the Right Bike and Setup: Before you attempt to wheelie, ensure you have the right bike and setup. A mountain bike with a lower gear ratio and a shorter wheelbase is generally easier to wheelie. Adjust your saddle height so that you have a comfortable pedaling position and enough room to lean back without feeling

Master the Manual: The manual is a precursor to the wheelie and involves lifting the front wheel off the ground without pedaling. Practice riding at a moderate speed, then shift your weight backward while simultaneously pulling up on the handlebars. Keep your rms straight and use your body to maintain balance. Start with short distances and gradually increase the

Get the Right Body Position: To initiate a wheelie, start riding at a moderate speed in a low gear. Shift your weight slightly back on the saddle, bending your elbows. and knees. Keep your head up and eyes forward to maintain balance. Your dominant foot should be at the bottom of the pedal stroke to provide maximum power.

Initiate the Wheelie: As you approach the desired speed, lean back slightly while simultaneously pedaling forcefully. Shift your weight back further, using a combination of pedal strokes and body movement to lift the front wheel off the ground. Remember to keep your arms relaxed and your grip firm on the handlebars.

Find Your Balance Point: Once the front wheel is off the ground, focus on finding the balance point where you can maintain the wheelie comfortably. This point may vary depending on your bike setup and body position strokes to control the height of the wheelie and keep it

Practice, Practice: Mastering the wheelie takes time and practice. Start by practicing on flat terrain before progressing to more challenging surfaces such as inclines or obstacles. Experiment with different speeds, gears, and body positions to find what works

Take it to the trails: Once you can finally wheelie it's time to take your skills to the trails. Practice wheelie-ing over small obstacles such as roots or rocks to build confidence and control in real-world riding scenarios. As you become more comfortable, challenge yourself with longer wheelies and more technical terrain

EVOC CP 18L Camera bag

WORDS: OSCAR DAWE

As a mountain bike photographer myself, finding the right gear that integrates into the demands of the trail is paramount. The EVOC CP 18L offers on both functionality and durability even at it's size, making it an essential for holding your precious camera gear and the perfect pack to take out capturing those moments on the trail. Trust me this thing is the real deal.

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on the trails. So, grab your bike, gear up, and embark on the journey to becoming a wheelie master. You wi following these steps and dedicating time to practice, you'll soon be wheelieing with style and confidence fou will find mastering the wheelie is a rewarding skill that can enhance your mountain biking experience. By

is a rewarding skill that can enhance

Design & Comfort: Crafted with the needs of outdoor photographers in mind, the EVOC CP 18L boasts a thoughtfully designed layout that prioritizes accessibility and protection. The customizable interior compartments ensure that camera gear stays secure during even the most rugged rides, while the ergonomic shoulder straps and ventilated back panel provide comfort for long days in the saddle. The 18L bag's size is spot-on. It stays firmly in place, even on steep trails, unlike smaller packs that slide around. Whether fully loaded or not, it sits comfortably on your back until you need to grab your camera and accessing it is a breeze, whether from the side pocket or the back hatch.

Functionality: No joke, even at it's small size, this things got everything you would need. One of the standout features of the EVOC CP 18L is its versatility. With dedicated compartments for camera bodies, lenses, and accessories, organizing equipment is a breeze. The quick-access side pocket allows for swift lens changes without having to remove the pack entirely, while the integrated rain cover provides peace of mind when weather conditions take a

Durability: Constructed from high-quality materials, including water-resistant fabrics and reinforced stitching, the EVOC CP 18L is built to withstand the rigors of mountain biking. Whether navigating rocky terrain or braving muddy trails, this backpack offers reliable protection for expensive camera equipment, ensuring peace of mind for photographers in any environment

On-Trail Performance: In the field, the EVOC CP 18L shines. Its streamlined profile and low center of gravity ensure stability while riding, minimizing any interference with body movement. The adjustable chest and waist straps keep the pack securely in place, even during aggressive descents or technical climbs, allowing photographers to focus on capturing the perfect shot without distraction.

Overall, the EVOC CP 18L Mountain Bike Camera Backpack is a standout choice for mountain bike photographers seeking a blend of functionality, comfort, and durability. With its intuitive design rugged construction, and on-trail performance this pack proves to be an indispensable tool fo capturing the thrill and beauty of off-road adventures. Whether you're a seasoned professional or an avid enthusiast, the EVOC CP 18L is sure to elevate your photography game on



Specs

- 18 l pack, weighing in at 1600 g, $27 \times 52 \times 17$ cm
- Camera compartment: 25 x 24 x 16,5 cm
- Attachment system for: tripods, axes, saws, or other camera or trail work gear
- Compartment management: camera compartment 60%, equipment compartment 40%
- Partitioning (individual, padded)
- Easy-to-access camera compartment (on the rear
- Quick access to camera (side)
- Front-access equipment compartment
- Side compartment (fits 21 hydration system)
- Hip belt pocket
- Hip belt (extra-wide, padded)
- Carrying system (ergonomic, adjustable)
- Notebook pocket



DEDI CATE 2023-

This is 'Dedicate' just a book for all things mountain biking. Whether you're a newbie eager to dive into the pros fresh tips and tricks or just a mountain bike fan trying to follow a "local" racing season, you've landed in the right place.

'Dedicate' is all about living that bike life we all admire. From cruising through nature to shredding those crazy downhill runs from your dreams, 'Dedicate' is here to help you get off those screens and make you want to hop on your bike and enjoy the fesh air which is much missed nowadays.

But hey, it's not just about casual rides through the park (although those are cool too). Dedicate is an insider "scoop" (print is not dead, but that does limit us to only pictures though sorry) on the enduro and downhill racing scene in the UK. Dedicate has the lowdown on most of the races that went down in 2023-24, from big welsh decents to nail-biting cornish finishes. Get ready to relive the highs, the lows, and the jaw-dropping moments that define some of mountain bikings most intense events/competitions.

So grab a seat, kick back, and get ready to dive deep into the world of mountain biking with. Whether you're flipping through these pages at home or stashing it in your backpack for a trip to Scotland, you can enulge back into the scene wereather you are. So hit the trails and make some unforgettable memories!

speed and safety

"why dedicate"

In today's mountain biking scene, there's a looming challenge that's hard to ignore: the rocketing prices across the board. From bikes to gear, everything seems to come with a hefty price tag these days. And it's not iust the financial strain that's weighing on riders' minds. There's also the constant worry of getting injured, especially for adults who have bills to pay and families to support.

Think about it - one wrong move on the trail could mean time off work, medical bills piling up, and the stress of not being able to provide for yourselves and your loved ones. It's a real concern that's taking a toll on riders the world of mountain biking from a rider's mental well-being.

That's why, in this book, I want to hone in on the experiences of adult riders and racers. Sure, there are some awesome little shredders out there tearing up the trails (and well definitely highlight alot of that in this book aswell), but adults are definitely facing a unique set of challenges. They're juggling careers, family responsibilities, and the relentless pursuit of our passion for biking.

And that's where the name 'Dedicate' comes in. It's a nod to the sheer dedication and commitment these riders have to muster in order to excel in this sport while balancing all the other demands of life. It's about recognizing the sacrifices people make to pursue their love for mountain biking itself. even when the odds are stacked against them. But also how bikes can help with mental health all at the same time.

In the midst of the challenges we face in the mountain biking world, it's important to remember the incredible benefits this sport brings to both our mental and physical well-being. Mountain biking isn't just about conquering tough trails and pushing our limits – it's also a powerful form of therapy. There's something truly liberating about being out in nature, breathing in the fresh air. and feeling the rush of adrenaline as we navigate through the twists and turns of the

So, throughout this book, we'll dive deep into perspective. We'll explore strategies for managing the financial strain, tips for staying safe on the trails, and insights into preserving our mental health in the face of adversity. Because at the end of the day, it's our dedication that keeps us pedaling forward, no matter what life throws our way. And remember, while the challenges and worries may loom large in the mountain biking world, let's not forget to celebrate the incredible joys and benefits this sport brings to our es. Dedicate yourself to the ride, and you'll find that the rewards - both physical and mental - are truly boundless.

oscar dawe

Photo: Oscar Dawe 중 등 등

PHOTO: GARY STOKES

WORDS: OSCAR DAWE PHOTO: OSCAR DAWE PHOTO: GARY STOKES

Mastering The Art of The Wheelie

DEDICATE 2023-2024 speed and safety

ENDURO BIKES ARE COOL HOW TO WHEELIE IT'S WHEELIE COOL WHEELIE-ING IS COOL TRAINING TIPS

"ABERCARNE PROVIDES THE DRAMA AND CRASHES WALES LOVES TO SEE"

"Writing things" and "reminder pages"

Reminder page: things to do

- 1. Comprehensive Gear Guides: Provide in-depth reviews and comparisons of mountain bikes, components, gear, and accessories. Include tips for selecting the right equipment based on riding style, terrain, and skill level.
- 2. Trail Reviews and Destination Features: Showcase iconic trails, hidden gems, and epic riding destinations from around the world. Include trail maps, difficulty ratings, local amenities, and insider tips for planning unforgettable mountain biking adventures.
- 3. Riding Techniques and Skills: Offer expert advice, tutorials, and step-by-step guides for mastering essential mountain biking skills, such as cornering, jumping, descending, climbing, and navigating technical terrain.
- **4. Profiles and Interviews:** Spotlight influential riders, trail builders, industry insiders, and community leaders who are shaping the world of mountain biking. Share their stories, accomplishments, and insights into the sport.
- **5. Community Spotlights:** Highlight local riding communities, clubs, events, and races. Showcase group rides, volunteer efforts, advocacy initiatives, and grassroots projects that are making a positive impact on the mountain biking scene.
- **6. Adventure Stories and Expeditions:** Share firsthand accounts of epic bikepacking trips, multi-day adventures, and expeditions into remote wilderness areas. Feature stunning photography, personal anecdotes, and practical tips for planning similar excursions.
- 7. Maintenance and Repair Guides: Provide comprehensive guides and tutorials for maintaining, repairing, and upgrading mountain bikes. Cover topics such as bike maintenance schedules, trailside repairs, suspension setup, and bike fit adjustments.
- **8. Fitness and Training Tips:** Offer training plans, workouts, and nutrition advice tailored specifically for mountain bikers. Address topics such as strength training, endurance rides, recovery strategies, and injury prevention.
- 9. Environmental and Sustainability Initiatives: Explore topics related to environmental conservation, trail stewardship, sustainable practices, and responsible outdoor recreation. Educate readers on ways to minimize their impact on the environment and support conservation efforts.
- **10.Gear DIY and Customization:** Showcase creative DIY projects, hacks, and customization ideas for personalizing and upgrading mountain bike gear. Include tutorials for building trail features, modifying equipment, and creating custom bike accessories.
- **11.Historical Features and Retro Reviews:** Take a trip down memory lane with features on the history of mountain biking, iconic bikes and components from the past, and retrospectives on influential riders and races.
- **12.Reader Submissions and Community Content:** Encourage readers to contribute their own stories, photos, videos, and experiences to the publication. Feature reader submissions in dedicated sections or columns to foster a sense of community and engagement.

Cover Design:

- A stunning image of a mountain biker navigating a rugged trail, with majestic mountains in the background and a sense of adventure in the air.
- The title "Dedicate" in bold, dynamic lettering, emphasizing the commitment and passion of mountain biking.

Table of Contents:

- 1. Editor's Note: Welcome to Dedicate
- 2. The Evolution of Mountain Biking: From Roots to Trails
- 3. Gear Guide: Essential Equipment for Every Rider
- 4. Trail Tales: Stories of Triumph and Challenge from the Community
- 5. Technique Tips: Mastering the Art of Riding
- 6. Destination Discovery: Explore the World's Best Mountain Biking Locations
- 7. Environmental Awareness: Sustainability in the Mountain Biking World
- 8. Interview with a Pro: Insights from a Professional Mountain Biker
- 9. Trail Maintenance: Preserving and Protecting Nature's Paths
- 10. Photo Showcase: Capturing the Beauty and Thrill of Mountain Biking **Feature Articles:**
- "Finding Flow: The Zen of Mountain Biking"
- "The Science of Suspension: Demystifying MTB Suspension Systems"
- "Women Shredders: Breaking Barriers in Mountain Biking"
- "Adventure on Two Wheels: Bikepacking Expeditions"
- "The Thrill of Downhill: Conquering Descents with Confidence"
- "Navigating Trail Etiquette: Sharing the Trail Responsibly" Interviews:
- Exclusive interview with a legendary mountain biking pioneer.
- Insights from trail builders on creating sustainable and thrilling trails.

Photo Essays:

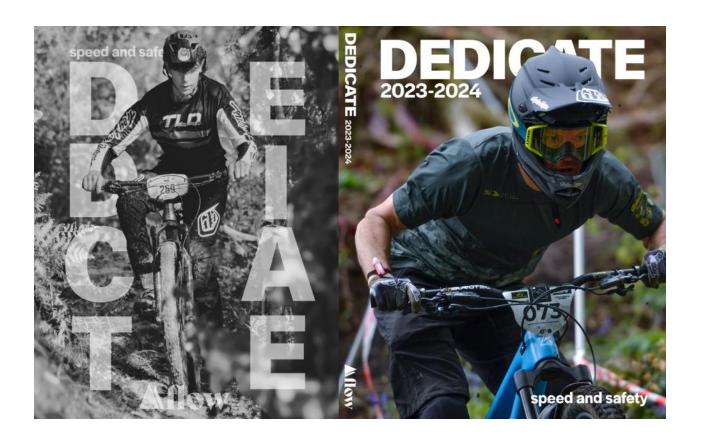
- Breathtaking landscapes from renowned mountain biking destinations.
- Action shots capturing the adrenaline-fueled moments on the trail.

Interactive Sections:

- Reader submissions: Share your own mountain biking stories, photos, and tips.
- Q&A with experts: Get your burning questions answered by seasoned riders and industry professionals.
- Trail maps: Downloadable maps for featured trails and destinations.

Dedicate would be a comprehensive guide and source of inspiration for mountain biking enthusiasts, from beginners to seasoned riders, celebrating the dedication and passion that fuels this exhilarating sport.

Reminder page: things to do 2



Writing things: 1

Mastering the Art of the Wheelie

Words: Oscar Dawe || Photo: Oscar Dawe

Mountain biking is not just about conquering rugged terrains and steep trails; it's also about mastering the art of bike control and finesse. One skill that can add an element of thrill to your ride is the wheelie. This is where you lift the front wheel off the ground and ride on just your rear, its a fundamental trick that every aspiring mountain biker should learn. Not only does it look cool, but it also helps you navigate obstacles with greater ease and confidence. In this guide, we'll break down the steps to help you wheelie like a pro.

Find the Right Bike and Setup - Before you attempt to wheelie, ensure you have the right bike and setup. A mountain bike with a lower gear ratio and a shorter wheelbase is generally easier to wheelie. Adjust your saddle height so that you have a comfortable pedaling position and enough room to lean back without feeling cramped.

Master the Manual - The manual is a precursor to the wheelie and involves lifting the front wheel off the ground without pedaling. Practice riding at a moderate speed, then shift your weight backward while simultaneously pulling up on the handlebars. Keep your arms straight and use your body to maintain balance. Start with short distances and gradually increase the duration as you gain confidence.

Get the Right Body Position - To initiate a wheelie, start riding at a moderate speed in a low gear. Shift your weight slightly back on the saddle, bending your elbows and knees. Keep your head up and eyes forward to maintain balance. Your dominant foot should be at the bottom of the pedal stroke to provide maximum power when you start pedaling.

Initiate the Wheelie - As you approach the desired speed, lean back slightly while simultaneously pedaling forcefully. Shift your weight back further, using a combination of pedal strokes and body movement to lift the front wheel off the ground. Remember to keep your arms relaxed and your grip firm on the handlebars.

Find Your Balance Point - Once the front wheel is off the ground, focus on finding the balance point where you can maintain the wheelie comfortably. This point may vary depending on your bike setup and body position. Use small adjustments in your body position and pedal strokes to control the height of the wheelie and keep it balanced.

Practice, Practice, Practice - Like any skill, mastering the wheelie takes time and practice. Start by practicing on flat terrain before progressing to more challenging surfaces such as inclines or obstacles. Experiment with different speeds, gears, and body positions to find what works best for you. Don't get discouraged by falls or setbacks; each attempt is an opportunity to learn and improve.

Safety First - Always prioritize safety when practicing wheelies. Wear appropriate protective gear, including a helmet, gloves, and knee pads, to minimize the risk of injury. Choose a clear and open space free of obstacles and other riders to practice safely. Start with small wheelies and gradually increase the duration and height as you become more comfortable and confident.

You will find mastering the wheelie is a rewarding skill that can enhance your mountain biking experience. By following these steps and dedicating time to practice, you'll soon be wheelieing with style and confidence on the trails. So, grab your bike, gear up, and embark on the journey to becoming a wheelie master.

Writing things: 2

Why Are Enduro Bikes So Damn Cool?

Words: Oscar Dawe | Photo: Oscar Dawe

Enduro bikes have taken the mountain biking world by storm, and for good reason. These machines are the epitome of versatility, blending the best features of downhill and cross-country bikes into one badass package. But what exactly makes enduro bikes so damn cool? Let's dive in and explore.

The Perfect Blend: Enduro bikes strike the perfect balance between downhill prowess and cross-country agility. With a slack geometry and ample suspension travel, they eat up technical descents like a dream. Yet, they're still nimble enough to tackle climbs and navigate tight trails with ease. Whether you're bombing down steep slopes or grinding your way up rocky terrain, an enduro bike has got your back.

All-Day Adventure: One of the coolest things about enduro bikes is their ability to handle all-day adventures with ease. Thanks to their comfortable geometry and efficient pedaling platform, you can spend hours exploring rugged terrain without feeling fatigued. Whether you're tackling epic backcountry trails or shredding bike parks, an enduro bike is your ticket to endless adventure.

Unstoppable Performance: Enduro bikes are built to perform in the most demanding conditions. From technical singletrack to bone-rattling descents, these bikes can handle it all. With beefy suspension, robust frames, and burly components, they inspire confidence and push riders to new limits. Whether you're hitting drops, railing berms, or sending gaps, an enduro bike is your ticket to unlocking your full potential on the trail.

Versatility Galore: Enduro bikes are the Swiss Army knives of the mountain biking world. They're equally at home on steep descents, technical climbs, and everything in between. Want to tackle a gnarly downhill run? No problem. Need to power up a rocky ascent? Piece of cake. With an enduro bike, you're ready for whatever the trail throws your way. It's like having a one-bike quiver for all your off-road adventures.

That Cool Factor: Let's be real – enduro bikes just look sick. With their aggressive stance, beefy tires, and sleek lines, they exude an aura of badassery that's hard to ignore. Whether you're ripping through the forest or hitting the local bike park, you'll turn heads and make a statement on an enduro bike. Plus, there's something undeniably satisfying about conquering rugged terrain on a machine that looks as good as it rides.

So basically, enduro bikes are the ultimate adventure machines, combining the best elements of downhill and cross-country bikes into one unbeatable package. With their versatility, performance, and undeniable cool factor, it's no wonder they've become a favorite among mountain bikers worldwide. So, if you're looking to take your riding to the next level, hop on an enduro bike and prepare for the ride of a lifetime. Trust me – you won't be disappointed.

Writing things: 3

Training tips

- 1. Consistency is Key: Make a training schedule and stick to it. Consistent training builds fitness and skills more effectively than sporadic workouts.
- 2. **Strength Training:** Incorporate strength training exercises into your routine to improve overall strength and stability. Focus on exercises that target the core, legs, and upper body, such as squats, lunges, deadlifts, and planks.
- **3. Endurance Rides:** Include long, steady rides in your training to build endurance and improve your ability to sustain effort over extended periods. Gradually increase the duration and intensity of your rides to challenge yourself.
- **4. Interval Training:** Intervals are short bursts of high-intensity effort followed by periods of rest or lower intensity. Incorporate interval training into your rides to improve speed, power, and anaerobic capacity. Examples include hill repeats, sprint intervals, and fast-paced sections on the trail.
- **5. Technical Skills Practice:** Dedicate time to practicing technical skills such as cornering, braking, descending, and navigating obstacles. Find a suitable practice area or trail with features that challenge your abilities, and focus on improving one skill at a time.
- **6. Balance and Coordination:** Enhance your balance and coordination by incorporating drills and exercises that challenge your proprioception and bike handling skills. Practice riding on narrow surfaces, navigating tight turns, and maneuvering through technical terrain.
- 7. Flexibility and Mobility: Maintain flexibility and mobility to prevent injuries and improve your riding performance. Incorporate stretching, yoga, or mobility exercises into your routine to improve joint range of motion and muscle flexibility.
- 8. Rest and Recovery: Don't underestimate the importance of rest and recovery in your training regimen. Allow your body time to recover between workouts to prevent overtraining and reduce the risk of injury. Get plenty of sleep, stay hydrated, and listen to your body's signals.
- **9. Nutrition and Hydration:** Fuel your body with proper nutrition and hydration to support your training efforts. Eat a balanced diet rich in carbohydrates, protein, and healthy fats, and stay hydrated before, during, and after your rides.
- **10.Mental Preparation:** Develop mental toughness and focus to overcome challenges on the trail. Visualize success, set realistic goals, and maintain a positive attitude during training and competition.
- Incorporating these training tips into your mountain biking routine can help you become a stronger, more skilled rider and enhance your enjoyment of the sport. Remember to listen to your body, stay consistent, and have fun along the way!

Writing things: 3 (but a bit different)

Combine this with the slide above to finish

Enduro training tips

- **1. Get Down and Dirty:** Spend time honing those downhill skills. Find the gnarliest trails around and practice your cornering, braking, and obstacle navigation like a boss.
- 2. Ride Like You Mean It: Enduro races are a full-body workout. Get your endurance game strong by hitting the trails for long, steady rides. Don't forget to throw in some intense intervals to simulate those race-stage sprints.
- **3. Pedal Power:** Climbs can be a killer, so make sure you're ready to tackle them like a champ. Practice your technical climbing skills to conquer those steep ascents and rock-strewn trails with ease.
- **4. Speed Demon:** Enduro is all about speed, so amp up your power and agility. Throw in some sprint intervals and hill repeats to get those legs pumping and your speed dial cranked up to 11.
- **5. Know Your Terrain:** Familiarize yourself with the trails you'll be racing on. Pre-ride those courses and get comfy with the twists, turns, and features you'll be shredding come race day.
- **6. Gear Up, Gear Right:** Make sure your bike is dialed in for race day. Check your suspension, tire pressure, and bike fit to ensure you're riding in style and comfort.
- 7. Mind Over Matter: Enduro racing is as much mental as it is physical. Practice staying cool under pressure and visualizing success on the trails. A positive mindset goes a long way on race day.
- **8. Practice Makes Perfect:** Simulate race conditions in your training. Ride multiple stages back-to-back, practice transitions, and dial in your race-day nutrition and hydration strategy.
- **9. Rest and Recovery:** Don't forget to give your body some love. Take rest days, listen to your body, and make sure you're getting enough sleep, grub, and hydration to keep you charging hard.

Title: Riding Green: Environmental Awareness and Sustainability in the Mountain Biking World

Writing things: 4

As the global community grapples with the urgent need for environmental stewardship, the mountain biking world is taking proactive steps to minimize its ecological footprint and preserve the natural landscapes that provide endless joy and adventure. From trail building and maintenance to gear manufacturing and event management, sustainability has become a guiding principle, driving innovation and collaboration within the mountain biking community. In this article, we delve into the ways in which environmental awareness is shaping the world of mountain biking and paving the way for a greener future.

Trail Preservation: Treading Lightly

At the heart of mountain biking's commitment to sustainability is the stewardship of the trails that wind through forests, mountains, and wilderness areas. Recognizing the delicate balance between recreation and conservation, riders and trail builders are implementing practices to minimize erosion, protect wildlife habitats, and promote biodiversity. Trail building techniques such as contouring, armored features, and sustainable drainage mitigate the impact of heavy use, while designated trail systems help to concentrate human activity and minimize disturbance to sensitive ecosystems. Moreover, trail advocacy organizations work tirelessly to secure access to public lands, educate riders about responsible riding practices, and engage in habitat restoration projects to ensure that mountain biking remains in harmony with nature.

Gear Innovation: From Cradle to Cradle

In recent years, manufacturers of mountain biking gear and equipment have embraced sustainability as a core value, seeking to reduce waste, minimize resource consumption, and prioritize eco-friendly materials and production methods. From bikes and apparel to accessories and components, sustainability initiatives are driving innovation across the industry. Companies are exploring alternative materials such as recycled plastics, organic cotton, and bamboo fibers to reduce their environmental impact, while initiatives like product lifecycle assessments and carbon offset programs help to measure and mitigate the emissions associated with manufacturing and distribution. Furthermore, initiatives such as repair and recycling programs encourage riders to extend the lifespan of their gear and minimize waste.

Event Management: Setting the Green Standard

Mountain biking events, from local races to international competitions, are increasingly incorporating sustainability practices into their planning and execution. Event organizers are minimizing waste by implementing recycling and composting programs, reducing energy consumption through efficient lighting and transportation options, and offsetting carbon emissions through tree planting initiatives and renewable energy credits. Moreover, events are embracing the concept of "leave no trace," encouraging participants to respect the natural environment, minimize their impact, and leave trails and venues in better condition than they found them. By setting the green standard for event management, mountain biking competitions are demonstrating that sustainability and high-performance sport can go hand in hand.

Community Engagement: Empowering Change

Perhaps most importantly, environmental awareness in the mountain biking world is fostering a sense of community and collective responsibility among riders, trail builders, manufacturers, and event organizers. Through volunteer workdays, educational workshops, and advocacy campaigns, individuals and organizations are coming together to protect the landscapes they love and ensure that future generations can experience the thrill of mountain biking in pristine environments. By fostering a culture of sustainability, the mountain biking community is not only reducing its environmental impact but also inspiring others to take action and make a positive difference in the world. Together, riders around the globe are proving that by embracing sustainability, we can preserve the natural beauty of our planet while enjoying the exhilarating adventure of mountain biking.

As the mountain biking world embraces sustainability as a guiding principle, it is leading the way towards a greener, more environmentally conscious future. From trail preservation and gear innovation to event management and community engagement, riders and enthusiasts are demonstrating that environmental stewardship and outdoor recreation can coexist harmoniously. As we continue to tread lightly on the trails and leave a positive impact on the planet, the mountain biking community is setting an inspiring example for outdoor enthusiasts everywhere. I aimed to capture the multifaceted ways in which environmental awareness is shaping the mountain biking world, highlighting the industry's commitment to sustainability across various aspects. Let me know if there are any specific areas you'd like to explore further!

Title: Riding High: The Evolution of Mountain Biking from Roots to Trails

Writing things: 5

In the realm of outdoor adventure sports, few activities have experienced such a meteoric rise in popularity as mountain biking. What began as a fringe pursuit among a handful of thrill-seekers has transformed into a global phenomenon, with millions of enthusiasts hitting the trails each year. But how did this exhilarating sport evolve from its humble beginnings to become the adrenaline-fueled, trail-blazing pastime we know today? Let's embark on a journey through the evolution of mountain biking, tracing its roots and celebrating the trails it has carved along the way.

The Genesis: Rough Roads and Radical Ideas

The story of mountain biking begins in the 1970s, in the hills of Marin County, California. It was here that a group of cycling enthusiasts, inspired by the rugged terrain of Mount Tamalpais, began modifying their bikes to tackle off-road trails. With makeshift handlebars, beefed-up frames, and a healthy dose of ingenuity, these pioneers laid the groundwork for a new sport. Among them, names like Gary Fisher, Joe Breeze, and Tom Ritchey loom large. These visionaries experimented with frame geometry, tire designs, and braking systems, pushing the boundaries of what was possible on two wheels. Their creations, dubbed "clunkers" or "ballooners," were the precursors to modern mountain bikes, and their spirit of innovation set the stage for the sport's explosive growth.

The Wild Ride: From Niche to Mainstream

As word of this daring new pastime spread, mountain biking caught fire across the United States and beyond. Races sprang up in the mountains of Colorado, the forests of Vermont, and the deserts of Nevada, drawing riders from all walks of life. With each competition, the sport gained momentum, attracting sponsorship deals, media attention, and a legion of devoted followers. The 1980s saw the emergence of dedicated mountain bike manufacturers, eager to capitalize on this burgeoning market. Companies like Specialized, Trek, and Cannondale began producing purpose-built bikes tailored to the demands of off-road riding. Innovations such as indexed shifting, suspension forks, and disc brakes revolutionized the sport, making it more accessible and thrilling than ever before.

Trailblazers: Building a Global Community

As mountain biking matured, so too did its culture. Riders formed clubs, associations, and advocacy groups, banding together to protect and expand their playgrounds. From the rugged trails of the Pacific Northwest to the pristine singletracks of Europe, mountain bikers worked tirelessly to preserve access to the natural spaces they loved. The 1990s witnessed the birth of freeride and downhill mountain biking, pushing the boundaries of what was possible on a bike. Riders like Hans "No Way" Rey, Greg Herbold, and Missy Giove became household names, showcasing their skills in films, magazines, and competitions around the world. With each death-defying stunt and gravity-defying descent, they inspired a new generation of riders to dream big and ride even bigger.

Into the Future: Innovations and Sustainability

As we look to the future, the evolution of mountain biking shows no signs of slowing down. Advances in technology continue to reshape the sport, with carbon fiber frames, electronic shifting, and tubeless tires becoming commonplace. Yet, amid this wave of progress, a renewed focus on sustainability and conservation has emerged. Trail stewardship programs, eco-friendly events, and sustainable manufacturing practices are becoming increasingly prevalent within the mountain biking community. Riders are recognizing the importance of preserving the natural environments that provide the backdrop for their adventures, ensuring that future generations can experience the thrill of the trail.

Conclusion: Riding Onward

From its humble beginnings on the slopes of Mount Tamalpais to the dizzying heights of global popularity, the evolution of mountain biking is a testament to the human spirit of exploration and adventure. What started as a handful of enthusiasts tinkering with bikes has blossomed into a vibrant culture with a rich history and a promising future. As we pedal forward into uncharted territory, let us remember the pioneers who blazed the trails before us and the landscapes that inspire us to push the limits of what is possible. Whether we're ripping down a mountainside at breakneck speed or leisurely exploring a wooded trail, one thing remains constant: the pure joy of riding a mountain bike. So, grab your helmet, saddle up, and join us as we continue to explore the ever-expanding world of mountain biking. The trails await.

Writing things: 6 [side notes]

Right: Jay Williamson tearing through the English fog on his Santa Cruz V10, making practice look like fun even in this weather. Who says a little fog can't add some extra spice to a race, although I did have to wip the flash out to get this shot as you can see from the rain drops

Writing things: 7 [side notes]

1:

Round 4 of the Valley Enduro went down last weekend in Abercarn, Wales, with some new hand-cut, technical trails compared to the previous round at Afan. The rain leading up to the race made things slippery, causing plenty of crashes, but Western Bike Events took good care of the injured riders. The organizers are picking up new insights with each race, making this series even more exciting.

2:

Round 4 of the Valley Enduro took place last weekend in Abercarn, Wales, featuring hand-cut, technical trails different from the previous round at Afan. Despite challenging conditions due to rain, riders tackled the slippery fresh trails, resulting in numerous crashes. Fortunately, Western Bike Events ensured injured riders received excellent care. Organizers are learning and evolving with each race, making this series increasingly exciting.











Woodys bike park 2024

























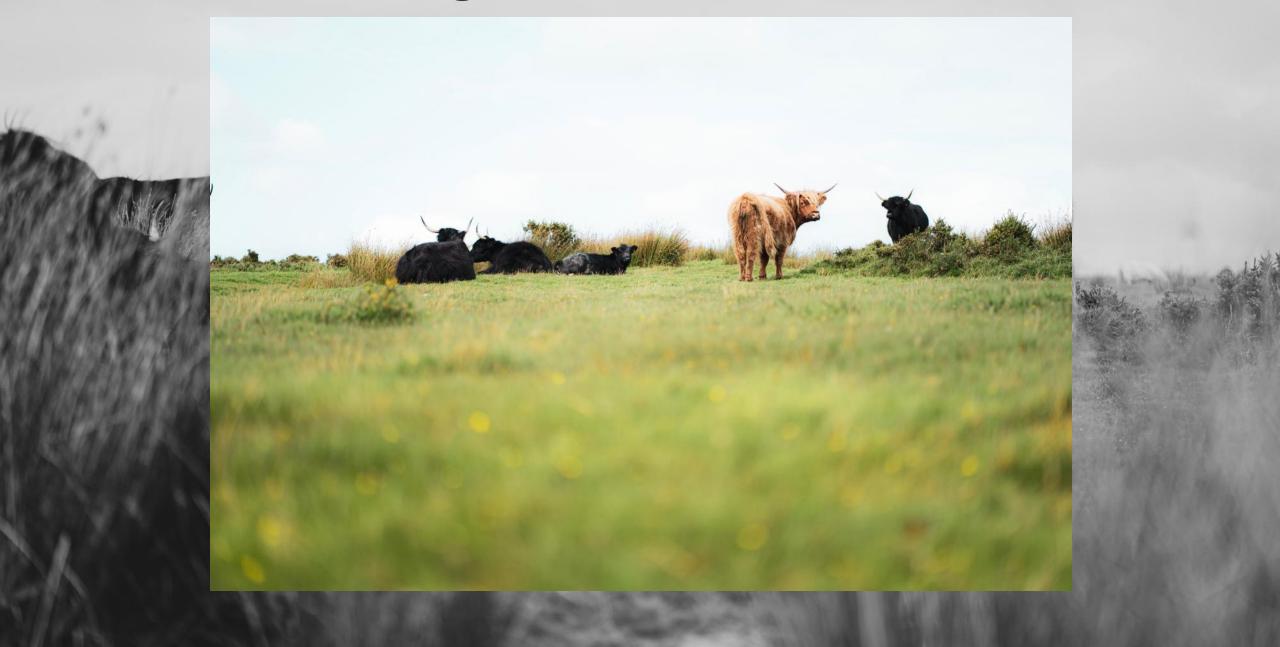


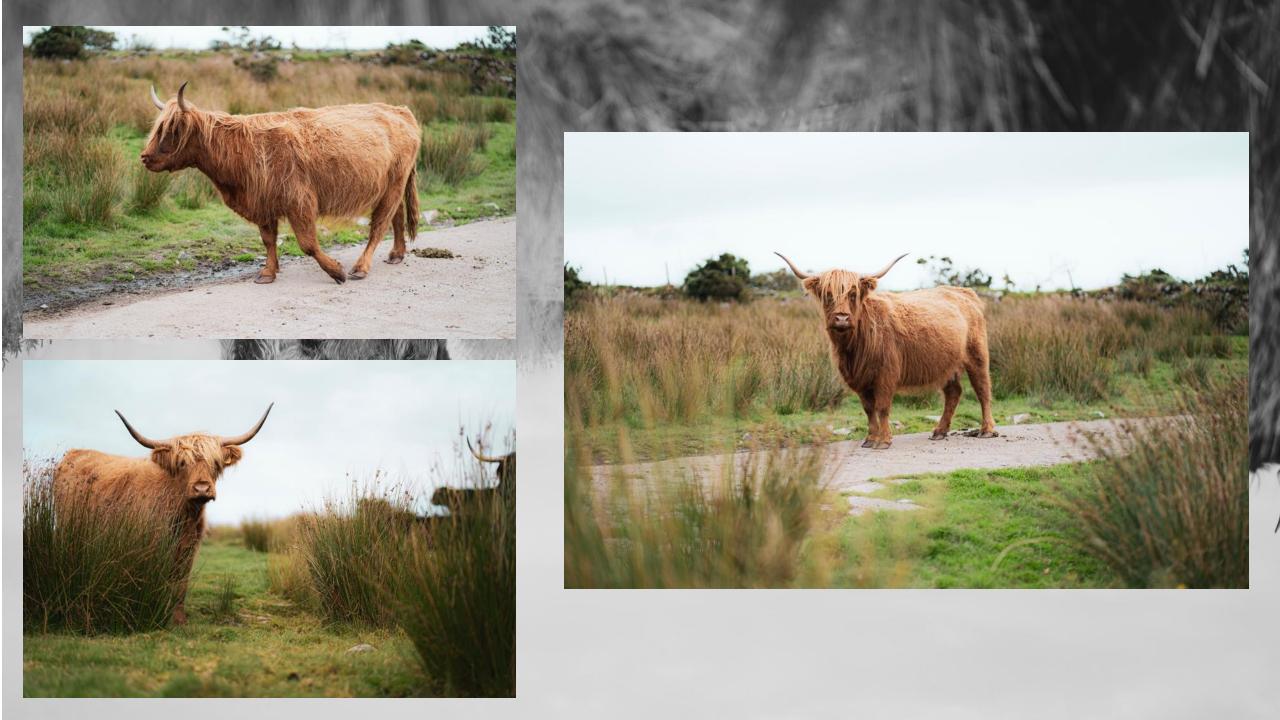






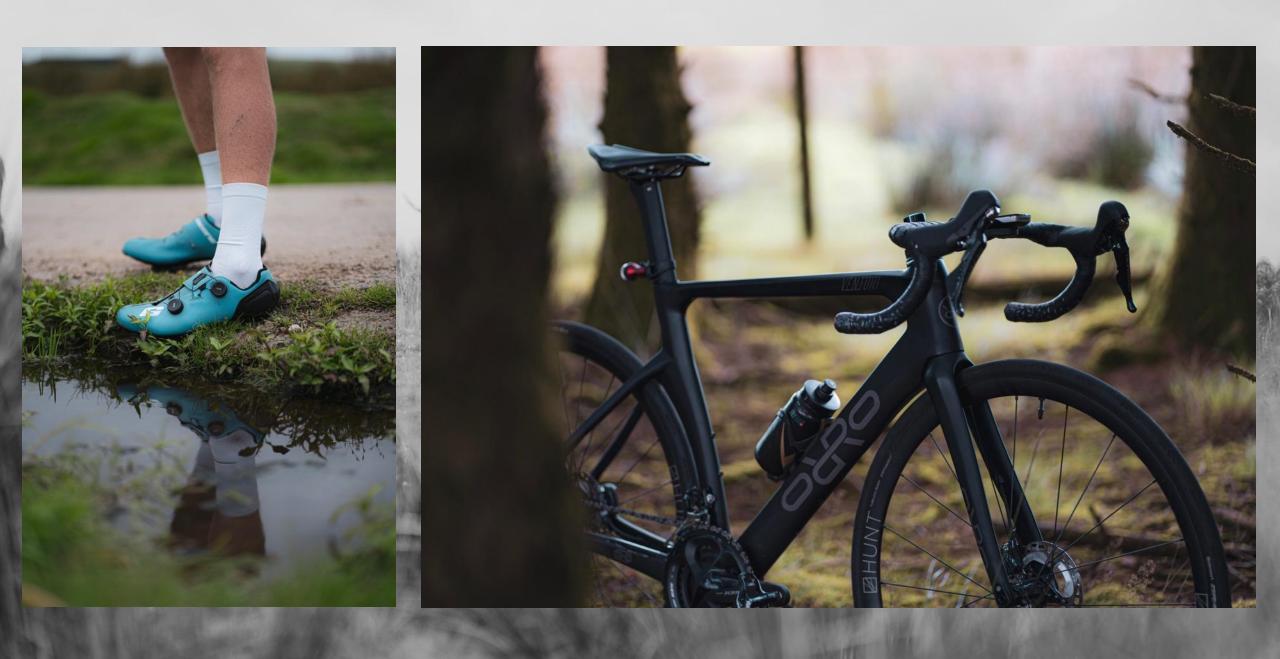
Small outing on road bikes, Colliford Lake











First time with the a7 iii

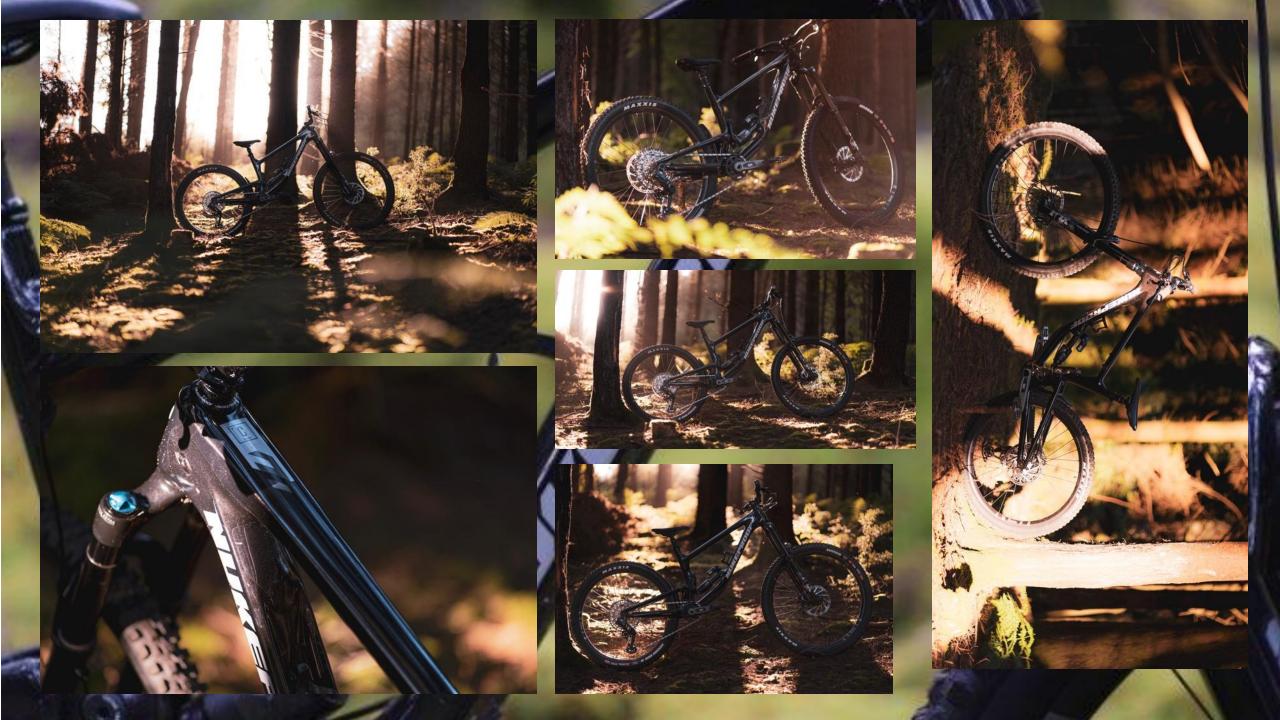


Triathlon, Bodmin 2024











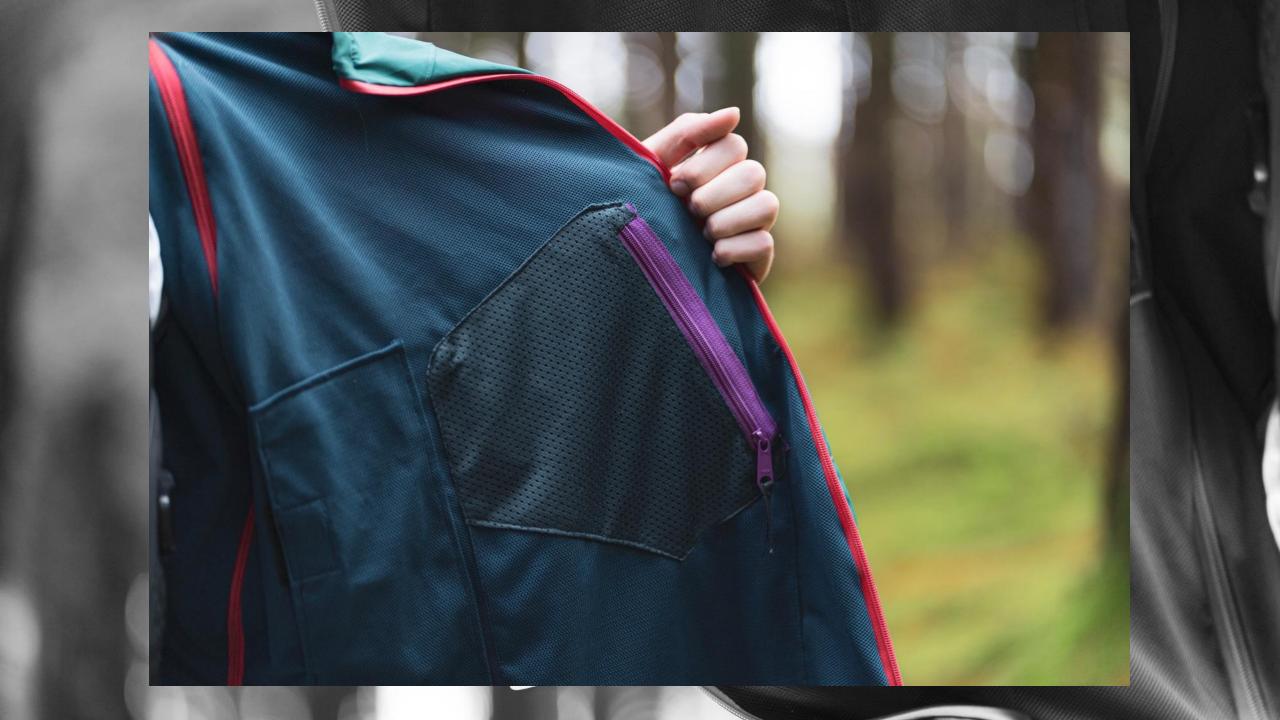






































Old Hill Bike Park, Kernow 2024





Gawton gravity rnd1













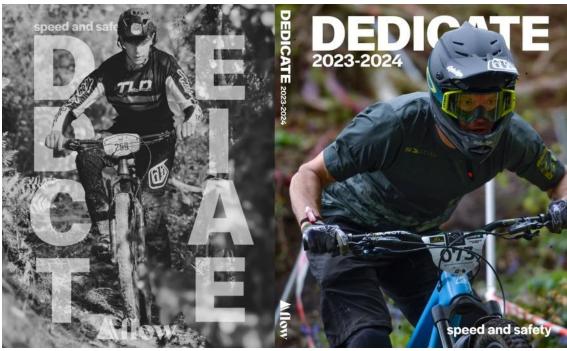






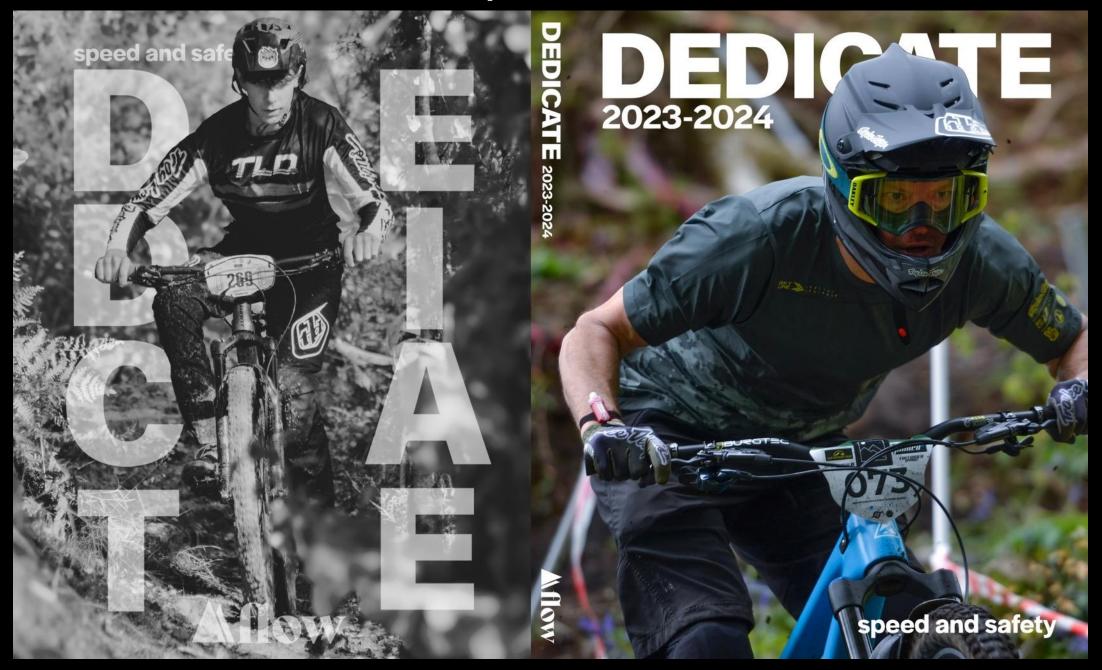








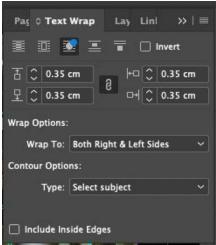
Front Cover, Spine and Back













speed and safety

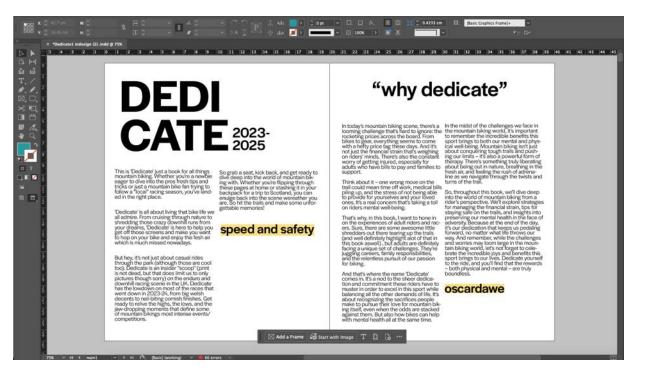


This is a mockup of how the book will look after it is printed, to do this I searched for a book mockup for photoshop, downloaded it and then opened the file. I then imported my front cover, back and spine into the dedicated sections and produced the result you see.

I also used the mockup I made to create another mockup (bottom left) of a billboard with the book on it.







For the first two pages I opened adobe express so I could get this font as you can't get it on in design unless you pay for the full adobe creative cloud, when I opened a 25 by 40cm document, after I had opened it, I wrote about the stories and ideas I have based the book off and why I called it "dedicate". I also wrote the dates of the book, then I wrote the slogan at the bottom and the author (me) and highlighted it in a mustard colour, but the way I did this was to make a small box and fit it to the size of the text as there was no highlighting tool. After I saved the file as a high-quality Png and put it into InDesign to get what you see on the left.

oscar dawe

speed and safety

2023-2024

Halyard Display

Book

"why dedicate"

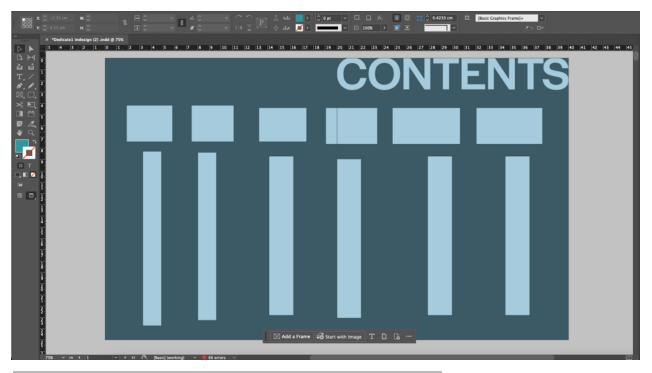
DEDI CATE

106 +

In today's mountain biking scene, there's a looming challenge that's hard to ignore: the rocketing prices across the board. From bikes to gear, everything seems to come with a hefty price tag these days. And it's not just the financial strain that's weighting on rides' minds. There's also the constant worry of getting injured, especially for adults who have bills to pay and families to support.

This is 'Dedicate' just a book for all things mountain biking. Whether you're a newbie eager to dive into the pros fresh tips and tricks or just a mountain bike fan trying to follow a "local" racing season, you've landed in the right place.



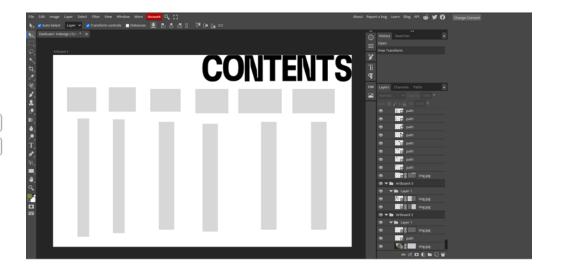


At first, I chose the font gt flexa but I couldn't get it on Indesign without paying so I wrote the word out I needed ("contents" in capitals) and saved it as a Png image then put it into Indesign, I then made it fit to one side of the page by cropping it and shoving it right to the corner and making it the perfect size. I then changed my mind and changed the font to Halyard and made it the medium thickness. I also changed the colour of the text to light blue and the background to dark blue to create negative space.

CONTENTS

CONTENTS









Mastering The Art of The Wheelie Photo: Oscar Dawe

Mastering The Art of The Wheelie

Once again, I opened adobe express so I could get this font as you can't get it on in design unless you pay for the full adobe creative cloud, when I opened a 25 by 40cm document, after I had opened it, I wrote how to wheelie and the steps to do so. After I saved the file as a high-quality Png and put it into InDesign to get what you see on the left.

For the title of this page spread I chose the font Gt Flexa (same as contents page) but again I couldn't get it on InDesign without paying so I wrote the word out I needed ("WHEELIE-ING IS COOL") and saved it as a Png image then put it into InDesign, I then made it fit to one side of the page by cropping it and shoving it left to the corner and making it the perfect size. I also wrote out "Photo: Oscar Dawe" and the actual title of the page on adobe express in the same font as the paragraph. For the "Photo: Oscar Dawe" I highlighted it in black and coloured the text the same colour as the background for some negative space as it adds some elements to the page. I did the same for the text on the bottom right of the page. Then I added an image in the center of the right-hand page above the text I just spoke about. Underneath this is used the same style text as "photo: Oscar Dawe" where I highlighted it in black and coloured the text the same colour as the background for some negative space. I then realized I should probably keep the font the same throughout the book so changed the title to halyard and put speech marks around it, I also centered it in the page instead of having it on the left hand side. I also moved the photo credits to the bottom of the left hand page and put them in the center, I also realized that the "title wasn't actually the title but a quote, so under this, I added the title back in placed it on top of the main bodies of





Mountain biking is not just about conquering rugged terrains and steep trails; it's also about mastering the art of bike control and finesse. One skill that can add an element of thrill to your ride is the wheelle. This is where you lift the front wheel off the ground and ride on just your rear, its a fundamental trick that every aspiring mountain biker should learn. Not only does it look cool, but it also helps you navigate obstacles with greater ease and confidence. In this guide, we'll break down the steps to help you wheelie like a pro.

Get the Right Body Posit at a moderate speed in a laback on the saddle, bend own in the saddle, bend own i

Safety First: Always prioritize safety when practicing wheelies. Wear appropriate protective gear, including a helmet, gloves, and knee pads, to minimize the risk of injury. Choose a clear and open space free of obstacles and other riders to practice safely. Start with small wheelies and gradually increase the duration and height as you become more comfortable and confident.

Find the Right Bike and Setup: Before you attempt to wheelie, ensure you have the right bike and setup. A mountain bike with a lower gear ratio and a shorter wheelbase is generally easier to wheelie. Adjust your saddle height so that you have a comfortable pedaling position and enough room to lean back without feeling cramped.

Master the Manual: The manual is a precursor to the wheelie and involves lifting the front wheel off the ground without pedaling. Practice riding at a moderate speed, then shift your weight backward while simultaneously pulling up on the handlebars. Keep your arms straight and use your body to maintain balance. Start with short distances and gradually increase the duration as you gain confidence.

Get the Right Body Position: To initiate a wheelie, start riding at a moderate speed in a low gear. Shift your weight slightly back on the saddle, bending your elbows and knees. Keep your head up and eyes forward to maintain balance. Your dominant foot should be at the bottom of the pedal stroke to provide maximum power.

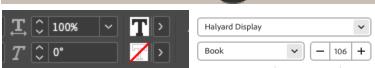
Initiate the Wheelie: As you approach the desired speed, lean back slightly while simultaneously pedaling forcefully. Shift your weight back further, using a combination of pedal stokes and body movement to lift the front wheel off the ground. Remember to keep your arms relaxed and your grip firm on the handlebars.

Find Your Balance Point: Once the front wheel is off the ground, focus on finding the balance point where you can maintain the wheelie comfortably. This point may vary depending on your bike setup and body position. Use small adjustments in your body position and pedal strokes to control the height of the wheelie and keep it balanced.

Practice, Practice: Mastering the wheelie takes time and practice. Start by practicing on flat terrain before progressing to more challenging surfaces such as inclines or obstacles. Experiment with different speeds, gears, and body positions to find what works best for you.

Once you can finally wheelie it's time to take your skills to the trails. Practice wheelie-ing over small obstacles such as roots or rocks to build confidence and control in real-world riding scenarios. As you become more comfortable, challenge yourself with longer wheelies and more technical terrain.

mastering the art of the wheelie





O \sim Halyard Display (OTF \sim TT \sim 93.4 pt \sim Medium \sim TT \sim 80 pt \sim

words: oscar dawe

You will find mastering the wheelie is a rewarding skill that can enhance your mountain biking experience. By following these steps and dedicating time to practice, you'll soon be wheelieing with style and confidence on the trails. So, grab your bike, gear up, and embark on the journey to becoming a wheelie master. You will find mastering the wheelie is a rewarding skill that can enhance your mountain biking experience. By following these steps and dedicating time to practice, you'll soon be wheelieing with style and confidence on the trails. So, grab your bike, gear up, and embark on the journey to becoming a wheelie master.



For this page spread I wanted to display this image in its full potential, so I edited it in lightroom making it black and white and all the other adjustments, I saved the image as full size and inserted it into InDesign, for the text on the left I wrote up (p59) a small paragraph to go along with the image and describe what's happening. Again, I wrote the paragraph on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. For the small text that you can kind of see in the image, I used the same font as in the other text on this page and throughout the whole book, but I put it in capitals and used the "book" thickness.





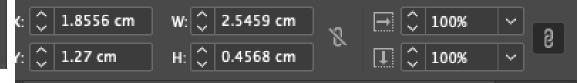


Main: Jay Williamson tearing through the English fog on his Santa Cruz V10, making practice look like fun even in this weather. Who says a little fog can't add some extra spice to a race, although I did have to wip the flash out to get this shot as you can see from the rain drops





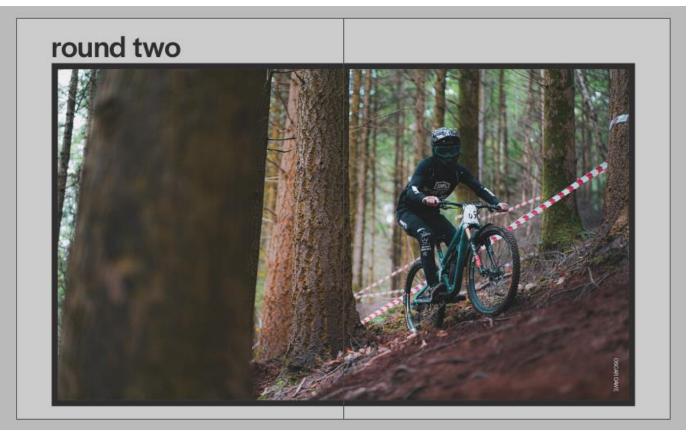
For this page spread I selected an image from my lightroom that might look nice in the background because of the colours, then I placed it into InDesign and made fit the background. After I had done this, I placed the other images I had from this event and placed them onto the page spread. On the right I made them equal of size and place them on top of each other. On the left however I used one portrait image and filled the majority of the page.







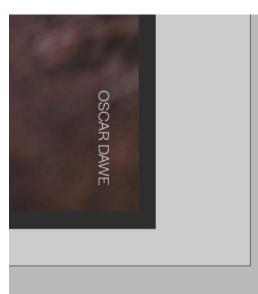




For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the bottom right I wrote my name as photographer credits. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. After this, I used the light grey colour for the background to change it to the same theme as the other pages based on the same event. I then added an outline to the image and made it smaller. Then I added text over the top in the dark grey colour stating the round that the picture was taken at.









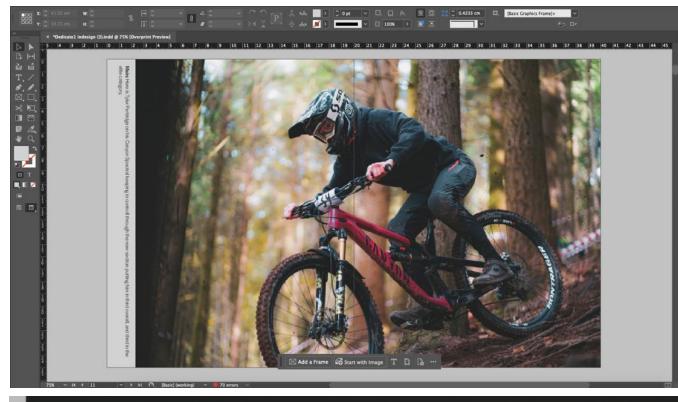
For this page spread, I started off by choosing an image of some leaves from my gawton shoot for the background. Since I was going to have greenish images on the slide, I wanted a nice image that could contrast that. In the end I went for the image you can see which is a nice autumnal orangey colour. I then added the images of the same rider (freddy birchil) I was going to use and placed them at 90 degrees, so they were portrait then added a light grey outline to them both.



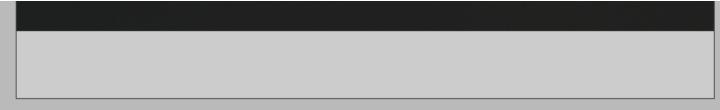








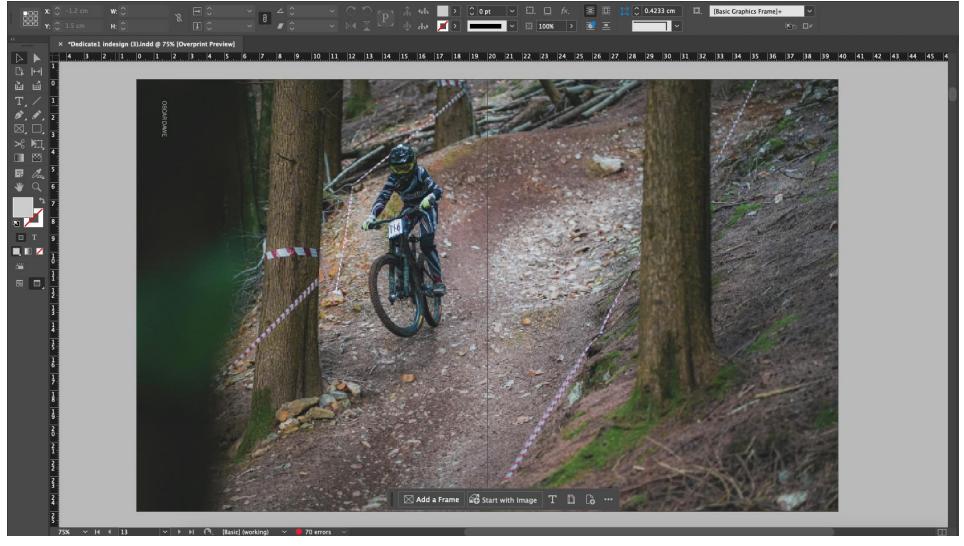
For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the top left I wrote my name as photographer credits. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. I also cut a small section of the image off to add a small body of text at a 90-degree angle. I added a grey box underneath the image as the background where the writing will go. To do this, I wrote the paragraph on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. For the small text that you can kind of see in the image, I used the same font as in the other text on this page and throughout the whole book, but I put it in capitals and used the "book" thickness.



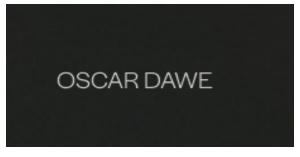
Main: Here is Tyler Partridge on his Canyon Spectral keeping in controll through the new section putting him in third overall, and third in the elite catagory.







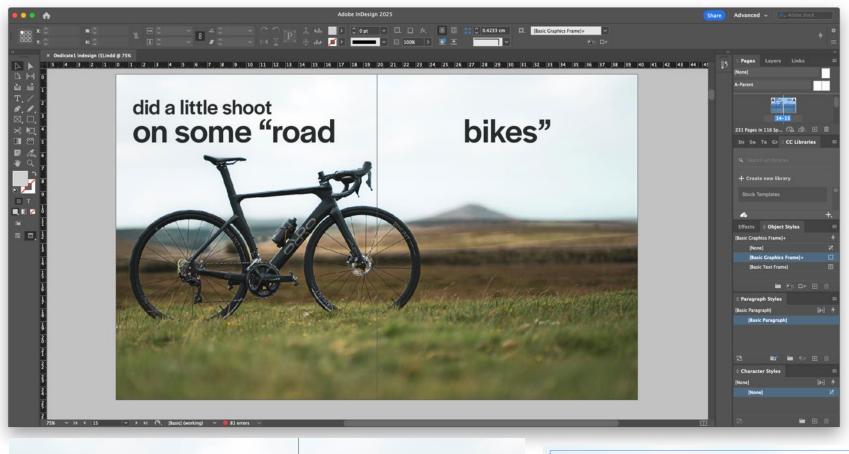
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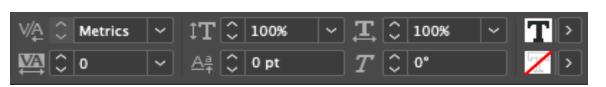


did a little shoot
on some "road

bikes"

did a little shoot
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did a little shoot



bikes"

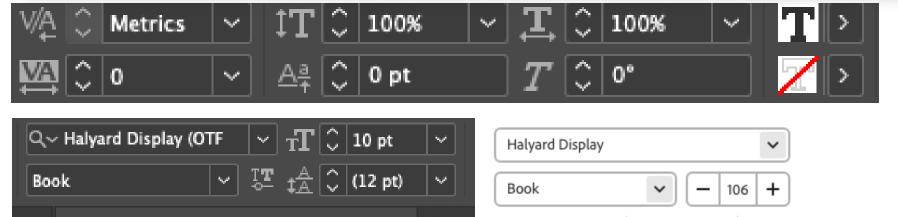
For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text I wrote up a comment or title as you could call it for the next few pages that link to this one, so the same shoot. I put road bikes in brackets an inside joke as apparently, I was riding a cross bike not a road bike.



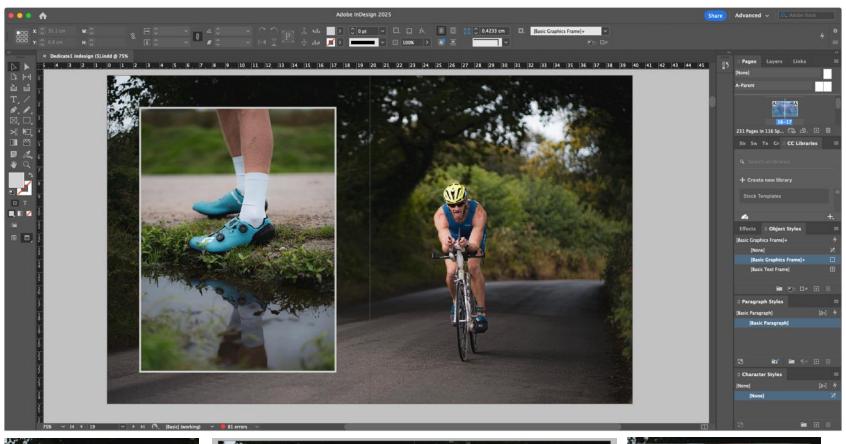




For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the bottom left I wrote my name as photographer credits. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there.







For this page spread, I started off by choosing an image of a random rider along the road from my shoot for the background and as an image on the right hand side. In the end I went for the image you can see which is a nice greeny colour and some hints of blue in the shoes. I then added the images of the same riders foot I was going to use, then placed a light grey outline to the image.









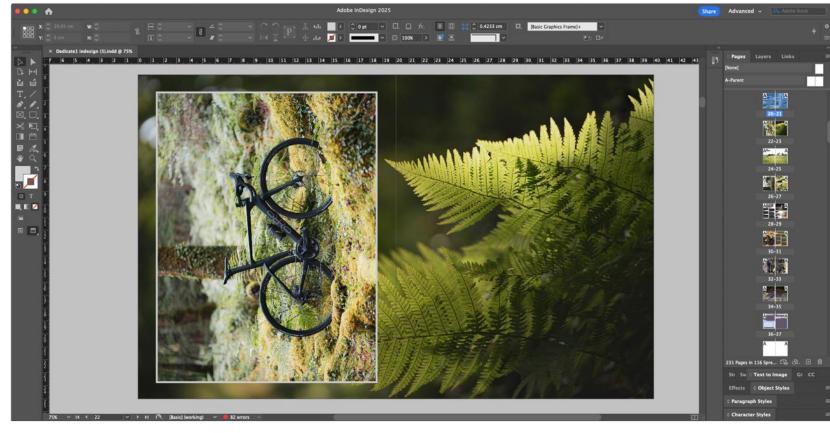




For this page spread, I started off by choosing an image of the bike and placed it on the left page, whilst still overlapping the right side a bit. Then on the left side I added another picture from the shoot of a leaf and left a small gap in between the images, I filled in this gap with the same grey colour that I used for the text. For the text I wrote "got some bike shots" and made bike shots bigger than got some to spice it up a bit and make it less boring, all of this was using the font halyard and the light grey colour I used earlier in this page and the previous page for the image.







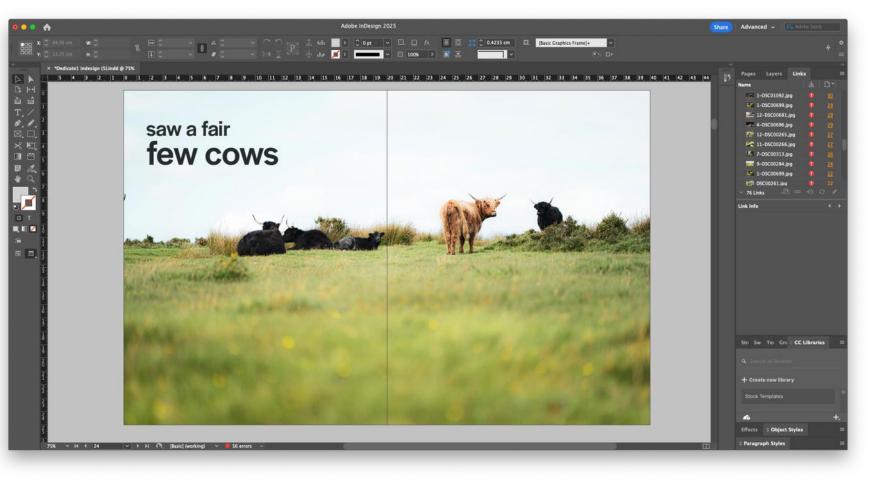
For this page spread, I started off by choosing an image of some ferns from my shoot for the background. Since I was going to have greenish images on the slide, I wanted a nice image that could cmatch that. In the end I went for the image you can see which is a nice greeny yellow colour. I then added the image of the bike I was going to use and placed it at 90 degrees, so it was portrait then added a light grey outline to it.











For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text I wrote up a comment or title as you could call it for the next few pages that link to this one, so the same shoot. I used the font halyard display once again and used the dark grey colour I have used for many other pages.

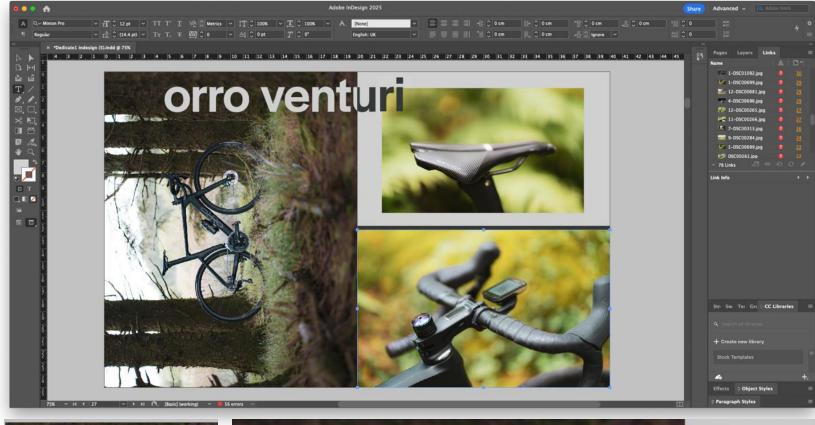
Halyard Display	Halyard Display				
Book	~	_	106	+	

saw a fair



saw a fair few cows

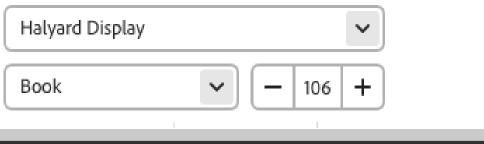






At the part where it says "Orro Venturi" I made a box in the grey colour so the text could be the dark grey colour. I overlapped the box onto the title, then created outlines around it. After this I selected the box and the title and went into object – pathfinder – exclude overlap to create the image you can see where the colour of the text changes where it overlaps, it changes to the dark grey colour. On the left hand side underneath the text I placed an image of the bike at 90 degrees. On the keft, I placed a picture of the handle bars filling up the whole half of the page, above this I left a small gap in between the grey background I created so I could add the dark grey in between as a kind of outline. In and above the grey background, but under the text I added another image with similar colours to the one beneeth it as it was in the same location.













ope spe the qua spr the the col pho bag ado

I did all this page on adobe express apart from the images. First, I opened adobe express, then opened a 25 by 40cm document, after I had opened it, I wrote about the Evoc CP 26l and the specs of the bag. For the titles ("Specs" and "Words: Oscar Dawe") I wrote them the same as the title of the page but highlighted it in a mustard yellow colour. After I saved the file as a highquality Png and put it into InDesign to get what you see on the left. For the title of this page spread I chose the same font this time. At one point I tried to create some random lines around the title using the pen tool and a drawing tablet, but I thought it added to much to the page so in the end I decided to remove it. For the images I took a photo of some ferns, inverted the colour then, colour overlayed the image and placed it in the top right. On top of this I added a photo of the whole bag. In the bottom right-hand side, I placed o photo of the right side of the bag a bit closer. After all of this work, my school has allowed me to get the fonts straight of adobe font onto InDesign so I redid all of this straight onto the document itself. I also experimented by drawing random lines using the pencil tool, around the main title to add a bit of spice to the page but it added to much clutter so I removed it.



Design & Comfort















ENDURO

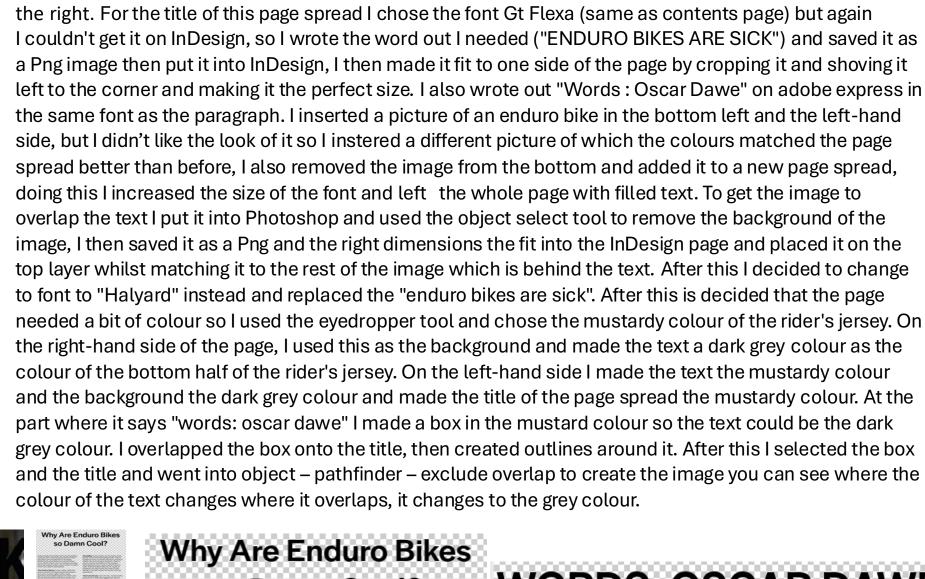














Why Are Enduro Bikes so Damn Cool?

Once again, I opened adobe express so I could get this font as you can't get it on in design, when I opened a

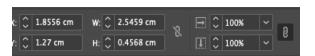
25 by 20cm document, after I had opened it, I wrote the pros and cons of enduro bikes and what I love about them. After I saved the file as a high-quality Png and put it into InDesign to get what you see on

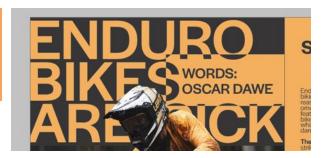
WORDS: OSCAR DAWE

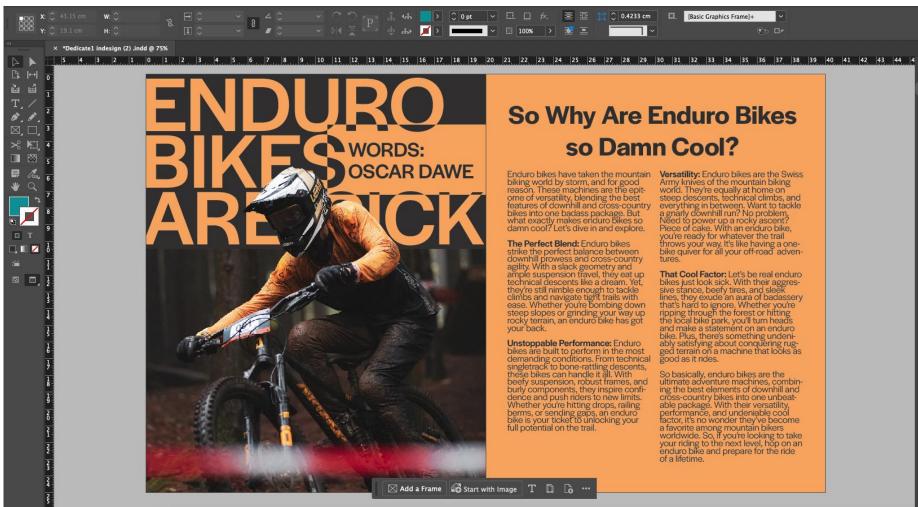
So Why Are Enduro Bikes so Damn Cool?

WORDS: OSCAR DAWE

Versatility: Enduro bikes are the Swiss Army knives of the mountain biking world. They're equally at home on







So Why Are Enduro Bikes so Damn Cool?

Enduro bikes have taken the mountain biking world by storm, and for good reason. These machines are the epitome of versatility, blending the best features of downhill and cross-country bikes into one badass package. But what exactly makes enduro bikes so damn cool? Let's dive in and explore.

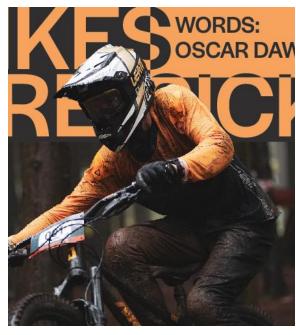
The Perfect Blend: Enduro bikes strike the perfect balance between downhill prowess and cross-country agility. With a slack geometry and ample suspension travel, they eat up technical descents like a dream. Yet. they're still nimble enough to tackle climbs and navigate tight trails with ease. Whether you're bombing down steep slopes or grinding your way up rocky terrain, an enduro bike has got

Unstoppable Performance: Enduro bikes are built to perform in the most demanding conditions. From technical singletrack to bone-rattling descents these bikes can handle it all. With beefy suspension, robust frames, and burly components, they inspire confidence and push riders to new limits. Whether you're hitting drops, railing berms, or sending gaps, an enduro bike is your ticket to unlocking your full potential on the trail.

Versatility: Enduro bikes are the Swiss Army knives of the mountain biking world. They're equally at home on steep descents, technical climbs, and everything in between. Want to tackle a gnarly downhill run? No problem. Need to power up a rocky ascent? Piece of cake. With an enduro bike, you're ready for whatever the trail throws your way. It's like having a one-bike quiver for all your off-road adven-

That Cool Factor: Let's be real enduro bikes just look sick. With their aggressive stance, beefy tires, and sleek lines, they exude an aura of badassery that's hard to ignore. Whether you're ripping through the forest or hitting the local bike park, you'll turn heads and make a statement on an enduro bike. Plus, there's something undeniably satisfying about conquering rugged terrain on a machine that looks as good as it rides.

So basically, enduro bikes are the ultimate adventure machines, combining the best elements of downhill and cross-country bikes into one unbeatable package. With their versatility, performance, and undeniable cool factor, it's no wonder they've become a favorite among mountain bikers worldwide. So, if you're looking to take your riding to the next level, hop on an enduro bike and prepare for the ride



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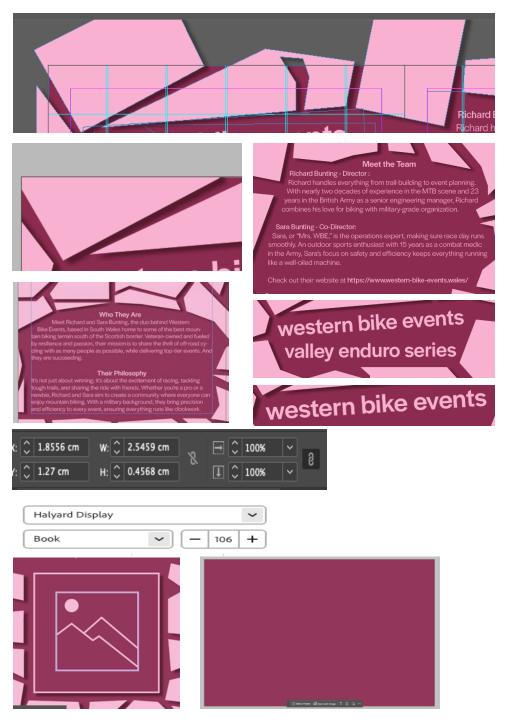
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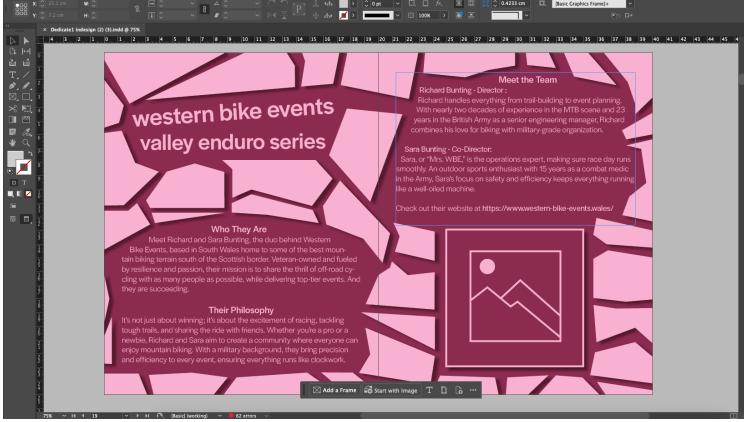
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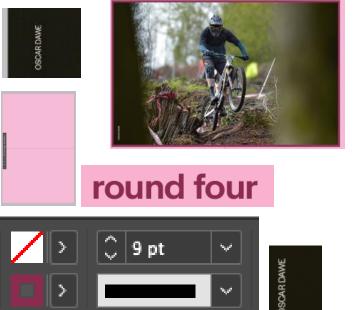


For this page spread, I started off by choosing a colour shade (pink) and made a darker and a lighter version of it. For the background I used the dark pink colour and light pink for text and shaped. To make the shapes I used the pen tool and made them randomly around the text. For the western bike events logo o copied it onto my slide and traced over it using the Rectangle tool, the pen tool and the oval tool. For the text I used the font halyard display, changed the headings to medium and the main text to book. For the title I used the same font and made it medium thickness but increased the size by a major amount.





For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the bottom left I wrote my name as photographer credits. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. After this, I used the light pink colour for the background to change it to the same theme as the other pages based on the same event. I then added an outline to the image and made it smaller. Then I added text over the top in the dark pink colour stating the round that the picture was taken at.

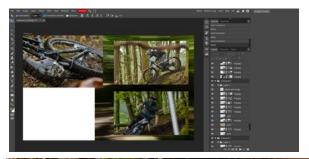




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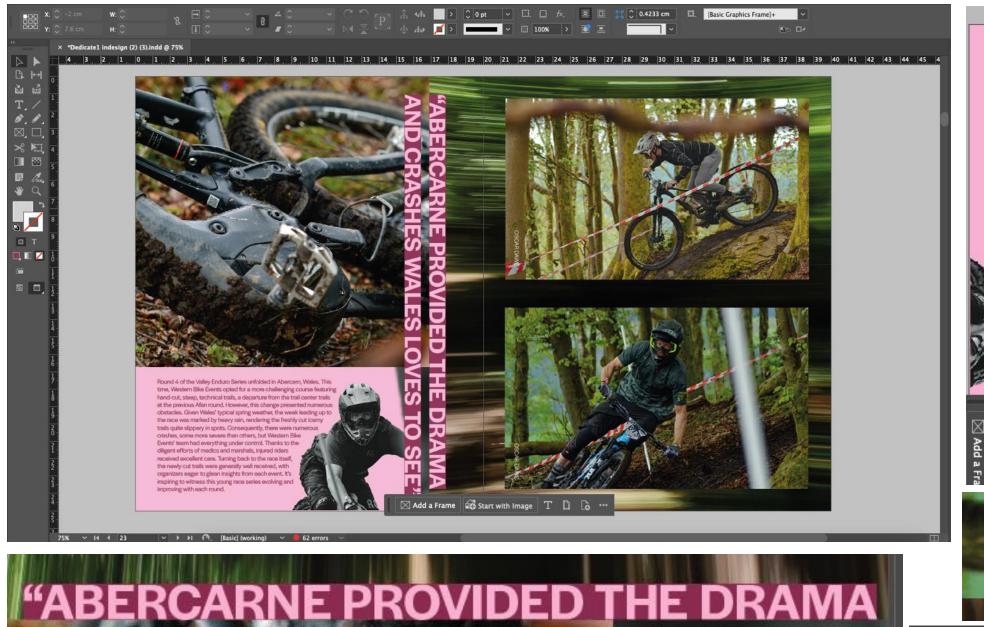


For this page spread, First I inserted my edited images in lightroom, then inserted them into InDesign. I used the guides to lay out the images on the left a photo of a snapped bike filling the width of the page but only taking up about ¾ of the length from the top. On the right-hand side, I used a panning shot for the background which filled the length of the image but overlapped slightly onto the left-hand page but is layered behind the image on the left. Over the top of the image on the right I placed two riding images that are equal sizes and placed one and other on top of each other as you can see in the image. For the text in the middle, I used the font Gt flexa but I couldn't get it on InDesign, so I wrote the sentence out I needed ("Abercarne provides the drama and crashes Wales loves to see" in capitals) and saved it as a Png image then put it into InDesign. For the text at the bottom left I wrote a small summary of the event and placed the setting text wrap to image, this text is in the small area that has a white background with no image, then in photoshop I added another image from the event that I made black and white, selected the rider with the object selection tool and removed the background I also had to do some adjustments with the paint, selection and rubber tool as the tree attached to the rider, which I wanted to be part of the image, was blurred out so there wasn't a solid outline. The text was then wrapped to this image to add some elements to the plain black text. After this, because I had made other pages the two tone pink colours, I changed the colour of the main text on this page to the light pink and "highlighted" it in the dark pink colour, I also

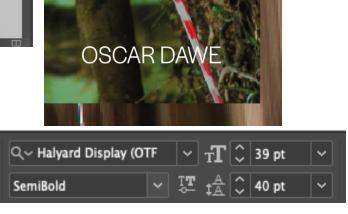




changed the font to the main one I have used throughout my magazine/book (halyard display medium) to keep some consistency. For the smaller text in the bottom right corner, I changed the background to the light pink and the text to the dark pink.

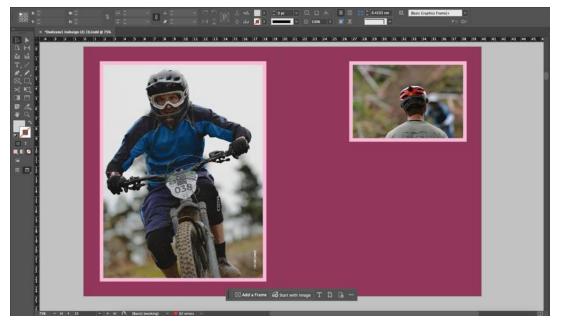


AND CRASHES WALES LOVES TO SEE"

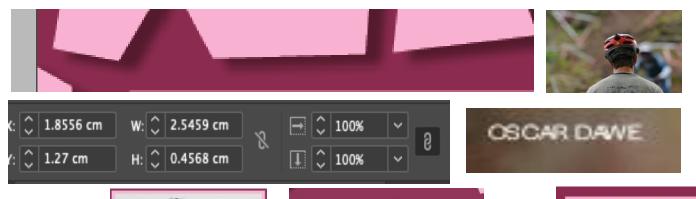


S LOVES TO SEE?

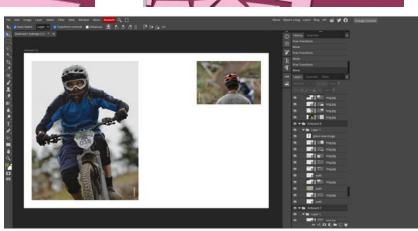


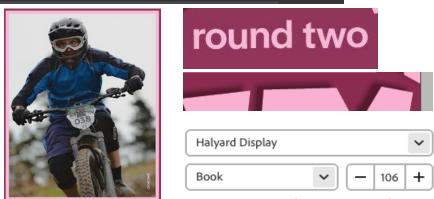


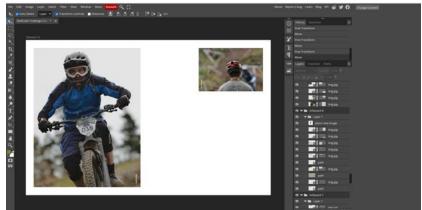
For this page spread I started off by adding the dark pink background the same as the first page of this collection, then adde my images from lightroom and outlined them with the light pink colour and added the small text with the photo credits in the left image at the bottom right of it. After this I wanted to add some spice to this spread without adding text as was not an option (I had nothing else to write), so I went with the same shapes as I had on the first pages of this group to add a reccuring theme. I then added the shapes around these shots and the text, this was all in the light pink colour, the same as everything else from here.

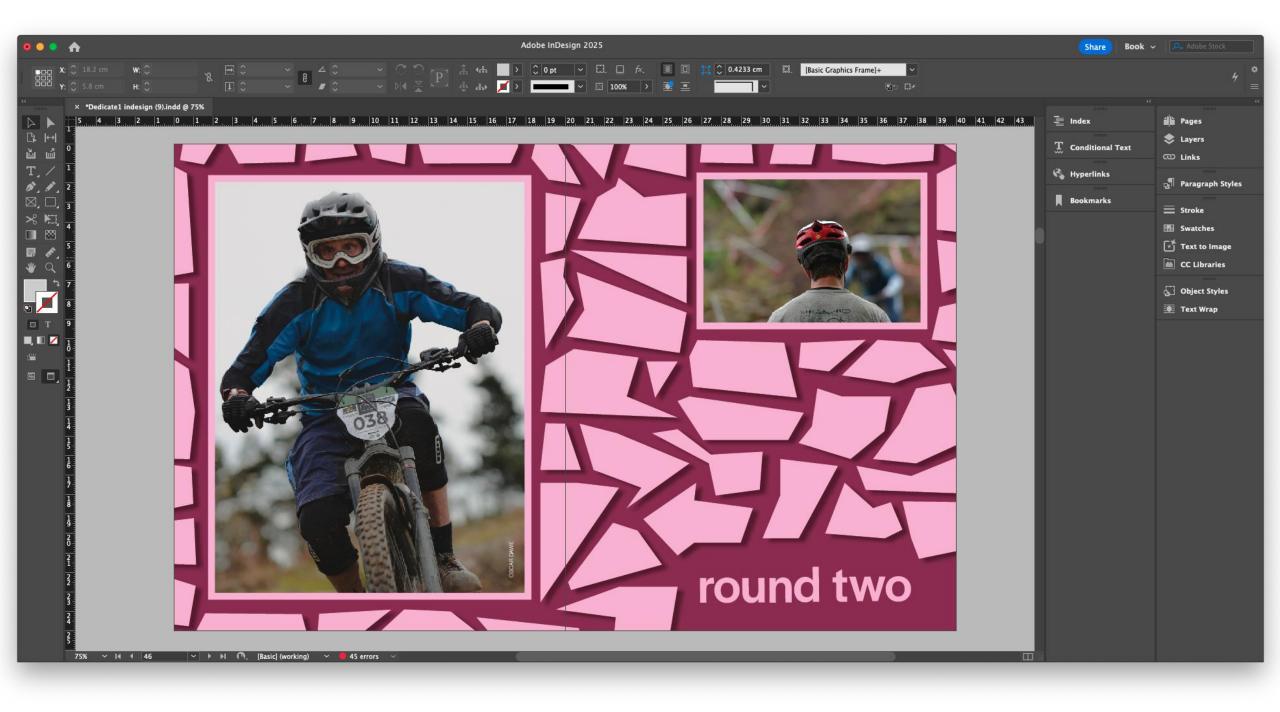


















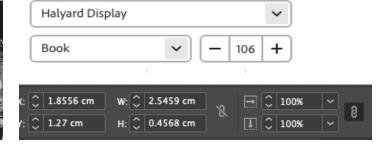


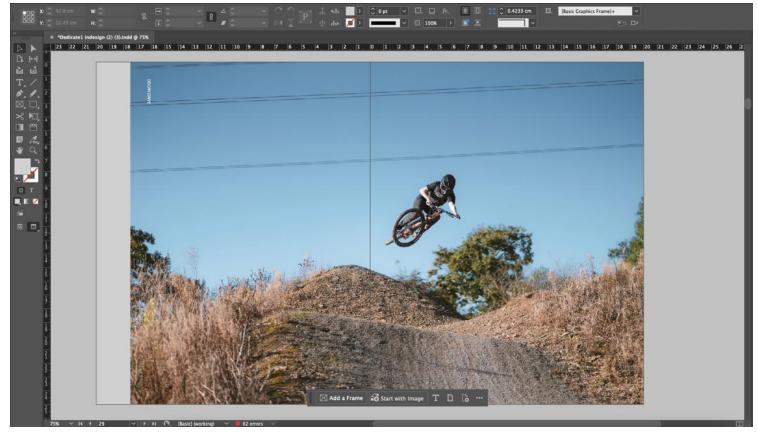
Old Hill Bike Park, Kerno words: oscar dawe

First on this page I inserted a black and white image of Harrison Trebilcock then put it into photoshop and removed the background by selecting the subject with the object selection tool, I the put it back into InDesign as the same size over the top of the original image. I did this so I could later move this layer forward whilst the background is still in the same place, and it could be placed over the top of the other images I added into the spread. On the right-hand side, I added a portrait image to fill the majority of the page, on the left I added the main body of the text whilst adding a text wrap to image to this (to the Png image from photoshop). Underneath this I added a landscape image to fill out about half of the page, but I also placed it over the top of the Png image unlike the image on the right to add some variation. Above the main text I added the title and the page credits, for the title I made it the same colour as the main text but increased the thickness to medium. The credits where, also in medium but I changed the colour to a lighter grey and made a box around and behind it in the same colour as the other text to serve as a highlight.



Old Hill is a family owned bike park, it's built to cater families of all ages and abilities. As a family themselves, they used to travel to other bike parks around the country and doing so, they realised that Cornwall was missing out on family orientated one. The trails range from green, through to black with unique wooden features, Old Hill also has a dedicated session area and in the future they are planning to add more exciting trails. Old Hill has a dedicated dirt jump section at the bottom of the hill where they have hosted two Dmr Dirt Wars competitions, they also have an air bag which not many Cornish bike parks have. From my own experience, Old hill is probably the best bike park in Cornwall for progression, most of my jumping skills were learnt here and it has helped me progress to where I am now.



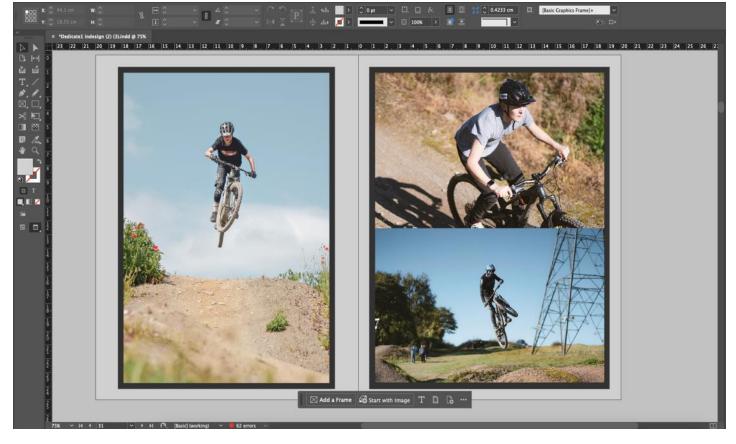


For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the top left I wrote my name as photographer credits. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there. I also cut a small section of the image off to add a small body of text at a 90 degree angle. I added a grey box underneath the image as the background where the writing will go.









For this page spread I started off by adding the light grey background the same as the first page of this collection, then added my images from lightroom and outlined them with the light grey colour. For the two images on top of each other on the right as I coudnt outline them (it would make an outline through the middle of the images which I didn't want), so I made a box that would go uder both the images and look like an outline without the line in the middle.

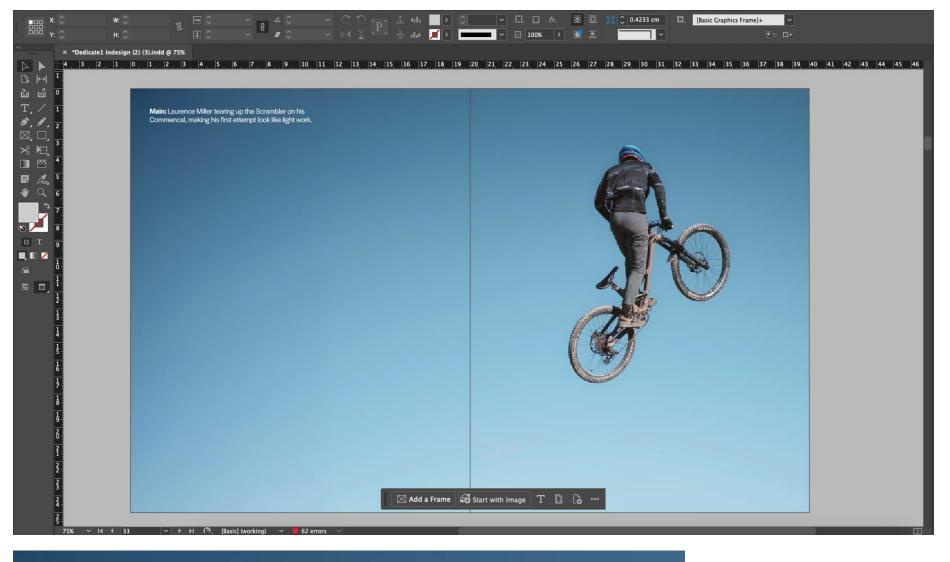
Halyard Display					
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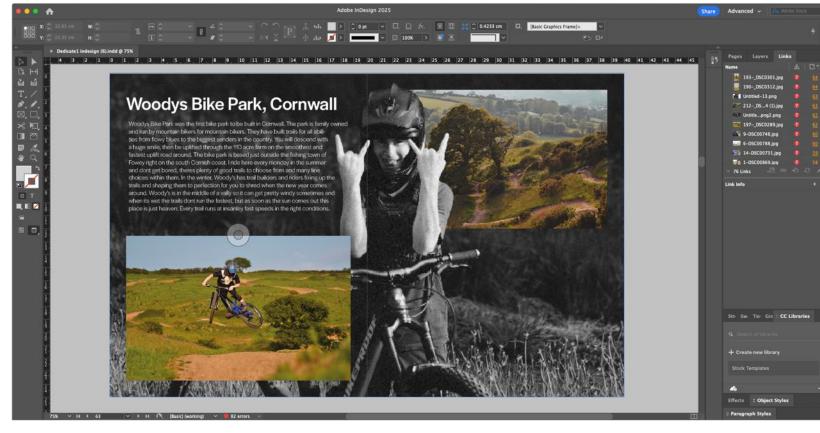




For this page spread I wanted to display another image in its full potential, so I edited it in lightroom, I saved the image as full size and inserted it into InDesign, for the text on the top left I wrote a small sentence about the image and the rider. Again, I wrote this on adobe express so I could get that font, then I saved it as a Png and placed it into InDesign from there.

Main: Laurence Miller tearing up the Scrambler on his Commencal, making his first ettempt look like light work.





First on this page I inserted a black and white image of George Tatlishvilli then put it into photoshop and removed the background by selecting the subject with the object selection tool, I the put it back into InDesign as the same size over the top of the original image. I did this so I could later move this layer forward whilst the background is still in the same place, and it could be placed over the top of the other images I added into the spread. On the right-hand side, I added a portrait image to fill the majority of the page, on the left I added the main body of the text

whilst adding a text wrap to image to this (to the Png image from photoshop). Underneath this I added a landscape image to fill out about half of the page, but I also placed it over the top of the Png image unlike the image on the right to add some variation. Above the main text I added the title and the page credits, for the title I made it the same colour as the main text but increased the thickness to medium. The credits where, also in medium but I changed the colour to a lighter grey and made a box around and behind it in the same colour as the other text to serve as a highlight.







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Woodys Bike Park, Cornwall

X: 🗘 1.47 cm

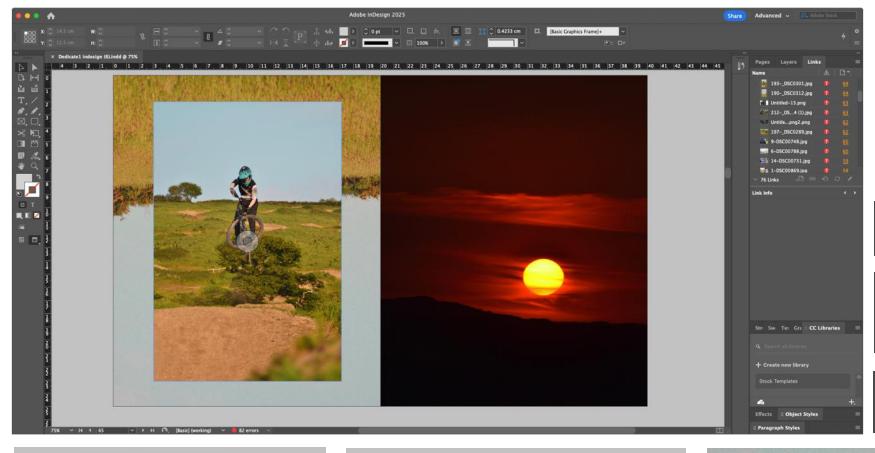
Y: 🗘 3.525 cm

Halyard Display

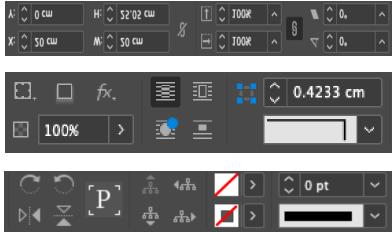
Woodys Bike Park was the first bike park to be built in Cornwall. The park is family owned and run by mountain bikers for mountain bikers. They have built trails for all abilities from flowy blues to the biggest senders in the country. You will descend with a huge smile, then be uplifted through the 110 acre farm on the smoothest and fastest uplift road around. The bike park is based just outside the fishing town of Fowey right on the south Cornish coast. I ride here every monday in the summer and dont get bored, theres plenty of good trails to choose from and many line choices within them. In the winter, Woody's has trail builders and riders fixing up the trails and shaping them to perfection for you to shred when the new year comes around. Woody's is in the middle of a vally so it can get pretty windy sometimes and when its wet the trails dont run the fastest, but as soon as the sun comes out this place is just heaven. Every trail runs at insanley fast speeds in the right conditions.



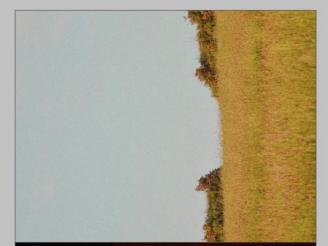
Book



For this page spread I started by adding an image with similar colours to the main one I will be placing above this one and placed it upside down. Or the right I placed an opposing colour image to contrast the left.











Final Magazine Design



DEDI CATE 2023-CATE 2025

This is 'Dedicate' just a book for all things mountain biking. Whether you're a newbie eager to dive into the pros fresh tips and tricks or just a mountain bike fan trying to follow a "local" racing season, you've landed in the right place.

'Dedicate' is all about living that bike life we all admire. From cruising through nature to shredding those crazy downhill runs from your dreams, 'Dedicate' is here to help you get off those screens and make you want to hop on your bike and enjoy the fesh air which is much missed nowadays.

But hey, it's not just about casual rides through the park (although those are cool too). Dedicate is an insider "scoop" (print is not dead, but that does limit us to only pictures though sorry) on the enduro and downhill racing scene in the UK. Dedicate has the lowdown on most of the races that went down in 2023-24, from big welsh decents to nail-biting cornish finishes. Get ready to relive the highs, the lows, and the jaw-dropping moments that define some of mountain bikings most intense events/competitions.

So grab a seat, kick back, and get ready to dive deep into the world of mountain biking with. Whether you're flipping through these pages at home or stashing it in your backpack for a trip to Scotland, you can enulge back into the scene wereather you are. So hit the trails and make some unforgettable memories!

speed and safety

"why dedicate"

In today's mountain biking scene, there's a looming challenge that's hard to ignore: the rocketing prices across the board. From bikes to gear, everything seems to come with a hefty price tag these days. And it's not just the financial strain that's weighing on riders' minds. There's also the constant worry of getting injured, especially for adults who have bills to pay and families to support.

Think about it – one wrong move on the trail could mean time off work, medical bills piling up, and the stress of not being able to provide for yourselves and your loved ones. It's a real concern that's taking a toll on riders mental well-being.

That's why, in this book, I want to hone in on the experiences of adult riders and racers. Sure, there are some awesome little shredders out there tearing up the trails (and well definitely highlight alot of that in this book aswell), but adults are definitely facing a unique set of challenges. They're juggling careers, family responsibilities, and the relentless pursuit of our passion for biking.

And that's where the name 'Dedicate' comes in. It's a nod to the sheer dedication and commitment these riders have to muster in order to excel in this sport while balancing all the other demands of life. It's about recognizing the sacrifices people make to pursue their love for mountain biking itself, even when the odds are stacked against them. But also how bikes can help with mental health all at the same time.

In the midst of the challenges we face in the mountain biking world, it's important to remember the incredible benefits this sport brings to both our mental and physical well-being. Mountain biking isn't just about conquering tough trails and pushing our limits – it's also a powerful form of therapy. There's something truly liberating about being out in nature, breathing in the fresh air, and feeling the rush of adrenaline as we navigate through the twists and turns of the trail.

So, throughout this book, we'll dive deep into the world of mountain biking from a rider's perspective. We'll explore strategies for managing the financial strain, tips for staying safe on the trails, and insights into preserving our mental health in the face of adversity. Because at the end of the day. it's our dedication that keeps us pedaling forward, no matter what life throws our way. And remember, while the challenges and worries may loom large in the mountain biking world, let's not forget to celebrate the incredible joys and benefits this sport brings to our lives. Dedicate yourself to the ride, and you'll find that the rewards both physical and mental – are truly boundless.

oscardawe



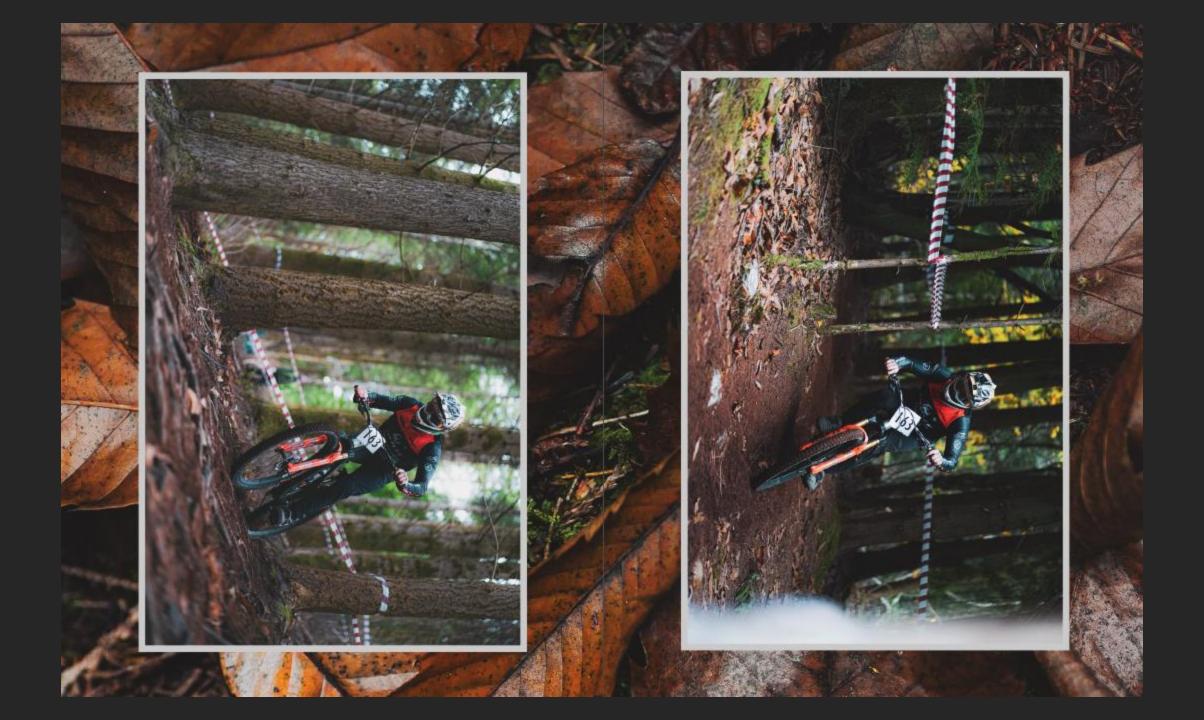


Main: Jay Williamson tearing through the English fog on his Santa Cruz V10, making practice look like fun even in this weather. Who says a little fog can't add some extra spice to a race, although I did have to wip the flash out to get this shot as you can see from the rain drops.



round two

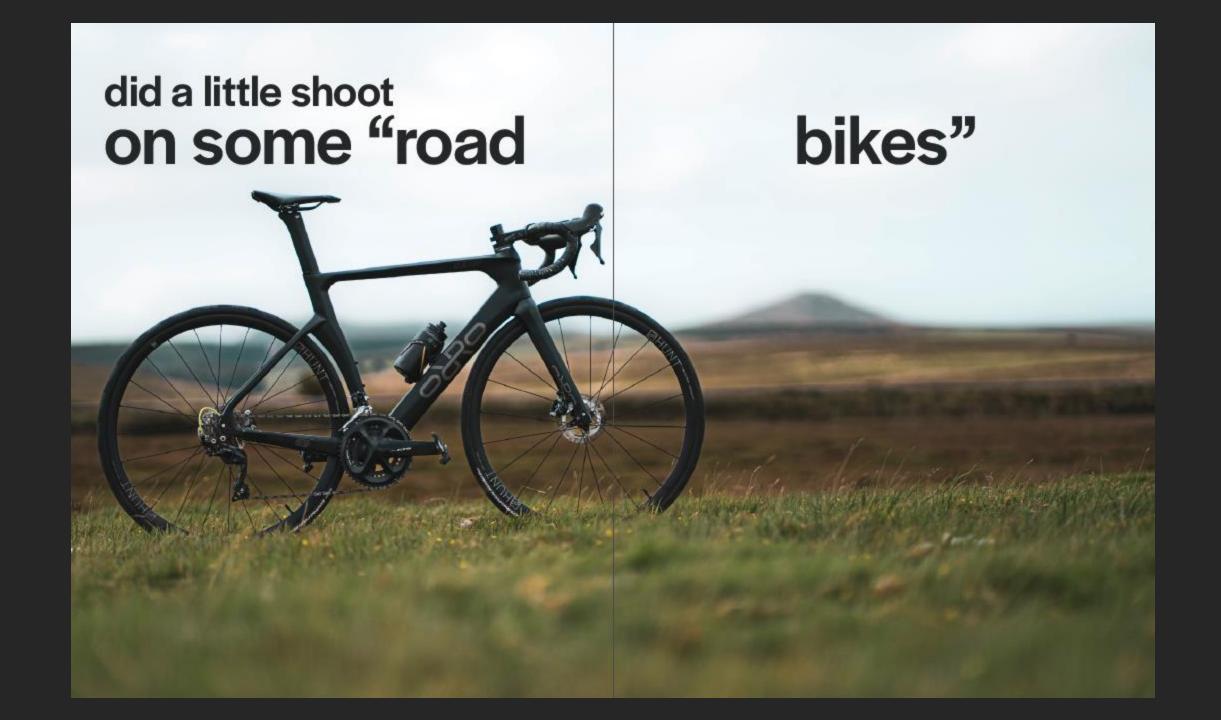




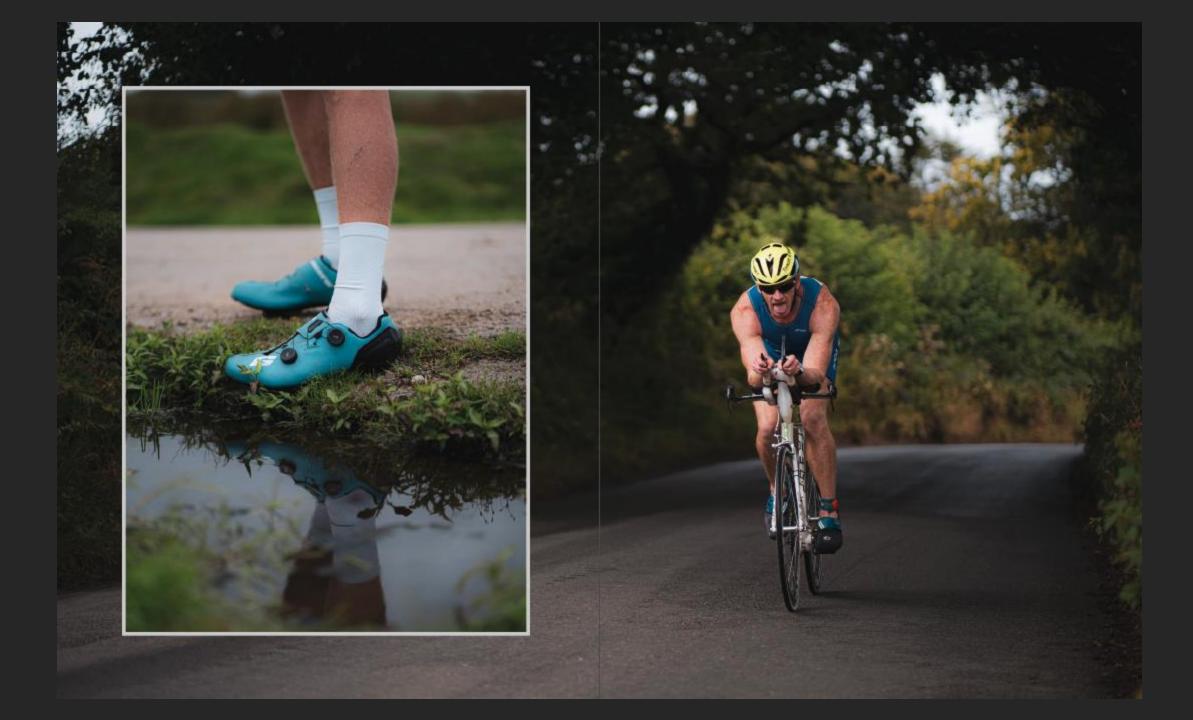


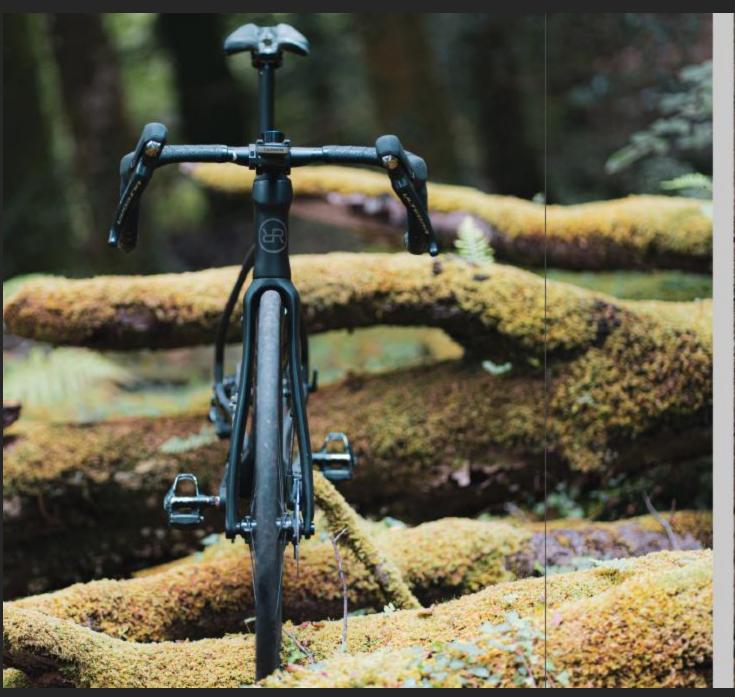
Main: Here is Tyler Partridge on his Canyon Spectral keeping in controll through the new section putting him in third overall, and third in the elite catagory.



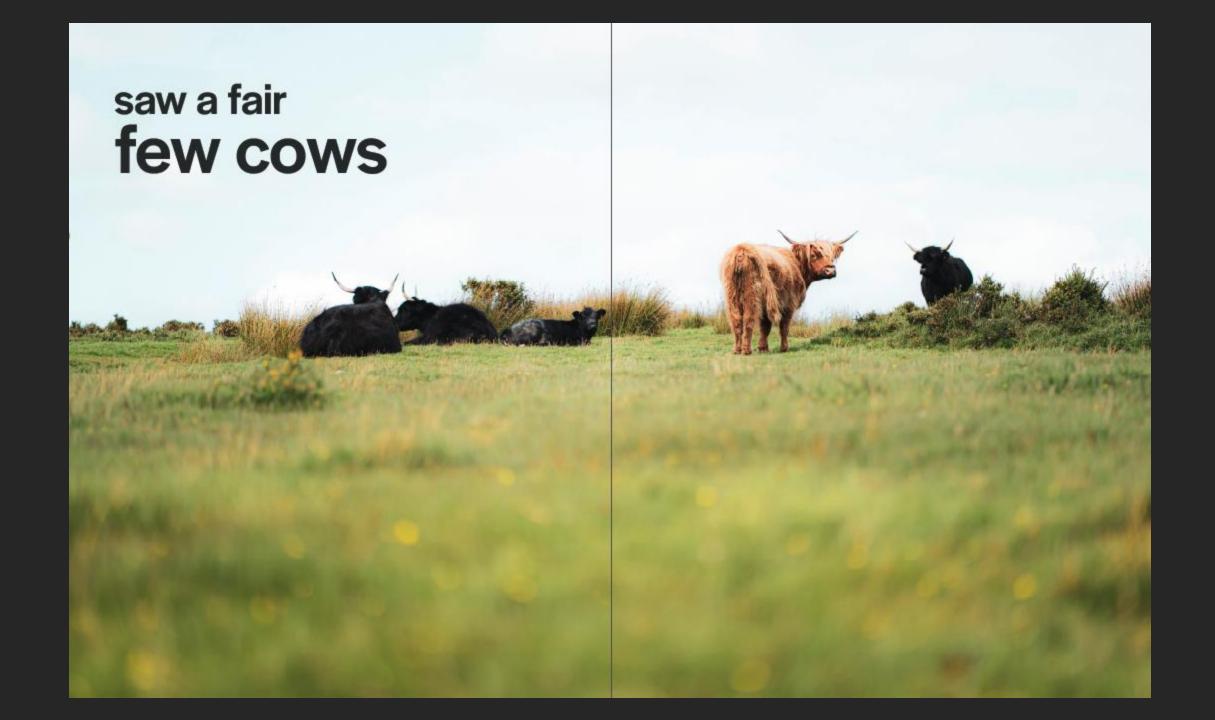














EVOC CP 26L Camera bag

WORDS: OSCAR DAWE

As a mountain bike photographer, finding the right gear that integrates seamlessly into the demands of the trail is crucial. The EVOC CP 26L camera backpack delivers on both functionality and durability, making it an essential companion for protecting your precious camera equipment while capturing the action out on the trail. Trust me, this pack is the real deal.**

Design & Comfort

Designed with the needs of outdoor photographers in mind, the EVOC CP 26L features a smart layout that balances accessibility and protection. Its customizable interior compartments ensure your camera, lenses, and accessories stay secure, even on the most rugged rides. The 26-liter capacity is generous, providing plenty of space without feeling cumbersome, and the ergonomic shoulder straps and ventilated back panel ensure all-day comfort, even on longer rides.

Functionality

Even with its increased capacity, the EVOC CP 26L remains highly functional for photographers who need quick access to their gear. The dedicated compartments for camera bodies, lenses, and accessories make organizing your equipment effortless. One of the standout features is the quick-access side pocket, allowing you to grab your camera or swap lenses without having to take off the pack entirely—a real time-saver on the trail.

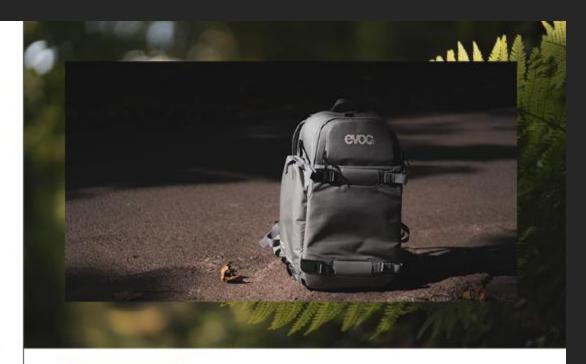
Durability

Built to endure the rigors of mountain biking, the EVOC CP 26L is constructed from tough, water-resistant materials with reinforced stitching that stands up to harsh conditions. Whether you're riding through muddy trails, rocky terrain, or thick brush, this pack keeps your expensive camera gear safe. The durable zippers and protective padding offer added peace of mind when navigating challenging environments, allowing you to focus on the ride and your shots.

On-Trail Performance

Out on the trail, the EVOC CP 26L proves its worth. The pack's low center of gravity and sleek profile ensure it doesn't interfere with your movements, while the adjustable chest and waist straps keep it firmly in place, even during rough descents or technical climbs. Whether you're flowing through fast singletrack or navigating rocky sections, the pack stays put, freeing you to concentrate on capturing the perfect shot.

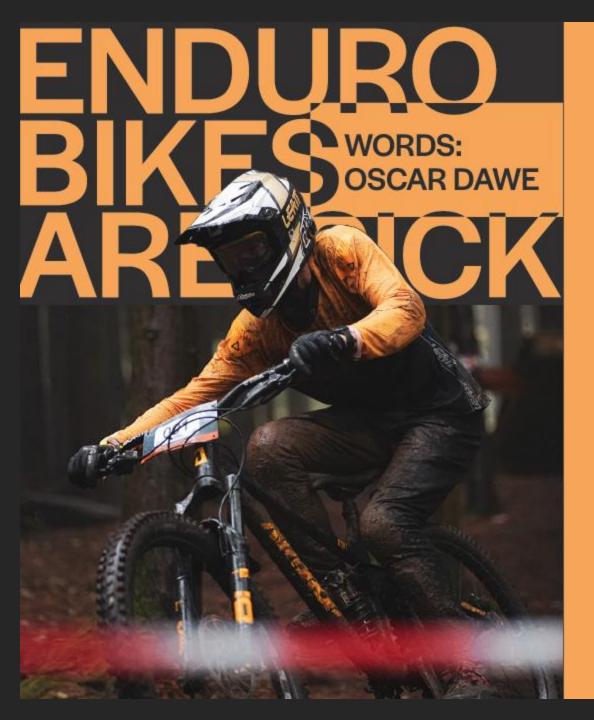
Overall, the Backpack is an great choice for all outdoor photographers who need a balance of functionality, comfort, and durability. With its thoughtful design, rugged construction, and excellent performance, it's a great tool for anyone looking to capture the beauty and adrenaline of off-road adventures. Whether you're a seasoned professional or an avid enthusiast, the EVOC CP 26L will elevate your photography experience, ensuring your gear is protected and accessible



Specs

- 26 liters
- 2400 grams
- External dimension: 52 x 30 x 17 cm.
- Camera compartment: 28 x 29 x 17 cm
- Room for a 2L Hydration Bladder
- Belt system for ice axes, skis, a snowboard or a tripod
- Integral rain cover.
- Side access to camera
- Padded sleeve fits up to 16" laptop
- Top and rear zippers
- 60/40 partitions





So Why Are Enduro Bikes so Damn Cool?

Enduro bikes have taken the mountain biking world by storm, and for good reason. These machines are the epitome of versatility, blending the best features of downhill and cross-country bikes into one badass package. But what exactly makes enduro bikes so damn cool? Let's dive in and explore.

The Perfect Blend: Enduro bikes strike the perfect balance between downhill prowess and cross-country agility. With a slack geometry and ample suspension travel, they eat up technical descents like a dream. Yet, they're still nimble enough to tackle climbs and navigate tight trails with ease. Whether you're bombing down steep slopes or grinding your way up rocky terrain, an enduro bike has got your back.

Unstoppable Performance: Enduro bikes are built to perform in the most demanding conditions. From technical singletrack to bone-rattling descents, these bikes can handle it all. With beefy suspension, robust frames, and burly components, they inspire confidence and push riders to new limits. Whether you're hitting drops, railing berms, or sending gaps, an enduro bike is your ticket to unlocking your full potential on the trail.

Versatility: Enduro bikes are the Swiss Army knives of the mountain biking world. They're equally at home on steep descents, technical climbs, and everything in between. Want to tackle a gnarly downhill run? No problem. Need to power up a rocky ascent? Piece of cake. With an enduro bike, you're ready for whatever the trail throws your way. It's like having a one-bike quiver for all your off-road adventures.

That Cool Factor: Let's be real enduro bikes just look sick. With their aggressive stance, beefy tires, and sleek lines, they exude an aura of badassery that's hard to ignore. Whether you're ripping through the forest or hitting the local bike park, you'll turn heads and make a statement on an enduro bike. Plus, there's something undeniably satisfying about conquering rugged terrain on a machine that looks as good as it rides.

So basically, enduro bikes are the ultimate adventure machines, combining the best elements of downhill and cross-country bikes into one unbeatable package. With their versatility, performance, and undeniable cool factor, it's no wonder they've become a favorite among mountain bikers worldwide. So, if you're looking to take your riding to the next level, hop on an enduro bike and prepare for the ride of a lifetime.

western bike events valley enduro series

Who They Are

Meet Richard and Sara Bunting, the duo behind Western
Bike Events, based in South Wales home to some of the best mountain biking terrain south of the Scottish border. Veteran-owned and fueled by resilience and passion, their mission is to share the thrill of off-road cycling with as many people as possible, while delivering top-tier events. And they are succeeding.

Their Philosophy

It's not just about winning; it's about the excitement of racing, tackling tough trails, and sharing the ride with friends. Whether you're a pro or a newbie, Richard and Sara aim to create a community where everyone can enjoy mountain biking. With a military background, they bring precision and efficiency to every event, ensuring everything runs like clockwork.

Meet the Team

Richard Bunting - Director:

Richard handles everything from trail-building to event planning.
With nearly two decades of experience in the MTB scene and 23 years in the British Army as a senior engineering manager, Richard combines his love for biking with military-grade organization.

Sara Bunting - Co-Director:

Sara, or "Mrs. WBE," is the operations expert, making sure race day runs smoothly. An outdoor sports enthusiast with 15 years as a combat medic in the Army, Sara's focus on safety and efficiency keeps everything running like a well-oiled machine.

Check out their website at https://www.western-bike-events.wales/



round four









Nain: Jay Williamson tearing through the English fog on his Santa Cruz V10, making practice look like fun even in this weather. Who says a little fog can't add some extra spice to a race, although I did have to wip the flash out to get this shot as you can see from the rain drops.

