

NIAS Program Blasts Off in Bliss at The Inverell Mountain Bike Park

On the 23rd of October, selected riders from the NIAS (Northern Inland Academy of Sport) 2016 squad gathered at the Inverell Mountain Bike Park (IMBP) to participate in the organisations first skills development session and performance test.

Located along Bundarra road, the Inverell mountain bike club (IMTB) is a short 6km drive from the historic town of Inverell and is conveniently opposite the local golf course. If travelling around the region, either by taking the “Fossickers Way” route or just passing through, I highly recommend that you take some time to check out the IMBP trails. If you are interested in racing competitively, or want to experience the mountain bike atmosphere, then IMTB often hosts a variety of events including rounds from the Northern Inland Cross Country Series. IMTB frequently undertakes club nights where riders from around Inverell can enjoy the trails and race with other club members.



Check out their Facebook page for upcoming events and activities.

Day turnouts....

A total of 18 riders from around the Northern Inland region came to Inverell to participate on the day. The majority of riders were from Tamworth, plus the locals and some from TAS (The Armidale School). The program commenced with a few slow (thanks to the streaky bunting), but fun laps of the distinctive track, before launching into the time trials, which showed our abilities to the coaches. With recorded times, the coaches were able to segregate us into training groups. During our training, coaches covered the basic skills such as “cornering”, “ascending” and “descending” while also showing us the best way to approach them in a race situation. At the end of the program we all met for lunch at the trail head, before preparing for the club race at 2pm.

The park consists of several major trails most of which consist of slippery granite sand. The usual features of a typical track, (such as berms, switchbacks, drops and jumps) are all within sections of the park. Beware of trees wide bar riders as the corners can be extremely deceptive. All trails intertwine with each other and can be individually ridden if accessed along the dirt track running through the centre of the park. Alternatively, riding the 5 km intermediate loop enables riders to experience most of the trails within the park such as “View of the Loo”, “All Traffic”, “Velodrome”, “Flowy”, “Creepy Creek” and “The Canyon”.



Tackling the rock

Club Race....

As 2pm drew nearer, more people turned up to the track and registered for the club event. Local riders, cruised through the trails with little or no faults and it was hard to stay on their tails while racing. The elite category (3 laps of a 5km track) was popular and very competitive. NIAS coach Brad Newman rose to victory, while young Nick Chisolm from Tamworth came second shortly thereafter. Congratulations!!!



By: Nathan Watson (NIAS Athlete 2016/17 Team)