



## Mountain Biking

There is no better mixture of fun and exercise than mountain biking. After only an hour of riding, you can find yourself miles from the nearest trail-head, exploring remote areas that would take you all day to reach on foot. With soothing sights and sounds of nature zipping by, you will forget that you are burning countless calories propelling yourself along the trail.

**Where to go:** You do not have to go far to find great mountain biking trails. Trail networks exist in most state parks and recreation areas. However, to truly experience mountain biking you should head to the mountains. Pisgah National Forest in North Carolina offers a wide variety of trails that travel through the rugged scenery of the Blue Ridge Mountains. Check out <http://backcountryoutdoors.com/> for mountain bike rental information.

**Beginner's Tip:** Climb in the saddle. When climbing uphill you may find yourself wanting to stand to lessen the strain on your legs. Standing may cause your rear wheel to lose traction and spin out. Try to remain in your seat on steep terrain as this will maintain weight distribution on the rear wheel and improve traction.

These are just a few of the many ways you and your family or friends can explore the world of extreme sports. Remember, if you want to go "extreme," you simply need to push yourself to get out and try something new. Always stay within the boundaries of common sense and fundamental safety, take advantage of the hands-on learning opportunities provided by guiding services, and most importantly, be willing to learn something new about yourself. □

tial outings is highly recommended. Some ski areas such as Whitegrass, West Virginia, offer the freedom of the backcountry with some of the conveniences of a developed ski resort. Check out [www.whitegrass.com](http://www.whitegrass.com) for more information.

**Beginner's Tip:** Stay back. Riding in powder is different than riding the hard-packed groomed runs you may be used to. In order to get through the deepest powder, you will want to maintain speed and shift your weight backwards to ensure the tip(s) of your board/skis stay above the surface.

providing  
beautiful spaces  
for your  
entire HOME

**akd** ADVANCED KITCHEN DESIGNS  
58 Wildhorse Road  
Hilton Head Island, SC 29926  
843-681-9554  
8:30-5:00 Monday thru Friday  
Weekends by Appointment

Kitchen Craft  
CABINETRY