

# KNOW YOUR LIMITS!



Beginner

You possess basic cycling skills including balance, turning, and braking. You have limited dirt jumping skills and experience.



More Difficult

You have progressed beyond basic cycling and jumping skills and can maintain control of your bicycle through all aspects of dirt jumping.



Most Difficult

You possess intermediate to advanced cycling skills and have extensive dirt jumping experience.

For your own safety and the safety of other riders **STAY WITHIN YOUR LIMITS!**