





# RIDE IN GOOD COMPANY

## Duster P MTN

285mm x 140mm  
C/F: 190g  
Ti-Alloy: 240g  
Cro-Mo: 255g



**D2 EDGE FLEX**  
Dual injected, nylon-glass  
base with rubberized  
edges for optimal pedaling  
efficiency

**COVER MATERIALS**  
Soft microfiber top with  
embossed graphics and  
durable Kevlar sides



**NOSE PLATFORM**  
Wider surface area  
for increase control  
and power transfers  
on inclines

**PERI-CANAL**  
Continuous relief  
channel from tip to  
tail with light-weight  
EVA foam

**FLAT-FORWARD DESIGN**  
Allows ease of movement  
and enhanced pressure  
distribution in multiple  
riding positions





#himalayan #outdoor #festival



#bormio #lupato #brothers



#vindreckers #enduro #2018





**ICS** THINK SMART. **RIDE FREE.**

***XACT***  
**CROSS OVER FULL FACE**



**get out and play**

#ixsplayground





7<sup>th</sup>  
**HIMALAYAN  
OUTDOOR FESTIVAL**  
ADVENTURE UNLIMITED  
RIDE | RUN | ROCK

## KATHMANDU

On the date of February 18th, the 7th volume of Himalayan Outdoor Festival had been successfully conducted with overwhelming number of participants as well as around 2800 spectators. This year we had a total of 320 participants with number of Nepali participants from different districts.





We had  
100 athletes for Ride,  
200 for Run,  
80 for Rock

The 7th edition of Himalayan Outdoor festival was a three-day event that took place from 16th to 18th of February. It was organised by Himalayan Outdoor Festival Pvt. Ltd.



The North Face was the main sponsor for this event. Himalayan Outdoor Festival is designed to get sports enthusiasts to try new sports, embrace the outdoor athletic lifestyle in Nepal and enjoy getting down and dirty and achieving new feats.







Himalayan Outdoor Festival is the brainchild of a passionate group of long time climbers, trail runners, mountain bikers, and event managers based here in Kathmandu Valley. This is a three-day celebration of human-powered adventure sports, live music





and Himalayan lifestyle. Himalayan Outdoor Festival had been held annually in Hattiban Hills since 2012. After a detour to the Kakani International Scout Training Centre last year, this year the event was held back at the Hattiban Hills, Pharping.





The festival welcomed professional as well as amateur outdoor athletes from all over Nepal and around the world to converge upon the trails, rocks, and downhill slopes to compete in three main sports: trail running, rock climbing, and mountain biking.





The atmosphere around the event venue was relaxing for the spectators and supporters. Numerous other activities that took place during the festival included the Dyno competition, Slackline, Mini Ziplines, Pump Track, TNF Outdoor Training,



Horizontal Bungee along with Kids Corner, Art Market, Outdoor Gear/Wear Expo, Food Stalls, Live Music from Joint Family Internationale, Project Sarangi and Kathmandu Jazz Conservatory and Adventure Movie Screening. Half of the revenue generated from the race registration fee for Night







Run contributed to a running club in Sindhupalchowk while the other half contributed to raise funds to represent Nepal at World Bicycle Forum, 2018 in Peru.





## RESULTS

### XCO ELITE MALE

- 1st** Roan Tamang
- 2nd** Aayman Tamang
- 3rd** Tek Bahadur Basnet

### XCO UNDER 19

- 1st** Sandip Sunali
- 2nd** Kiran Rai
- 3rd** Yujen Gurung

### XCO ELITE FEMALE

- 1st** Kripa Dongal
- 2nd** Huml Magar
- 3rd** Anisha Nagarkoti

### XCO MASTERS +50

- 1st** Christian Manhart
- 2nd** Bharat Shakya
- 3rd** Steve Keeling

### DH ELITE

- 1st** Rajesh Magar
- 2nd** Prachit Thapa Magar
- 3rd** Suman Tamang

### DH JUNIOR

- 1st** Karma Sherpa
- 2nd** Nirav Shrestha
- 3rd** Jigme Lobzang

### DH MASTERS

- 1st** Gregory B. Williams
- 2nd** Bikash Shrestha
- 3rd** Ujiwal Pujari

### DH FUN

- 1st** Anisha Nagarkoti
- 2nd** Rojisha Sambiu Umba
- 3rd** Arnav Man Sherchan



# FIFTY-FIFTY



## Guidering 104 PCD

AL-7075 T651, Black Blue Red Green

Range: 30T 32T 34T 36T

Compatibility: 9/10/11 speed

Size/PCD: 104PCD

Weight: 36g(30T) 36g(32T) 48g(34T) 60g(36T)



## Chainguide DHR Series

AL-6061 T6, Black Blue Red Purple Green Orange




Plastic Parts: High molecular nylon, black or white

Range: 32-36T or 38-40T

Mounting Standards: ISCG03/OLD or ISCG05

Weight: 150g (ISCG05 32-36T)



 Markus Greber rasoulution Alex & Denny Lupato

# BORMIO

## INTERVIEW LUPATO BROTHERS



Alex and Denny Lupato simply love mountain biking: The Italian brothers have been shredding mountain bikes for over 15 years. They started with cross country, but nowadays the two of them are successful enduro riders. Since last year, the two athletes ride for team Trek Cingolani. We spoke to Alex and Denny about biking in general, trails in the Stelvio National Park and bike holidays with the family.



*The bike is celebrating its 200th birthday this year. Can you imagine life without a bike?*

Alex: I don't think so! Biking is my life! I love it and I can't live without bikes.

Denny: No, I can't imagine my life without a bike at all. I start my day thinking of my bikes and my entire life revolves around them.

*You have just returned from a trip to Bormio – how was it? Did you enjoy yourselves? Was this your first bike trip to Bormio?*

Alex: It was a really nice trip and I loved the trails and the landscape. It wasn't my first time in Bormio, but I rode a lot of new trails.

Denny: I really enjoyed this trip to Bormio. I stayed there before, but this time I discovered many new spots with fantastic trails.







*The Stelvio National Park is simply stunning. Is there a trail you particularly enjoyed? And why?*

Alex: Yes, I really enjoyed the trail from "Passo Zebrù" because it was very long and natural.

Denny: I had a lot of fun riding the "Panoramico Pizzini Trail" (the trail, so called by the local guides, goes from the Pizzini mountain hut to the Ables trail). It was all up and down where you can ride your bike as fast as you can.

*Do you have a tip for keen riders who want to shred the trails around Bormio?*

Alex: It's always a good idea to contact a local guide, because they can show you the best trails.

Denny: Always make sure to bring





a backpack with a jacket, because the weather changes quickly.

***As teenagers you were into cross country, but a few years ago, you switched to enduro. Do you also do road cycling?***

Alex: I have never raced with a road bike, but I use it for training and enjoy it a lot.


Denny: Normally, I use a road bike for training and I like it very much. A few years ago when I raced in XC, I participated in some easy races during a team camp.

***Up the Stelvio on a bike. Would you like to try it out?***

Alex: I'm not that much into long climbs, but it would be a good experience for sure... Only if I'm in good shape. (laughs)

Denny: Why not... I like to take big



A full-page background image showing two mountain bikers on a rocky trail. The biker in the foreground is wearing a black jacket, black pants, and an orange helmet. The biker behind him is wearing a black jacket, red pants, and a green helmet. They are both looking towards the camera. The background features rugged, snow-capped mountains under a clear sky.

climbs with a road bike and so far, I have never done the Stelvio.

***What makes Bormio special in your eyes?***

Alex: The local food...I love "pizzoccheri"\* (laughs)

Denny: The landscape all around the city.

***Alex, you have a little son. Would you go on a family holiday in Bormio? Luckily, there aren't only trails for a professional athlete like yourself, but also trails for everybody...***

Alex: Yes sure, I'd love to do that. I love to spend time with my family and after a training day, I could go for a nice walk around Bormio with my son and my girlfriend.

***Your father rode downhill in the***





***90s. In what way did your father have an influence in you becoming professional athletes?***

Alex: Everything started when I was a child. From a very young age I attended my father's races and I joined him in the pits with my little bike. When I started to race professionally, my family was always with me.

Denny: From the beginning, I had my father and later also my brother as a role model. So it was easier for me to become a professional athlete, because all of my family always pushed me hard.

***Many thanks for the interview and good luck for the rest of the season!***



# “APPLE”

S-PARTS TITANIUM  
**COLOR** DESIGNS

“苹果绿”系列钛合金套件



/ S-PARTS TITANIUM /







#page45

Syed Mohaimen Mahtab Samir  
Irfan Hossain  
Nurul Alam Nishan



Niloy Chowdhury



# Vindreckers Enduro Championship 2018







**Abid Rahman Chowdhury**  
7th in VEC'18

Vindreckers Enduro Championship 2018 was the very first Enduro race happened in Bangladesh, held by the DH MTB Team Vindreckers. It was a tremendous joyous event with such a fantastic track selection and event management. The weather during the whole race session was also very wonderful. The race gave us all the thrill of Enduro mountain bike racing on our home ground with a mesmerizing natural beauty. Wishing to have more such events in future.



Md. Hasibul Hossain Bhuiyan  
1st Runners up in VEC'18

Yes, Actually this event was an amazing one. The track was different from the other mountains of Bangladesh. Here were 4 stages and all the tracks in this race were open well in Bangladesh. The stage 01 was the extremest. I just loved it. Such events need to be happened more in Bangladesh.







**Md. Mijan Talukdar**  
18th in VEC'18

Somebody said that "If you're not falling, you're not trying". Well that's right. But the pain is, I fall on a easiest track of the race. My chain got stuck. But after all, I enjoyed a lot.



Md. Hasib Kamal  
16th in VEC'18

What an event! Best event for me till now. Amazing people, amazing host, amazing volunteers. Thanks guys! This took us to another level. Learned a lot. Already missing u guys. Thanks for everything. I enjoyed a lot though i was injured. Wish me luck for next time.







**Rony Sheikh**  
17th in VEC'18

It's not an easy task that you just want and you can make it! But we could, 'cause we can't give up 'n finally we made it. We are the real champs. When our legs hurt we say shut up legs! Just do what we say. Practice makes a man perfect and it brought us the success in this event.



Nishat Anjum Sanjida  
Champion, Female category, VEC'18

It can be said that I wasn't biking at all for 4 months. Understood that the race was so tough for me. However, I am grateful to Almighty that I could finish the race. Didn't go for winning. Had lots of new experiences.







**Nurul Alam Nishan**

Official Photographer of VEC'18 event

Thanks a lot to the organizers to present us such a nice racing event. Not only me, but also no Chittagong inhabitant never witnessed such a great event. Racers pickup arrangement, transportation arrangement to race course, accommodation for the participants and guests, meal arrangement all were more than expectation. Liked all the four stages very much. It's really a hardship to find out such race tracks far from the city. Congratulations to all the participants for completing all the stages safely. In a whole, thanks a lot to everyone for making the event successful. Wish to have more in future from the team Vindreckers.



Syed Mohaimen Mahtab Samir  
Official Photographer of VEC'18 event

I want that this kind of race happens 3 or 4 times in a year  
because I love to chill, I love to do photography.





A full-page photograph of a male mountain biker riding down a dirt trail. He is wearing a blue and white helmet, a blue and white jersey with 'ONEAL' on the front, and grey shorts. His bike has a white race plate with the number '29'. The background is a dense forest with green foliage and tree trunks.

Fahadul Islam

Need this kind of every year. @ its almost a big deal!

Shoshy Roy

I pleased to join there. Amazing venue amazing track amazing race!



A full-page photograph of a mountain biker, Niloy Chowdhury, riding down a dirt trail. He is wearing a red and blue long-sleeved jersey, red pants, a red and white helmet, and yellow gloves. The bike is black and yellow. The background is a dense wall of green foliage and trees. The rider is positioned on the right side of the frame, moving towards the bottom right.

Niloy Chowdhury

It was my dream to represent mtb Bangladesh. I already on my way. Organize this kind of race event is such a big achievement of my life.





**RESULTS MALE**

1st	Niloy Chowdhury	4.09
2nd	Hasibul Hussain	4.48
3rd	Sabbir Khan	5.06

**RESULTS FEMALE**

1st	Nishat Anjum	13.38
	Keya Ferdous	11.12 (DSF)





# **X FUSION**

## **MANIC**

(AM/XC/ENDURO)

### **FEATURES**

Internal cable routing only  
New shifter style remote  
Double key-way design prevents lateral twisting  
Wide range of seatpost angle adjustment  
Two bolt style head

### **SPECIFICATIONS**

Travel: 125mm  
Weight: 610g  
OD: 30.9mm / 31.6mm  
Color: Black  
Length: 421mm  
Insertion Depth: 285mm



**RIDER:** Mesum Verma **PHOTO:** Nishant Shah



## #about

MESUM  
VERMA  
CEO  
EDITOR IN CHIEF

FABIAN  
MITTERHAUSER  
RIDER  
EDITOR

RAKESH  
OSWAL  
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EDITOR

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Irfan Hossain, Himalayan Outdoor Festival, Gaurav Man Sherchan, Amrit Kshetri, Markus Greber, rasoulution, Syed Mohaimen Mahtab Samir, Nurul Alam Nishan, Niloy Chowdhury

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## #special #thanks

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