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#ISSUE63

#MAR2020

#continental #series

#yasamanmadani #itw

#nepal #to #newzealand





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150mm	31.6mm	440mm	573g	07561

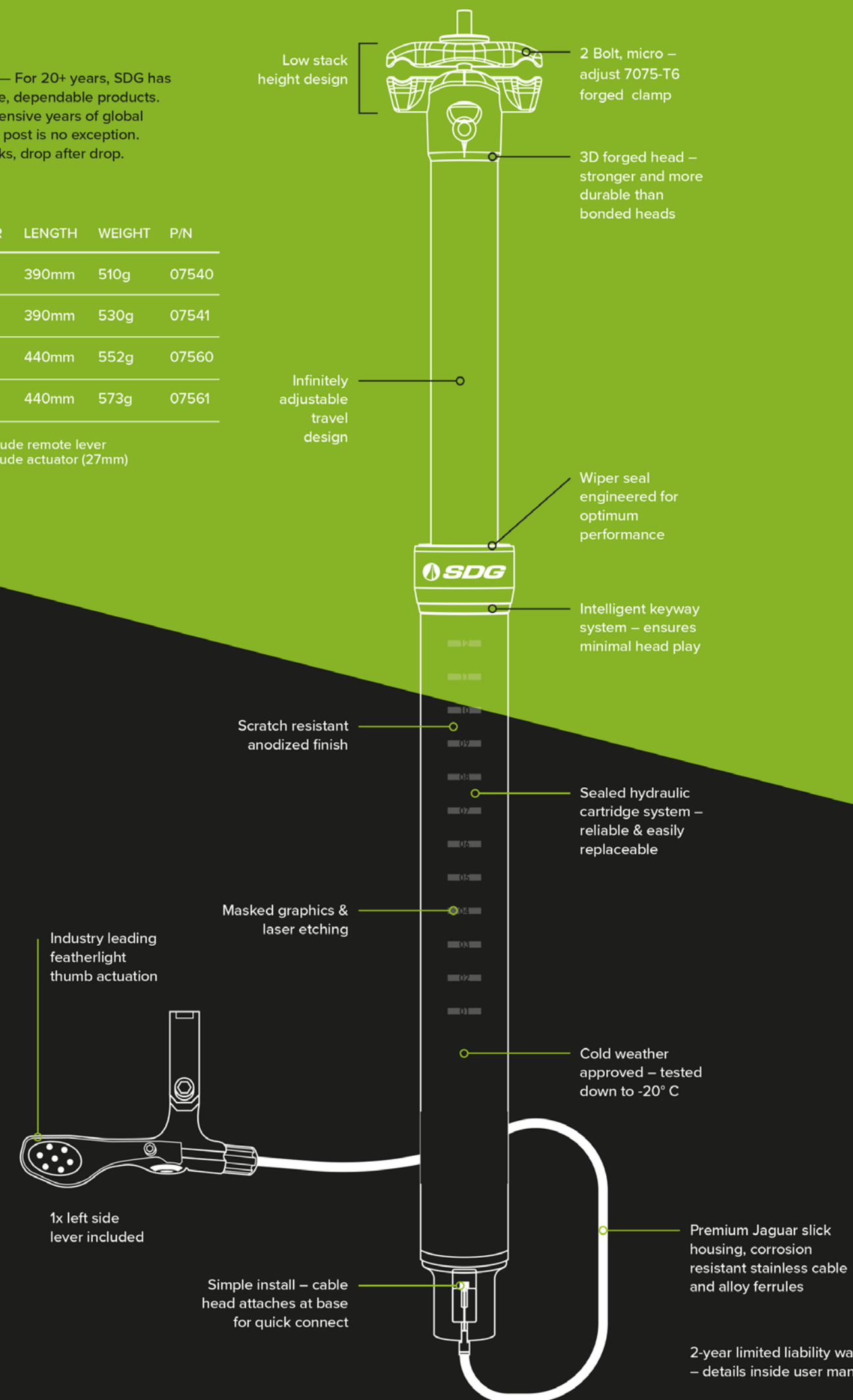
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#interview #yasaman #madani



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What is the Continental Series of the EWS??





The International Chiang Mai Enduro returns in 2020 and after the huge success of the 2019 edition, anticipation is running high. Taking place in the mountains of Doi Suthep-Pui National Park, trails consist of a variety of terrain from fast, flowing sections to loose, technical and rocky, at altitudes ranging from 300m to 1500m. There was universal praise of the 2019 event from the 200+ registered participants from 37 countries who not only enjoyed the amazing trails, but also the friendly atmosphere, camaraderie and famous Thai hospitality.



The event is organized by Trailhead Thailand, a leading mountain bike tour operator in Chiang Mai who specializes in downhill, XC, and Enduro mountain biking excursions. But what exactly is Enduro mountain biking? Enduro mountain biking is riding a mountain bike in a style that is designed to meet the needs of the adventurous, and combines elements of other cycling disciplines such as XC and downhill. It requires a lot of skill to control the bike as well as requiring strength and endurance to navigate a trail and it is this combination of skill sets which makes it so popular.



When it comes to Enduro mountain bike racing, the objective is simple; ride to the top of a hill during a phase called Liason stage, and get to the bottom of a trail as quickly as possible in a stage called Special Stage. Modern Enduro mountain bike races have between 4-8 timed Special Stages which determines the winner of the event. The Chiang Mai event has 8 Special Stages spread over 2 days.

The 2020 edition of the International Chiang Mai Enduro is once again a stage of the Asia-Pacific Continental Series, which this year consists of 6 stages instead of 3 in 2019. The Chiang Mai event will be the penultimate round and will be where the series winner will be crowned. Many fans of the EWS and mountain biking enthusiasts may be familiar with the Enduro format, but many may be asking themselves 'what exactly is the Continental Series?' Well the Continental Series was established in 2018 and is designed to be a stepping stone between EVS Qualifier Events and World Series events. The aim is to give up-and-coming riders the chance to compete in events closer to their homes and a chance to win a Championship title: North American, European, South American or Asia-Pacific Enduro Champion. The Continental Series essentially sits between EVS Qualifying events and the Enduro World Series and gives riders the chance to win an international series title.



The points earned at the Continental Series feed into a Global EWS points structure, allowing registered members of the EWS to secure a place on the EWS Reserved Entry List and/or a spot on the Trophy of Nations Teams. The top 3 riders of every official EWS category at every EWS Continental event will also automatically secure a spot on the Reserved List. It is important for those interested in collecting points that they are EWS members prior to the event. You can find out more about EWS membership [here](#).

Championship Identities

World Series Champion armband



Euro, North Am, Asia Pac, South Am Series Champion armbands




The EVWS has 6 official categories; Men, Men U21 (2000-2003), Men Master 40+ (1980+), Women, Women U21 (2000-2003), Women Master 35+ (1985+). These categories may differ from the Continental Series as indeed it does for the International Chiang Mai Enduro and so riders are assigned an official category based on their year of birth. Riders with an EVWS membership are assigned ranking points for their finish position within that group.





The Reserved Entry List is comprised of top ranked EWS members from the EWS Global Rankings (including points from the Enduro World Series, EWS100, EWS80, EWS Continental Series and EWS Qualifier events) at the end of the season.

300 Men
75 Women
100 U21 Men
20 U21 Women
75 Master 40+ Men
20 Master 35+ Women

A full-page background image showing two mountain bikers racing down a rocky, wooded trail. The rider in the foreground is wearing a blue and white jersey with the number 10, a blue helmet, and is leaning forward. The rider behind is wearing a yellow and black jersey, a black helmet, and is also leaning forward. The trail is composed of many large, flat rocks, and the surrounding forest is dense with green foliage and trees.

The Reserved Entry List will also include the following riders (provided the rider is an EVS member at the time of the race)

- Top 5 U21 at every EVS event
- Top 5 Masters at every EVS event
- Top 3 riders of every official EVS category at every EVS Continental event
- Winner of each official EVS category in every EVS Qualifier event

Reserved List riders are eligible to sign up for any of the EVS rounds during a reserved entry week with the dates determined at a specific time each year.



For many, competing at the International Chiang Mai Enduro is about catching up with old friends, meeting new friends and enjoying the action of the 4-day event. For some participants, completing the event is accomplishment enough, regardless of the time and what the aim was. Whether you're looking to win the Continental Series, have a good laugh with friends or a beginner setting your sights on course completion, rest assured the International Chiang Mai Enduro will be a memorable occasion with memories and friendships to last a lifetime.

Event details and other information for the International Chiang Mai Enduro will be posted at www.internationalchiangmaienduro.com and <https://www.facebook.com/InternationalChiangmaiEnduro/> throughout the year.

Please visit <https://www.trailhead.co.th/> if you're looking for guided tours or a shuttle service for those with their own bikes.



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YASAMAN MADANI

INTERVIEW





Hi Yasaman, it's nice to have you! Please tell us about yourself, where you are from, what you are doing for work, etc.

Hi, nice to meet you too. I'm Yasaman Madani, 21 years old, and I'm from Sharekord, a little city which is also the highest city of Iran. Actually I'm a member of Iran's national mtb team and rode for 7 years semi-professionally and 1 year as a professional xco rider. My field of study is Physical Education and I am still studying towards my Master's Degree in it. Furthermore, I'm an international cycling referee and coach.

You come from Iran, can you describe the cycling scene there? Are there a lot of riders? Which discipline has the most followers?

Yeah, the cycling scene here is good for every kind of cycling, but the most important thing is we have a lots of potential of riding mtb and cycling talent. You know Iran has many places for riding a bike and performing competitions, and they just need protections. Yes, there are many riders. They are increasing day by day but most of them go riding a bike for health reasons and fun times. Mtb and road cycling have the most followers in Iran.





How did you get infected with biking? What's the usual choice for a girl in Iran? Any sports? What would be the most popular?

I got infected with biking when i was 3 years old, but I was introduced to professional mtb by my oldest coach in Takhti stadium. The usual choice of sport in Iran is any indoor sports for girls because in every indoor place and stadium they can do exercises, and girls do many different exercises. The most famous sports is doing fitness and going to the gym. All the girls like it.

So you picked up biking, how does your week look, how often do you ride, more road biking or more mountain biking?

Usually I'll do my exercises all week long, outside and inside of home, and most of the time I ride a road bike to increase endurance and do some like climbing training or something like thatand the weekend is specially so good for mtb riding on mountains and having fun. Most of the time I'm alone at training. I came up without any coach to guide me as a pro rider, but I have lots of friends and I learned many things from them.

What is your aim? What you want to accomplish with biking?

One of my aims is be a pro rider of a professional mtb team with a great coach and take part at different mtb/ xco competitions. I would really like to accomplish some traveling with biking.





If you could choose any destination, where you would love to ride? Which bike you would take to leave your tyre mark in that country?

As a matter of fact if I had any destination I would like to visit Paris. I'd like to carry my mtb bike there and visit the city and places that do mtb training.

As you are riding on a high level, do you also care about diet? What's best for your body, to ride bikes?

Yes I have my own diet. I eat organic and healthy foods and the best diet for my body is the combination of the whole food pyramid to ride bikes strongly.

What's your favorite food?
Favorite drink? And what
music do you listen to when
you are training, what you like
to listen to normally?

I like to eat peanut butter
and honey for breakfast and
my favorite food is Persian
meals. One of them that I in
love with is Fesenjan. And
my favorite cold drink is all
of the juices. And my favorite
hot one is thyme tea. While
training I listen to rock music,
but normally I listen to pop
music or something to feel
motivation, and it depends on
my mood.





I see you have done some posts about lady riders, what's all about, can you tell us a bit more?

Yeah, this is gonna be a page on Instagram and maybe more than that in the future. Actually the goal is showing people all parts of cycling and different types of it, like mtb, freeride, road, etc. Specially to introduce successful and interested women to our society for more support and motivation. And people can be familiar with this culture chiefly for women's rights.

The last words are yours!

To all of ladies and people around the world I want to say that believe in God and yourselves, and never give up on your dreams.

We wish you all the best and ride on!! Keep it real!!



Simon Williams / Authenticas

Anuj Dhoj Adhikary

Gaurav Man Sherchan

Shakar Yakthumba

मिडम इन्टरमिडियेट को बयबेस्टमन

I have been riding mountain bikes for 10 years now, it was first introduced by my uncle. The first few years was just an introduction, especially when you are from Nepal where mtb downhill was a very new sport at that time and we had no races or tracks. Thinking back at that time it feels funny how I learned mountain biking.



I consider myself very lucky. I got an opportunity to go to New Zealand with the help of my parents and my family. I am always grateful for that. I am currently living in Queenstown and working in the best bike park in the southern hemisphere (Skyline MTB bike park). It's a mountain bike paradise here. Trails everywhere with beautiful scenery and lakes. A great bunch of people and a lot of racing to improve myself. I couldn't ask for more.



I did quite a few races in Nepal and also became a DH national champ in 2015. I went to the Asian Championships a few times too. It's great to see the Mtb scene growing in Nepal, I'll definitely be going back there and racing again.

How does Nepal compare with riding here in Queenstown, New Zealand? Its different. Riding in Nepal has an adventure you won't find anywhere else. The culture and the trails are so natural it's a different fun. Over here, well, its just fu**ing fast with all types of trails.



Racing in New Zealand it's a whole different level, especially downhill. Everyone is fast as fu**. Its pretty challenging racing here. You know it's the top level. I still remember my first day in the bike park, i was so scared to ride the trails. At that moment i was like, "Shit, there is a whole new level to learn over here." I still remember in my first amateur open race, i came last. That was the first time i raced worrying about getting down rather than going fast. I have been here 2 years now and i have seen my progress, obviously there is loads to learn.



It's a never-ending process but i am just happy being able to race and enjoying the time i have left in New Zealand.

Currently??

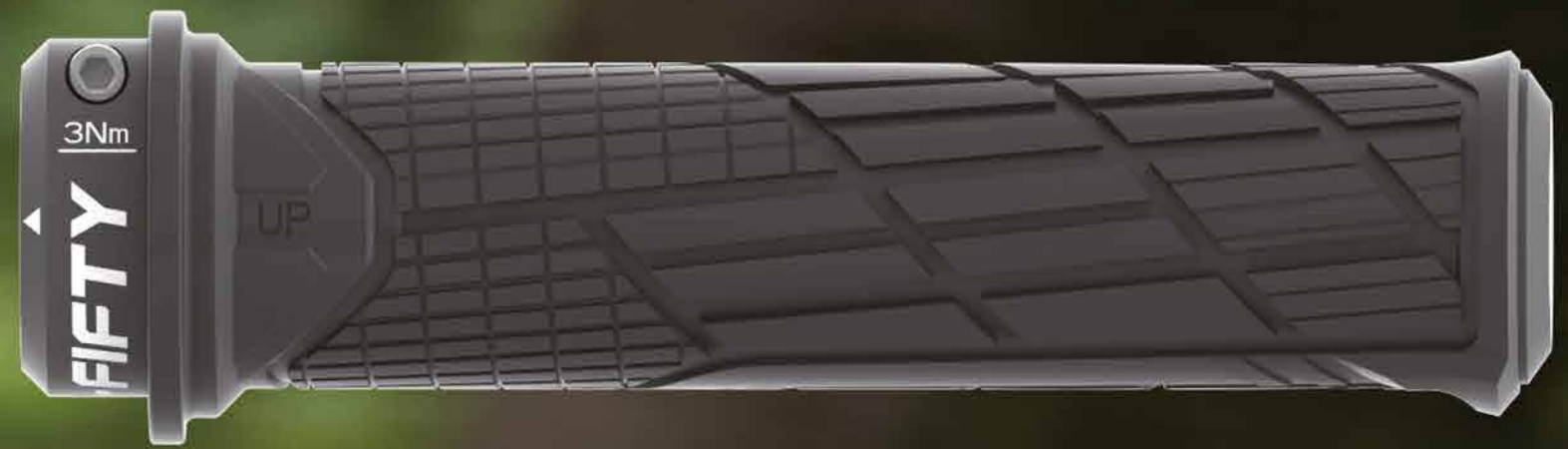
My biggest race for this year will be Crankworx 2020 Rotorua Professional Downhill. It will be my first big international race. Really looking forward to it. Also, few local races where the goal is to finish in the top 5 in the open category.



Recently I did the New Zealand downhill national championship series too. It was quite a experience.

Future??

Racing is my passion but I'm not looking to be a pro racer. I just want to improve and keep enjoying racing, trying to do well. Later at some point I want to improve the growth of mountain biking scene back home. It would be rad to have a bike park back home.



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#ABOUT

MESUM
VERMA
CEO
EDITOR IN CHIEF

#PHOTOS #EDITORS

Henrik Møller, Dan Wallace, Trailhead Thailand, Yasaman Madani, Mesum Verma, Simon Williams, Authenticas, Anuj Dhoj Adhikari, Gaurav Man Sherchan, Shakar Yakthumba

#DESIGN

Mesum Verma

#ADVERTISING #INFO

Mesum Verma: mv.mtbmagasia@gmail.com

#SPECIALTHANKS

Bryan Bell, Simon Williams, Yasaman Madani, Shakar Yakthumba

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