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#MAY2021

#arissadania #malaysia

#trails #ladakh #india

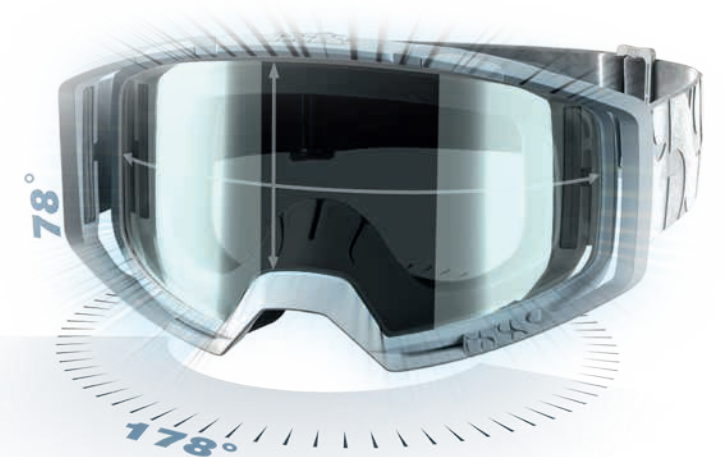
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Liza Adlan



Anissa Lamare



ARISSA - HOPE FOR THE FUTURE

ARISSA - Harapan Untuk Masa Depan



How often do you come across an eight-year-old girl who already trains to make it as big as Tracey Hannah? I guess you'd have to do some research on the internet. But we stumbled across someone who wears size three shoes and not only dreams of making it to the reputed Whistler Bike Park in Canada but also does her share of training to get there.

So, let's paint a picture, a cute little girl from Malaysia who, at a glance, would fit the stereotypical sister who plays with dolls. But, hold your horses for this one because **Arissa Dania** or **Icha**, her riding nickname, is already streamlining her life around professional cycling right from now.

So, what is her story? In yet another virtual interview, we spoke to Arissa Dania and her father, Mr Faizul Izri, about how it all started. At a glance, the interview caught my attention to how disciplined Arissa is at riding.

Her story with cycling began when she was six alongside her brothers, Adam Danial and Adry Daris. “We started cycling at the Velodrome, Nilai, Negeri Sembilan, Malaysia using a BMX bike” I imagine Arissa recalling the two years she had already put into riding, while giving me the details.

Most often, today’s generation is associated with the digitised world of smartphones and their endless capabilities. But Arissa offers a different perspective into finding her worth in life, and cycling plays a significant role. Besides BMX training, Arissa accelerates right into training other disciplines like mountain biking, cross-country, and enduro. As I said, hold your horses because this girl is full of surprises. Arissa is an active member of the Lala Speed Squad and Aim Spinning led by Coach Aim and State Coach Junaidi. So, how does Arissa manage her schooling and cycling training at such a young age?





Well, her parents have her back and keep her training schedules on the go. “I practice on the weekends,” says Arissa following strict timings from eight in the morning to four in the evening at Putrajaya Challenge Park (PCP).

With early exposure from her own dad, and brothers, Arissa caught the training habit pretty quick. In fact, here is the unedited schedule followed by Arissa..

Day	Place
Friday (Afternoon)	Fitness training
Saturday (MTB/Pump track training)	Putrajaya Challenge Park
Sunday (BMX)	Velodrome, Nilai

A question I’d ask all riders is where they get their inspiration from. Most often, the world’s top riders are the names I jot down for the stories but

Arissa's answer was different. Besides, Downhill World Champion Tracey Hannah, Ms. Dania draws inspiration from **Hajar Abu Bakar**, a local rider from Malaysia.

Arissa's efforts into making it big in the cycling world do not go unnoticed in a place like Malaysia where the sport is highly professional. Today, at the age of eight, she is already riding a sponsored bike by Rodalink Putrajaya / Polygon Malaysia and gets her gear or apparels from Dirtworks Malaysia, Ostra Malaysia and AIM Spinning. I told you Arissa was going to blow your mind away.

The year 2020 was supposed to be a big year for Arissa. She was all set for the BMX Race, Kejohanan Circuit Remaja 2020, at BMX Nasional, Nilai, Negeri Sembilan but because of Covid-19, the race got cancelled. But that isn't going to stop her from achieving her desired goals. In fact, she wants the world to know that extreme sports





like BMX or mountain biking, can help “shape the personality and discipline” and can also “build a name for women like Tracey Hannah”.

Entering the crucial month of Ramadan, Arissa still trains before breakfast and spends more time with her family. She continues to work towards being a national rider and to be able to make Malaysia proud at the International Level.

H.G. Wells, once said, “Every time I see an adult on a bicycle, I no longer despair for the future of the human race”. On the other hand, Arissa gives a twist to the pre-dominantly male sport and now everytime I see a girl on a bicycle, I know there’s a better future for women in sports, particularly in cycling, mountain biking, downhill, enduro, bmx, freeride or slopestyle.



Pauline Wald, Anthony Brzeski,
Julian Ashby, Mesum Verma & Google Maps

Mesum Verma

#1/2

#trails #ladakh #leh #india



Mountain biking! Without a trail, mountain biking just on the road would be a bit boring. Having a nice trail to ride makes things interesting. But what do you need from a trail? What makes a good trail? Then again, can't we ride on tarmac at all? It's difficult to say, and also, all riders will have their own exceptions. Having a absolutely stunning view after you reach the top of the hill or mountain, but a simple, easy trip to the top - will this make the trail not worth the ride? Many questions, and many answers for them.

But let's agree, we need trails! We want to show you some trails which you need to ride, and give you an idea where to put your tyre mark into the dust!

I start with Ladakh! In 2005, when I arrived for the first time in Ladakh, I immediately knew I needed to ride my bike here! It's just perfect combination for getting around, and exploring the area. I stayed about 5 months in Ladakh, but I didn't have my own bike with me, and couldn't find one to hire. Exploring the surrounding area from Leh had to be done on a motorbike, but it gave me a picture of what could be done. In 2007 I was in Ladakh for an other 6 months, and this time, I got a hard tail mountain bike from a friend. I found so many trails, and I was sure, it's a great area to ride your bike. In 2008, with Rene Wildhaber (a RedBull athlete for RedBull and Scott Bikes), I did a story on riding in Zaskar and Ladakh. In 2009, I went again with „normal“ mountain bikers. Till 2016, I was in Ladakh almost every year, and rode my mountain bike there. Time to share some trails!

I will describe 3 different types of trails. And none are „better“ than the other.

Freeride: Mostly you must push up the bike up the hill, ride down some lines, because there is no trail down the mountain.

Scenic spots: Mostly on tarmac, but absolutely stunning views of the landscape and sightseeing spots.

Single track: Mostly trekking or walking path. Not super technical, a bit „slippery“. Be aware of Trekkers!



What you can't forget is the altitude in Ladakh. Leh is 3500 meter above sea level. It will challenge your body! You can't go for a distance ride as usual at only 100 meter above sea level.

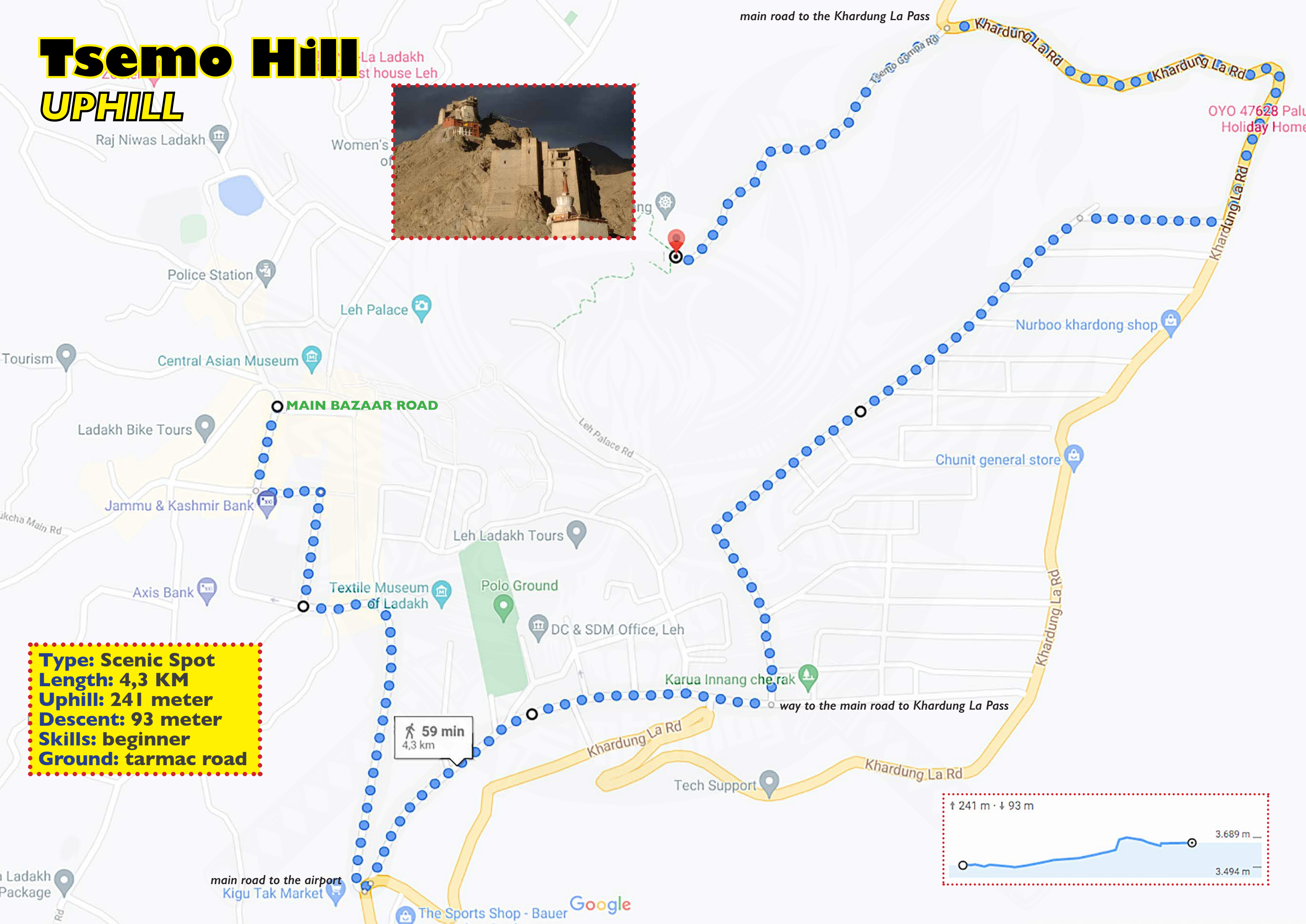
Trails: 4 trails (1/2) / (total 8 trails (2/2) published later)

Freeride; Lamdon School

Scenic spots; Leh Palace, Spituk Gompa, Khardung La

Tsemo Hill

UPHILL



Type: Scenic Spot
Length: 4,3 KM
Uphill: 241 meter
Descent: 93 meter
Skills: beginner
Ground: tarmac road

59 min
4,3 km





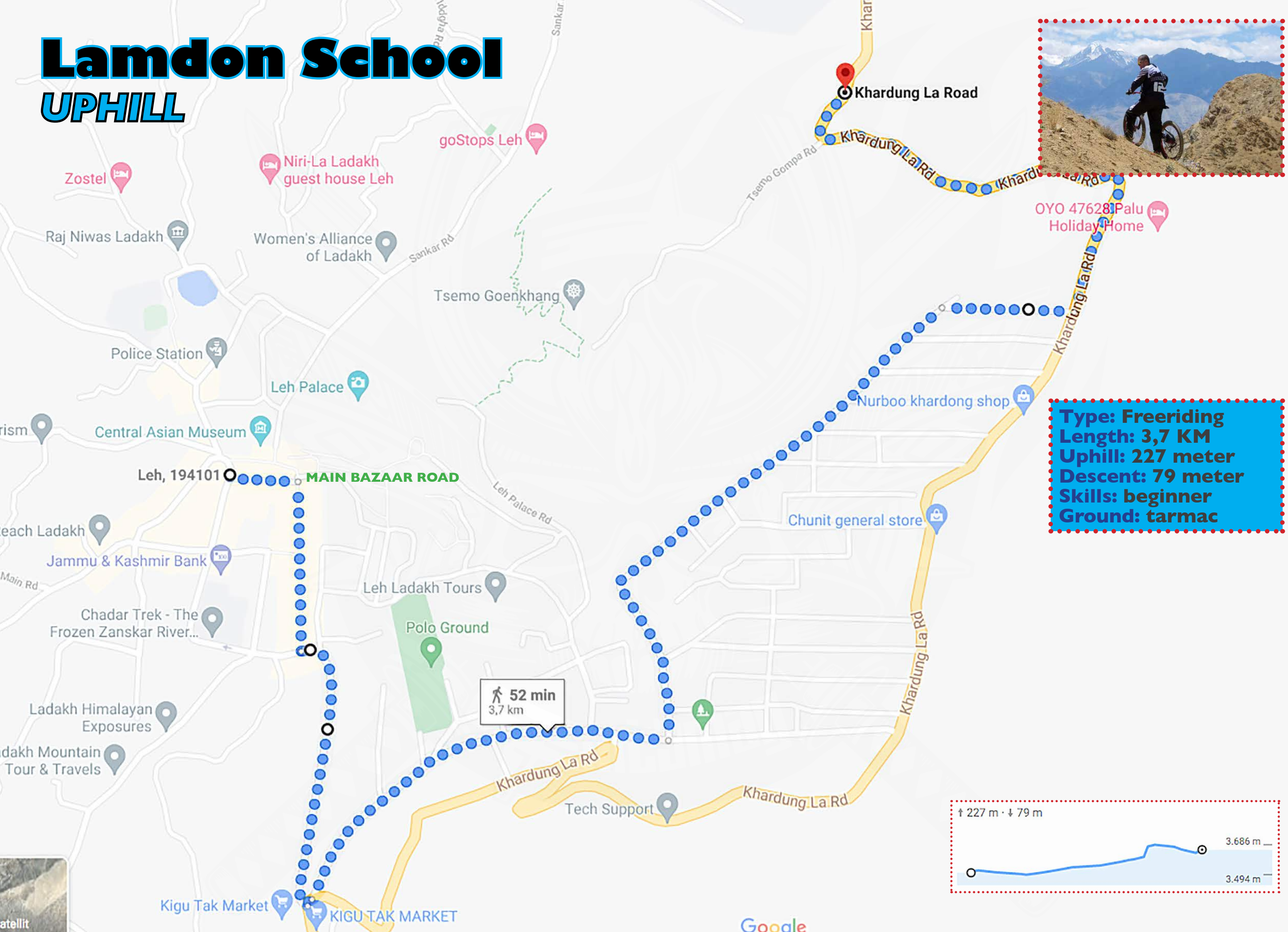
Tsemo Hill

DOWNHILL



Lamdon School

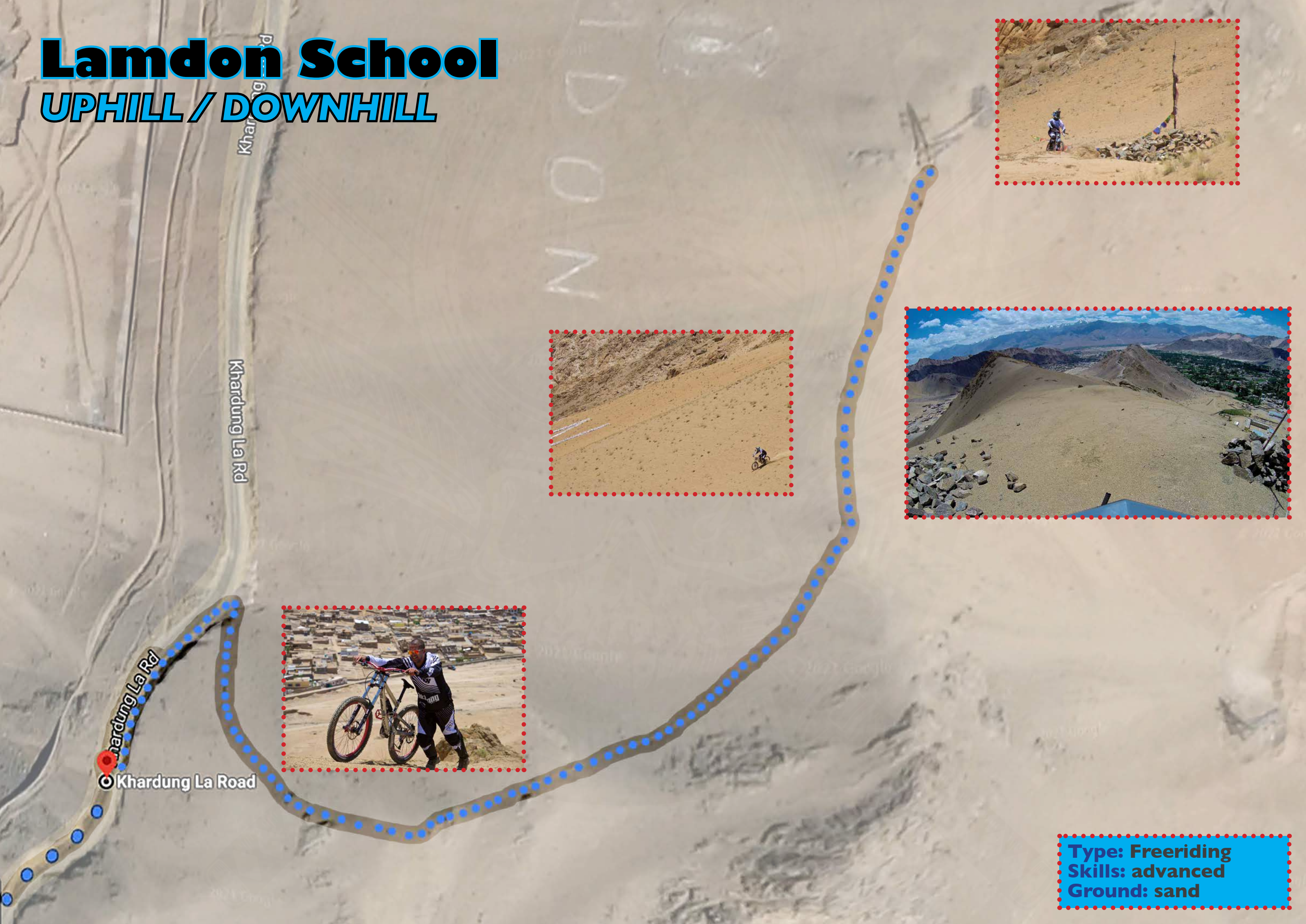
UPHILL





Lamdun School

UPHILL / DOWNHILL

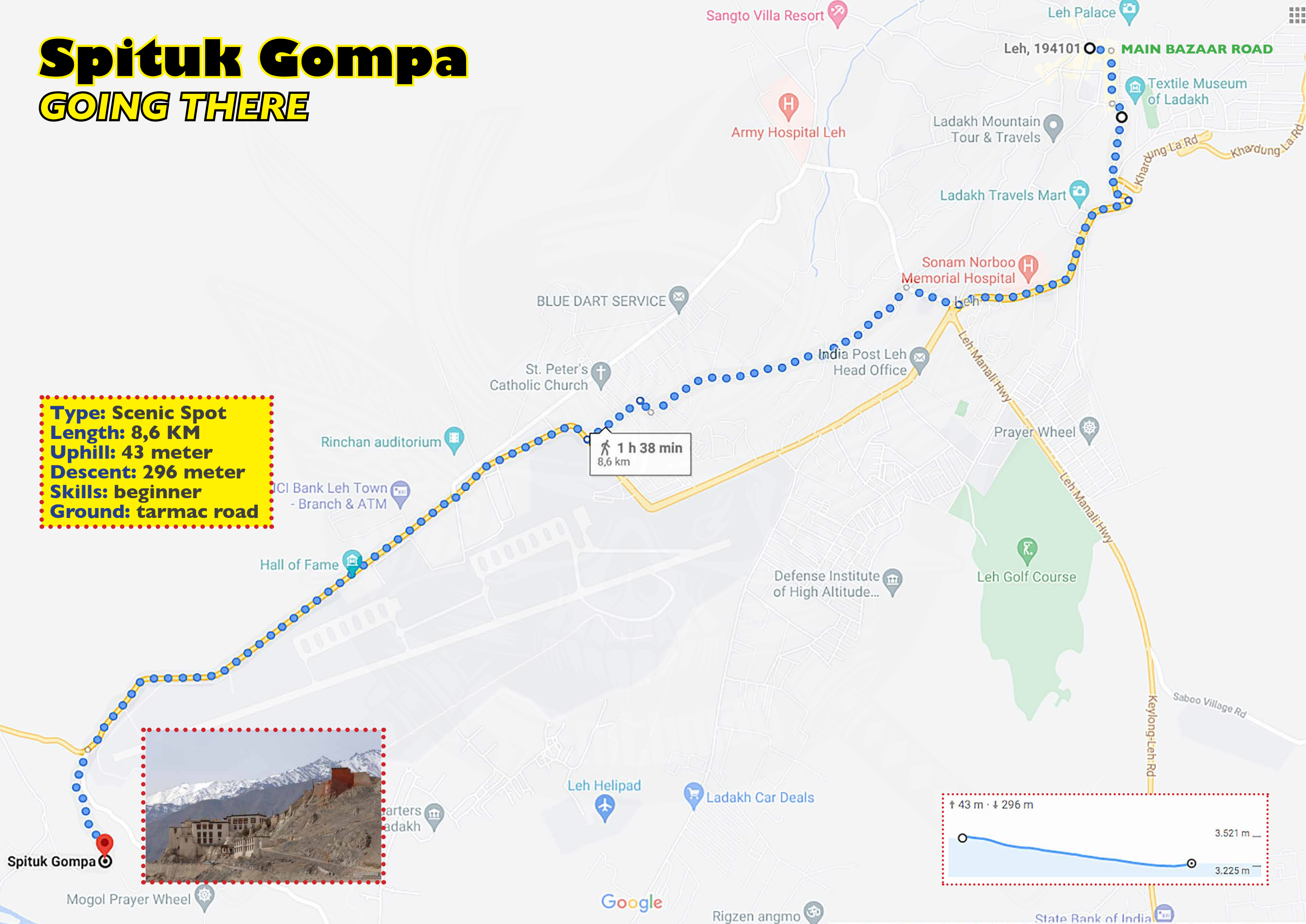


Type: Freeriding
Skills: advanced
Ground: sand

Spituk Gompa

GOING THERE

Type: Scenic Spot
Length: 8,6 KM
Uphill: 43 meter
Descent: 296 meter
Skills: beginner
Ground: tarmac road



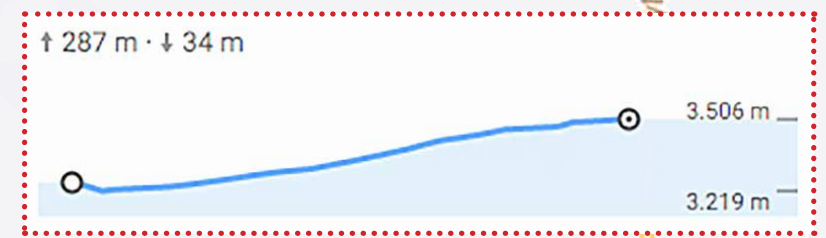


Spituk Gompa

COMING BACK



Type: Scenic Spot
Length: 8,3 KM
Uphill: 287 meter
Descent: 34 meter
Skills: beginner
Ground: tarmac road



Khardung La Pass

DOWNHILL



Type: Scenic Spot
Length: 35,5 KM
Uphill: 5 meter
Descent: 1855 meter
Skills: beginner
Ground: loose road

isketling

6 h 25 min
35,5 km

Kardung La

South Pullu

Khardung La Rd

Khardung La Rd

Khardung La Rd

cave ladakh

Leh, 194101 MAIN BAZAAR ROAD

↑ 5 m · ↓ 1.855 m

5.355 m

3.505 m



Google





SPEED RACE WHITE



PANTS SEND IT



GLOVES RAD RED



可爱熊 Ke Ai Xiong

Aurelius Satlow

CHANCHAN AND HIS PUMP TRACK

潺潺





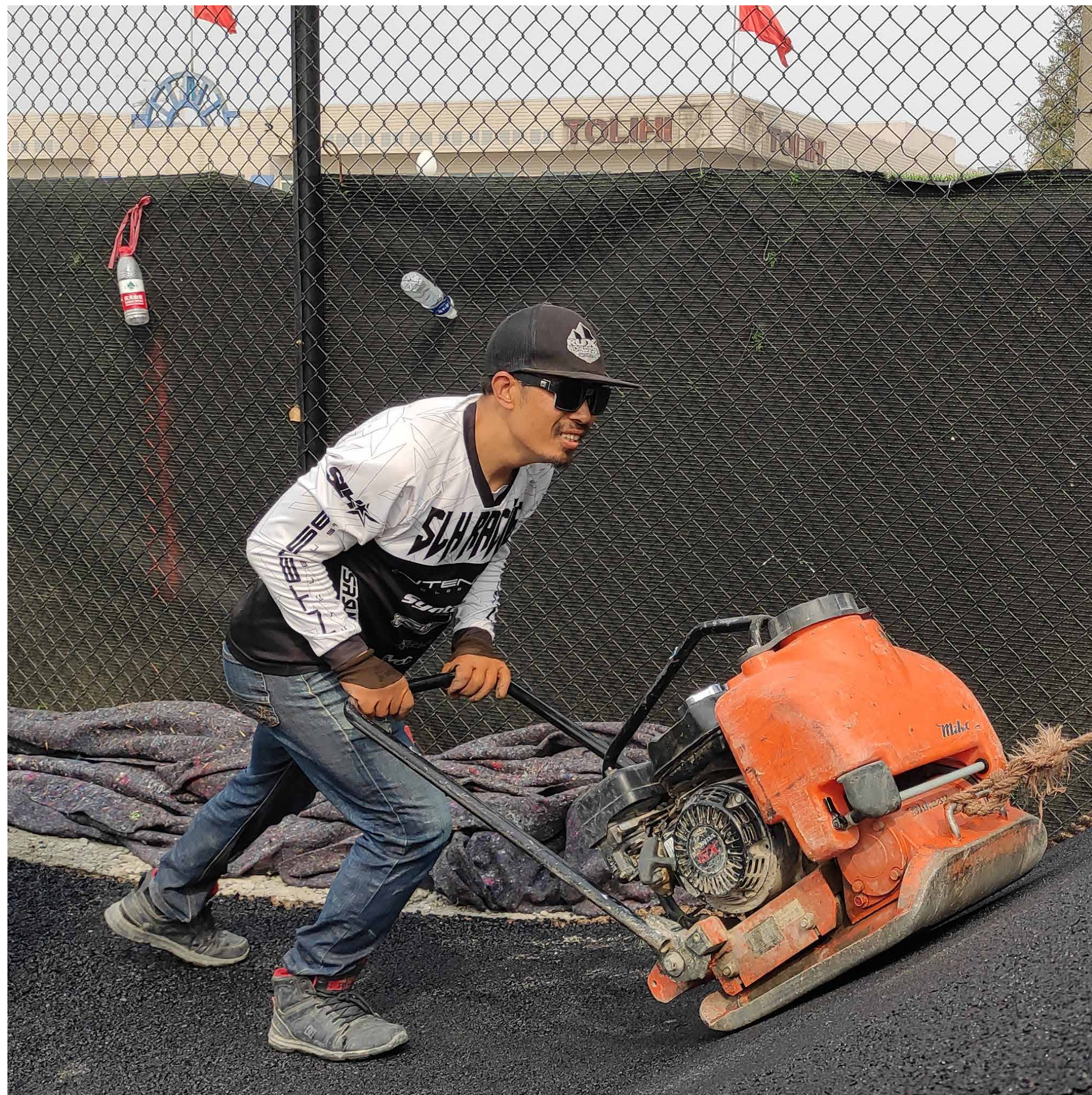
The current fastest downhill racers of China only just had their first experiences on wheels in strollers as little babies when Gong Yan Quan (巩燕泉) was already participating in the first downhill races in China around the year 2000. Gong Yan Quan, by nick name Chan Chan (潺潺), was already a member of the Downhill National Team of China when many of us were attempting their first ride on a mountain bike - or any bike at all. His biggest success was definitely his first place in the very first of these DH competitions. So I felt like an honour when Mesum brought me into contact with him and let me chat with him.

Born in 1978, Chan Chan belongs to the few riders in China who never stopped riding, even after they graduated, married and had children. Beside his career as a professional downhill racer, he was also part of a professional BMX Team and the Chinese BMX national team. He rode professionally for a long time, and riding runs deep in his bones.

In his day job a distributor of sports products, Chan Chan lives in Beijing and last year he initiated the

creation of a new pump track within the city. When I asked why, he told me that what China lacks most in terms of riding MTB and its further development are professional venues and professional teaching staff. So, his original intention in building the site was to promote biking and help more children participate in the sport. The idea for a pump track he had already had a long time ago. But it is very expensive in Beijing to own or rent any land or site. When he unexpectedly got the opportunity last year, he grabbed it and started. The site is 4000 square meters and in a very good location.

Together with two partners, Chan Chan bears all the costs for building. Of course, I wondered whether he designed the place by himself or let someone else do it, and I was surprised his answer, that he had combined the characteristics of many race tracks he'd ridden by himself, and on that basis he designed a professional venue suitable for training and teaching. The reason for building a tarmac pump track instead of a dirt jump like park was obvious for him: a dirt park is harder to maintain and would need more time





to do so. The building of the pump track is still ongoing, but will be finished this summer. It will contain 5 different tracks to allow as many riders as possible to ride at the same time.

To realize a project like this, Chan Chan had to convince city officials to give the city's approval. One of his arguments was that a pump track within a city is closer to life and more suitable for children. From the perspective of kids he explained: "You can come there conveniently to train after school." What made things a bit easier was the fact that that area of the compound wasn't assigned to build houses – otherwise the city might have opted for more high-profit projects, such as shopping malls and office towers.

For the capital of China and a city of 22 million, Beijing does not many places to ride within in the city, but one can go up to the mountains, especially Xiangshan. Riding in Beijing means predominantly Enduro, and the MTB scene consists mainly of some adults, of whom Chan Chan is one. Chan Chan rides twice a week, basically Enduro, pump track and on road.

When I told him I'd heard that some people in China say that mountain biking is dangerous, and sometimes parents even prohibit their children from doing it, he commented: "The children nowadays are different from before. Many parents are choosing a sport for their children. Whether it is dangerous or not depends on the level, the venue, and professional coaches. The important point is a high grade of safety of a riding place." That's why Chan Chan again made clear how important it is to provide a professional venue for MTB and support children to choose a sport for in-depth training.

Chan Chan himself is father of a 4 years old boy, with whom he often rides. His son rides a racing push bike. I was curious whether he'd decided for his son to ride MTB, but Chan Chan seems quite open-minded and told me: "I definitely want him to like a sport, but it is not limited to bicycles. I will fully support whatever he likes. "



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- Material: CNC milled Russian Birch Plywood

#ABOUT

MESUM
VERMA

CEO
EDITOR IN CHIEF

ANISSA
LAMARE

SENIOR EDITOR

AURELIUS
SATLOW

EDITOR

#PHOTOS #EDITORS

Liza Adlan, Anissa Lamare, Pauline Wald, Anthony Brzeski, Julian Ashby, Mesum Verma, Ke Ai Xiong, Aurelius Satlow

#DESIGN

Mesum Verma

#ADVERTISING #INFO

Mesum Verma: mv.mtbmagasia@gmail.com

#SPECIALTHANKS

Bryan Bell

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