

# NORTH SHORE MOUNTAIN BIKE ASSOCIATION

**Be a part  
of the  
action!**



## ***MISSION STATEMENT***

***THE NORTH SHORE MOUNTAIN BIKE ASSOCIATION IS AN ORGANIZATION DEDICATED TO THE ACCESSIBILITY OF TRAILS AND SUPPORT OF MOUNTAIN BIKING ON THE NORTH SHORE.***

### ***OUR GOALS ARE:***

- ***TO KEEP TRAILS CHALLENGING***
- ***TO BE A VOICE FOR MOUNTAIN BIKING ON THE NORTH SHORE***
- ***TO MAINTAIN THE TRAILS***
- ***TO KEEP THE TRAILS OPEN***
- ***TO PROMOTE RESPECT FOR THE ENVIRONMENT THROUGH COOPERATIVE TRAIL MAINTENANCE & EDUCATION***
- ***TO PROMOTE MULTIPLE USE OF TRAILS AND ETIQUETTE***

***Dedicated to the  
accessibility of trails  
and support of  
mountain biking on  
the North Shore***



## What does your NSMBA Membership do for YOU and the TRAILS?

- Your donation makes it possible for the NSMBA to build and maintain trails on an ongoing basis including sponsoring community trail maintenance days every month.
- Your support enables the association to negotiate on your behalf with all stakeholders, providing a voice for the needs and desires of all riders.
- Members receive information on trail issues and status.
- Ten dollars from each membership fee pays to provide insurance to each member through Cycling BC's accident insurance policy. This insurance provides additional insurance coverage to members for all cycling activities. For more information regarding insurance contact Cycling BC.

## NSMBA TRAIL ETIQUETTE

1. Ride on open trails only.
2. Respect other trail users.
3. Respect the Environment
4. Always Stay on the Trail.
5. Ride don't Slide.
6. Pack it Out.
7. Know your Limits.

### FOR MORE INFORMATION...

Check out our web site at [www.nsmba.bc.ca](http://www.nsmba.bc.ca)

Enquiries may be directed to the following emails:

General Information: [info@nsmba.bc.ca](mailto:info@nsmba.bc.ca)  
 Membership: [members@nsmba.bc.ca](mailto:members@nsmba.bc.ca)

### Questions? Comments?

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## NSMBA REGISTRATION FORM

\*Indicates required fields

\*Name: \_\_\_\_\_  
First Name Middle Initial Last name

\*Residential Address: \_\_\_\_\_  
Apt no# Street  
 \_\_\_\_\_  
City Postal Code

\* Home Phone (\_\_\_\_\_) \_\_\_\_\_  
Area code Number

Work Phone (\_\_\_\_\_) \_\_\_\_\_  
Area Code Number

Email \_\_\_\_\_

\* Contribution \$ \_\_\_\_\_ (minimum \$20)

Please check off any of the following which may apply to you so we may get you more information. All levels of support are greatly appreciated.

- I would like to become more involved in the NSMBA.
- I am interested in the NSMBA Adopt a Trail program.
- I want to participate in ongoing trail maintenance activities.
- I plan to attend trail maintenance days.
- I'm happy just being a member.

Please make cheques payable to the:  
**North Shore Mountain Bike Association.**

Completed membership forms can be deposited at participating bike stores or mailed to:  
**North Shore Mountain Bike Association**  
**1459 Kilmer Rd, North Vancouver, BC V7K 1R3**



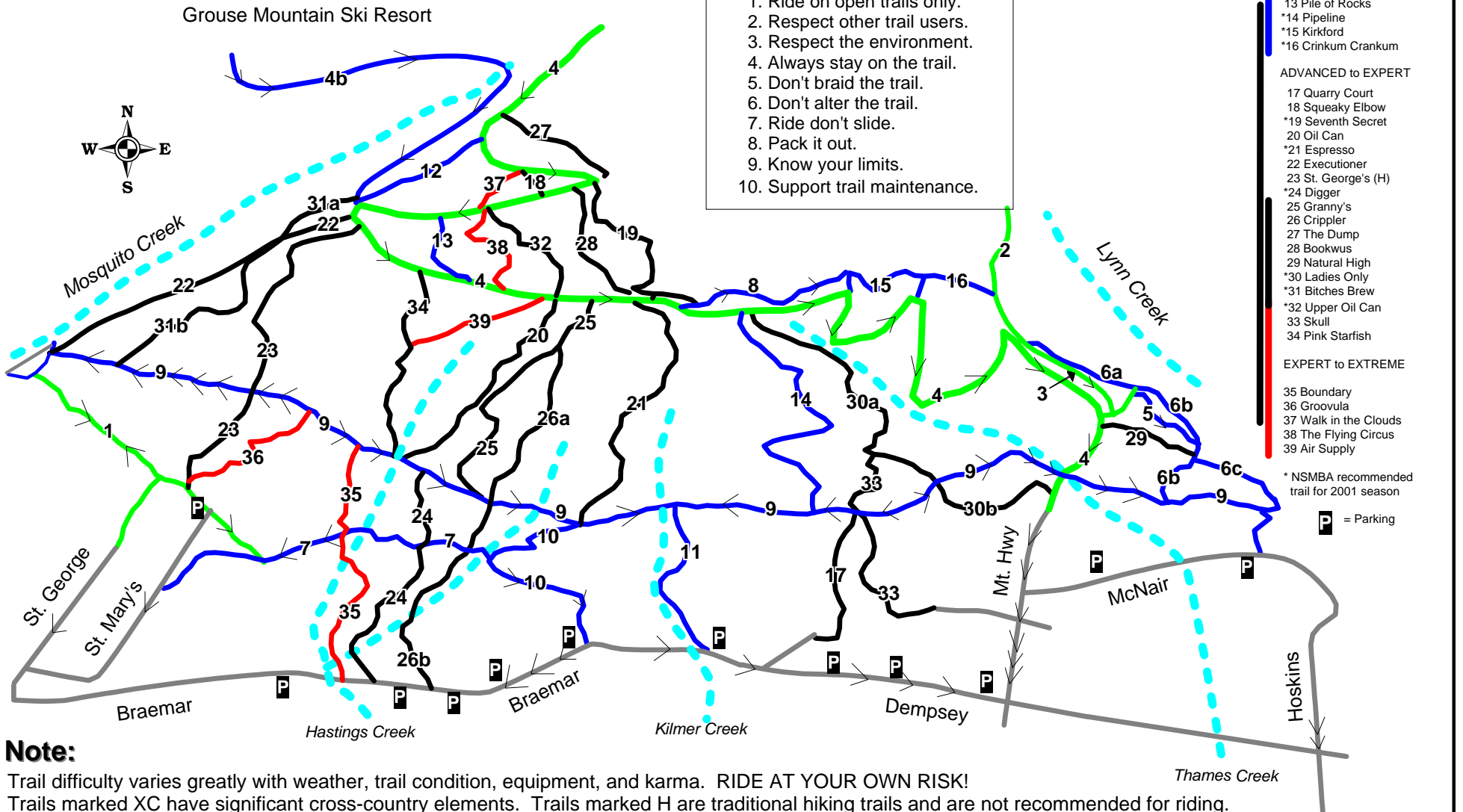
Support the Trails!  
Join the NSMBA  
[www.nsmba.bc.ca](http://www.nsmba.bc.ca)

# MOUNT FROMME

## North Vancouver, BC

### TRAIL ETIQUETTE

1. Ride on open trails only.
2. Respect other trail users.
3. Respect the environment.
4. Always stay on the trail.
5. Don't braid the trail.
6. Don't alter the trail.
7. Ride don't slide.
8. Pack it out.
9. Know your limits.
10. Support trail maintenance.



### Note:

Trail difficulty varies greatly with weather, trail condition, equipment, and karma. **RIDE AT YOUR OWN RISK!**  
Trails marked XC have significant cross-country elements. Trails marked H are traditional hiking trails and are not recommended for riding.

<, > arrows indicate direction of down slope on cross-country trails and access roads for guidance and planning your ride.

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