

LET'S GO > FREERIDE MOUNTAIN BIKING

My Gear



Andrew Shandro

Who: This mountain-biking legend is a pioneer of freeriding, a sport that involves navigating difficult terrain, handling large drops and performing tricks while airborne. "What I love about freeriding is there are no rules," Shandro says. "If you want to build a new stunt, you can." Born and raised on Vancouver's North Shore, where the sport originated, Shandro, now 36, runs Summer Gravity, a freeriding camp in Whistler, B.C. He's also starring in *Seasons*, a mountain-biking movie released this month.

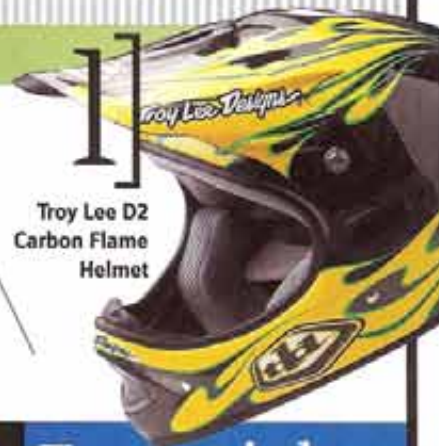
Favourite competition: The Redbull Rampage, a big-mountain competition where he won the silver medal in 2003. "There are lots of slopestyle and dirt jump competitions, but I personally like the big mountain stuff." (Slopestyle and dirt jump competitions have a greater emphasis on tricks and less on navigating difficult terrain.)

Injuries: Broken collar bone; broken wrists.

Can't live without: **Trek's full-suspension mountain bike** "For a big-mountain race, you need eight inches of travel [how much your frame moves in relation to your tires], full suspension and hydraulic brakes." - *Shereen Dindar*



Marzocchi 66 ATA Suspension Fork



Troy Lee D2 Carbon Flame Helmet

Essentials

1) Troy Lee D2 Carbon Flame Helmet By using the best in aerospace technology, this limited-edition D2 is one of the most advanced bicycle helmets in the world. Reminder: Never go freeride mountain biking without a full face helmet. \$375; troyleedesigns.com

2) Marzocchi 66 ATA Suspension Fork When you're jumping off trails and negotiating boulders, you need some heavy duty suspension. Marzocchi's freeride forks are reinforced with aluminum and use air springs for high drops. \$1,099; marzocchi.com

3) VioSport POV Video System Get your tricks on tape with VioSport's new digital video camera. The leader in wearable video technology has created a waterproof, dustproof and shock-resistant camera that mounts to your helmet for point-of-view freeride footage. \$700; vio-pov.com

4) Park Tool Tire Lever Set Ideal for changing downhill and freestyle tires, this heavy duty set is designed for the toughest tire and rim combos. Made of steel, the tools are 20 cm long for superior leverage. \$24; parktool.com



Park Tool Tire Lever Set



VioSport POV Video System

Pick your pace

\$2,519

\$4,999

\$7,895

Norco Shore Three This lightweight starter bike has been redesigned for 2008. With a lower centre of gravity, Norco's new model will keep both tires on the ground when you're riding down steep slopes. norco.com



Devinci Frantik 3 Devinci's sturdy Frantik will hold up to a pounding - its suspension handles bumpy terrain with grace. Plus, the gear shift is imbedded in the handlebars, making shifting faster and easier. devinci.com



Knolly V-Tach You'll feel confident managing even the most severe terrain on one of the world's best freeride frames. Bonus: Knolly offers a selection of shocks from leading suspension manufacturers. knollybikes.com

