

Travis & Kathy: Mountain Biking

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For the past 16 years we (Travis & Kathy) enjoyed riding our mountain bikes on a weekly basis. Usually riding 2-4 times each week, 10 to 20 miles each trip. From a health perspective I believe it is one of the best things you can do for your heart & lungs...legs and butt! ☺ Three years ago, we stopped riding because of spending so much time in the Vixen (airplane). Well...from a health perspective we have realized the error of our ways! ...getting fat, soft, weak, low stamina, etc... So, we have returned to mountain biking. ...we also missed introducing and teaching new folks how to successfully and safely enjoy trail riding.

Over the years we have taught many people to ride. One comment we always hear is “hey...I already know how to ride a bike! ...we ride through our neighborhood all the time!” Yes, you may know how to pedal your bike...but rest assured...you probably don’t know how to do mountain biking! In the beginning, most folks can greatly benefit from some one-on-one instruction and help in adjusting and using their bike. I’m willing to bet your sidewalk doesn’t have roots, sticks, trees, bushes, sand, mud, logs, stumps, water and the occasional terrified squirrel! Trust me when I tell you... while riding, you WON’T be thinking about, cutting the grass, work, bills or anything else...your entire life will consist of what is 20’ in front of you. It really is the perfect escape! Our help is free...and our advice is solid. We can provide you with a good start to a fun and rewarding hobby.



Kathy catching some air in 2001

We currently ride 2004 Gary Fisher’s (a brand of high quality bicycles). They are 292’s (they are commonly referred to as 2-niners), aluminum frame, full suspension, 27 speed, disc brakes and have 29” diameter wheels/tires (instead of the typical 26” wheels/tires). Cost new was \$3,000 each. Kathy rides a small frame and Travis rides a large frame. It’s really hard to see the difference until you see them side by side. Excellent bikes...but certainly not for a beginner (more later).



Travis doing a 3’ drop-off in 2004

We are now riding every Sunday afternoon at 4:30PM at the University of South Alabama bike trails. We will also be planning rides during the evenings, mid week and usually around 5:30 PM. When the time changes, these evening rides will become “night rides” and lights will be required. As we attempt to regain our youth... If you’re interested in joining us for a good workout or for an introductory (easy and short) ride to sort of check it out; Please feel free to email Travis ([Click Here](#)) or call us (251 604-2131) for more info. Helmets, eye protection and gloves while not required

are STRONGLY suggested. You can buy the least expensive bike helmet & gloves from Wally-world, etc. Any clear safety glasses or yellow shooting glasses will work fine. If nothing else, wear your sunglasses.

This is a YouTube link from one of our camping/biking trips. There are two parts. The first part starts off with some Friday night karaoke around the camper and then the mountain biking starts.

<http://www.youtube.com/watch?v=pyEiU1Ak3S4> . The second part (video 2 of 2) is a group of us playing on Duck House Hill...a challenging climb. <http://www.youtube.com/watch?v=I3IRxZ4-F6U&feature=related>.

There is a new (Mobile Area) Mountain Biking website. We are trying to get the info out to everyone. PLEASE register and take an active part, post questions, comments, likes and dislikes. Paul Brouillette started the site and I will help him manage it (although he does all the work! ☺). Again...Please help us keep this alive. www.mobilemtb.com . Click on the Forum Link.

I will be adding more information to this page as time allows. Just look for an updated date on the eNOTAM Home Page menu. Also, this information is provided for entertainment purposes only! When you ride, you ride at your own risk!

Below is some basic info (2 pictures) about the University of South Alabama mountain bike trail location (Mobile, AL) and a picture showing one loop at is good for beginner riders (first timers). I can also send you a better copy via email. Just let me know.

Ride (and fly) Safe!

Travis & Kathy ☺



NOTE: Trail drawing are approximations only! Not EXACT, Not to Scale.

Wide gravel/sand trail

Dumpster (top of hill) . Trail Entrance Gate (Pipe). Ride around either side.
Old trail entrance (still usable) But hard to find.
ENTRANCE ROAD (Gravel) Park Here.

Jag-Tran Building

Log Jump just before reaching gravel trail.

Short Section of Wood Fence:
Side entrance into the Red Rock Trail

This is only a "small" portion of the USA Trail System. **The trail shown is a great beginner trail.** It basically begins and ends at the Wide Gravel/Sand trail. The only other exit (other than the Wide Gravel/Sand trail) is at the 10' section of wood fence where you can pick up the Red Rock Trail. The Old Trail Entrance is easy to see from the trail...but difficult to find from the gravel road.