



14 & 15 SEPTEMBER 2019

TIPS from JOEP

Are you going to participate in XTERRA NETHERLANDS?

Whether you opt for the sprint or long distance, it will be a great challenge.

At every distance you get a varied course with different surfaces including the beach, and that provides an extra dimension. Ameland stands for sea and beach, hopefully with sun too. Because of the sea and the beach you have to take extra account of your equipment, especially on the bike. The combination of dunes, beach and salt water ensures that your bike will endure a lot. Therefore some tips:

- The XTERRA NETHERLANDS trails are diverse, and can be ridden with any type of mountain bike (beach, hardtail and full-suspension).
- It is advisable to use tires with a light to low profile.
- Tire pressure not too high and depending on experience with low pressure driving and own weight, between 1.0 - 1.8 bar.
- Take good care of your bike before the race: lubricate your chain and rotating parts well, but also all steel parts of your bike (except for your disc brakes). This can be done for example with Vaseline, or a special lubricant or silicone spray, which gives you extra protection against rust.
- Take good care of your bike after the race: you can spray your bike off with water. If you find gold a beautiful color, but only for your medal, then it is a good idea to use this cleaning place so that your bike does not turn gold from the rust. A little degreasing agent and good drying afterwards and you ensure that you can still enjoy your bike without any problems after XTERRA NETHERLANDS.