

Mountain Biking Sprint – Game Instruction

Title: Mountain Biking Sprint

Category: Outdoor

Subcategory: Males

Players: 2+ players

Time Required: 15–30 minutes



Description

A fast-paced biking challenge where players race to complete a short off-road trail or circuit.



Materials Needed

- Mountain bikes
 - Helmets and protective gear
 - Marked trail or obstacle course
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How to Play

- Choose or create a short, safe trail or loop suitable for biking.
 - Set a starting and finishing point and go over the rules.
 - Each player races the trail individually or against others depending on space.
 - Use a timer to track how long each rider takes to complete the course.
 - Fastest rider wins. You can repeat rounds to improve times.
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Tips & Variations

- Ensure all bikes and gear are in good condition.
- Use cones or signs to mark the course clearly.
- Offer bonus challenges like riding one-handed or through narrow paths.