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#monduro #3.0 #india  
#gdl #final #china  
#pokhara #enduro #nepal  
#xco #experience #china  
#views #nepal



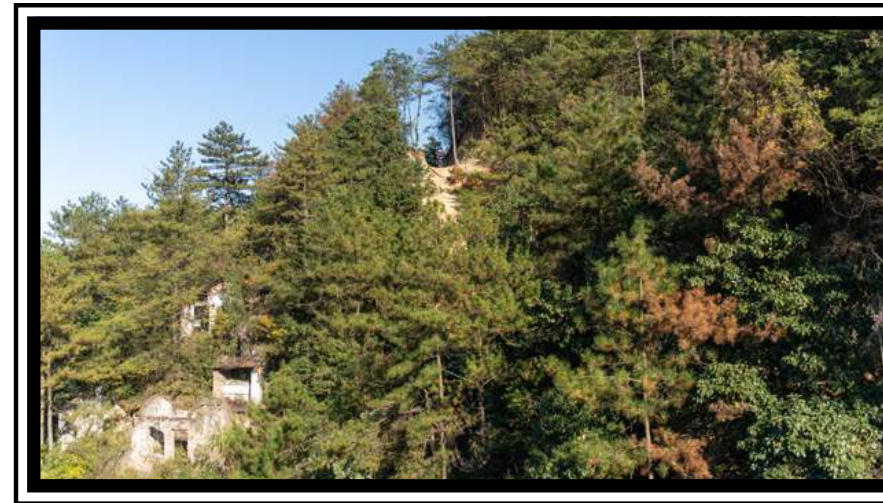




**#GUANGZHOU #DOWNHILL  
#LEAGUE #FINAL #RACE  
#CHINA**



**#MONDURO #3.0 #ENDURO  
#RACE #TAWANG #INDIA**



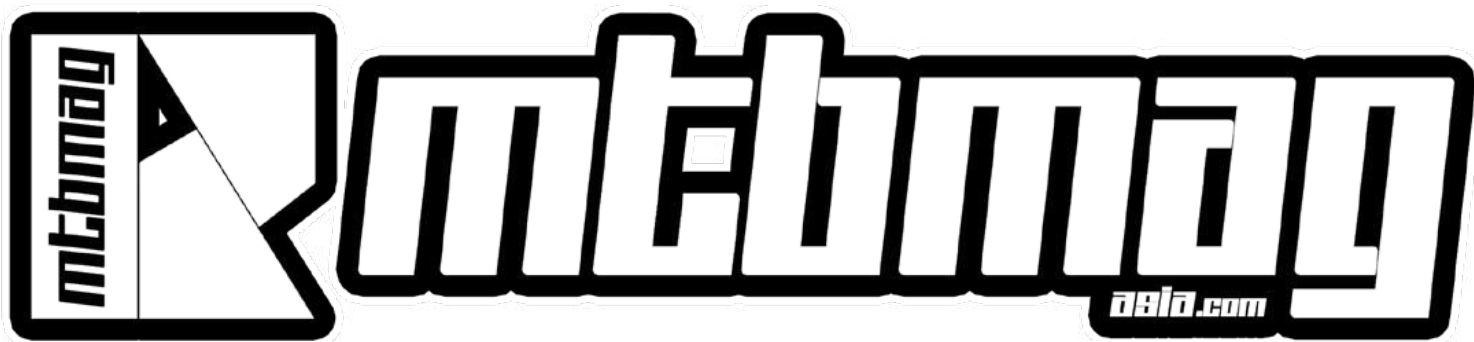
**#XCO #EXPERIENCE  
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**#POKHARA #ENDURO #RACE  
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**GHOST**  
OF THE MOUNTAINS



PHOTOS: MONDURO  
WORDS: MONDURO





Far from the busy streets and bustling cities is a land perched high up in the Himalayan ranges, one filled with history and a rich culture. A land that boasts the 2nd largest monastery in the whole of Asia and a land that witnessed the brutality of war during the 1962 Sino-Indian war, Tawang in Arunachal Pradesh has become a hot tourist spot, and now attracts more tourists than in the last 10 years.

Apart from conventional tourism, Tawang has also been witnessing an influx of adrenaline junkies since the 2021 inception of a Mountain Biking event called Monduro, which literally means Enduro in the land of the Monpas. Monduro 3.0 was the third



edition of the race after the event was also declared an annual government calendar event by the Government of Arunachal Pradesh. The event has witnessed a steady growth of participants, both from the country and abroad. The credit goes to the Honourable Chief Minister Shri Pema Khandu for his support and positive approach toward promoting sports in the whole state, the credit also goes to Honourable MLA Tawang Shri Tsering Tashi for all the support since the very first edition of the race.

The theme for this year's edition was "Ghost of the Mountain," referring to the Snow Leopard, as this elusive beast was spotted in the higher reaches of Tawang and also close to the areas of the event. The message of co-existence and the importance of conserving this endangered species was also shared with the riders.







Monduro 3.0 is an exciting and thrilling mountain biking event that takes place in the picturesque region of Tawang in Arunachal Pradesh. This six-day event brings together mountain biking enthusiasts from all over the country to showcase their skills, endurance, and passion for this exhilarating sport.

The event offers participants an unforgettable experience, combining the adrenaline rush of mountain biking with the breathtaking beauty of the Tawang landscape. With its rugged terrains, challenging trails, and unmatched natural beauty, Tawang provides the perfect backdrop for this exciting event.



Participants in the Monduro 3.0 get to test their limits while traversing a variety of terrains, including steep slopes, rocky paths, and winding trails. The event features a XCO and Enduro race of 2 days and 10 stages, with different levels of difficulty catering to the riders of all skill levels. It is an opportunity for participants to push themselves to new heights and showcase their skills in a competitive yet supportive environment.

This event not only offers an incredible mountain biking experience but also allows participants to immerse themselves in the local culture and traditions of Tawang. Participants get the chance to interact with the local community, taste traditional cuisine, and witness the rich heritage of the region.







Safety is a top priority during the Monduro 3.0 event. Organizers ensure that all participants have access to medical support, safety gear, and experienced guides who are well-versed with the trails. This ensures that riders can focus on enjoying the event and pushing their limits without worrying about their well-being.

The Monduro 3.0 event also aims to promote eco-friendly practices and raise awareness about the importance of preserving the natural environment. Participants are encouraged to ride responsibly, respect the surroundings, and leave no trace behind.



Overall, Monduro 3.0 is a thrilling mountain biking event that combines adventure, competition, and the beauty of Tawang in Arunachal Pradesh. Whether you're a seasoned mountain biker or a passionate enthusiast looking to challenge yourself, this event offers an unforgettable experience in one of India's most breathtaking locations.







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3RD CHRIS KEELING









 山地自行车系列赛  速降联赛  
DOWNHILL SERIES MTB RACE  
FINALS  
2-3 DEC 2023 总决赛

PHOTOS: GDL  
WORDS: MESUMVERMA

 泉林大河山地车公园  
DARAY MOUNTAIN BIKE PARK





### The racing is back 2023 GDL Mountain Bike Downhill League Series - Finals

On the 3rd of December, the 2023 GDL Mountain Bike Downhill League Series Finals finally happened again! After 4 years of waiting, the black

track of Daray Mountain Bike Park opened again for all competitors from many countries and from all over China.

In total 180 riders showed up for the qualification run, 79 rider only under 15 years old and 37 riders under 18





years old, and 92 riders in the final.

From China, under 18 year old Tu Xuan Zhou blew everybody away with his run! He managed to be faster than the elite riders! With a time of 2:58:908, he beat the champion in the elite group, Ato Hiroshi from

Japan with a time of 3:00:411, a lead of almost 2 seconds. It was impressive of the youngster to stay under 3 minutes on the 1,8 kilometre long track, which has a drop of 255 metres from the start to the finish line and is nothing easy to ride! As „Sick“ Mick Hannah said in 2018, when he was





riding on this track; „it’s a technical track, and it has no need to hide against any difficult track in Europe where they are racing downhill.“

The U18 and U15 did the qualification on the blue track, as there were so many riders (116), to make sure

everybody could have a run without getting run over from riders behind, as on the black track they would need to make a bigger time gap to let the riders down. Which means, the young riders had two different tracks to ride down on the race weekend! Which sounds fun, but it





could be also a challenge to ride two completely different trails down!

With riders from the UK, South Korea, Hong Kong, China and Japan, it was the first international downhill race after covid. Supporters and sponsors showcased the latest gear

in the finish area, such as Zhenyang Brothers Cycling, AKKI Hong Kong, TRP Brakes, SR SUNTOUR, TANNUS, Norco Bicycle, JAVA Bicycle, Greenway Sports, and Yongwei Clothing. It looked like a normal world cup where you see many tents from different brands



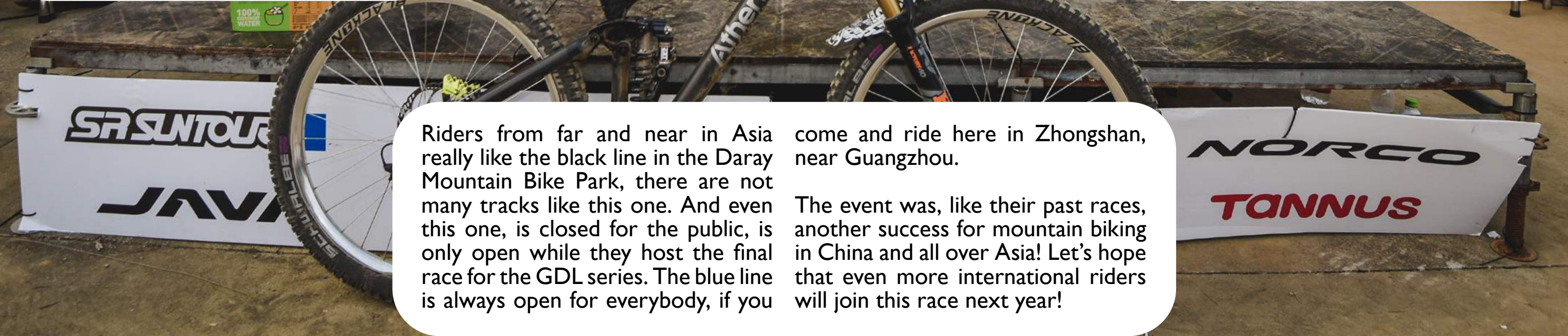


trying to get new followers and buyers of their product.

Jerry and Tranmin, whom I know since 2015, have kept up a great effort all the years to organise and host such great downhill mountain bike events! I think it's the intent

of every rider in Asia to say a Big Thank You, for promoting the sport in China and Asia so willingly and without resting, and continuing even in difficult times such as these past 3 years of covid, especially in China! Thank you, thank you!!





Riders from far and near in Asia really like the black line in the Daray Mountain Bike Park, there are not many tracks like this one. And even this one, is closed for the public, is only open while they host the final race for the GDL series. The blue line is always open for everybody, if you

come and ride here in Zhongshan, near Guangzhou.

The event was, like their past races, another success for mountain biking in China and all over Asia! Let's hope that even more international riders will join this race next year!





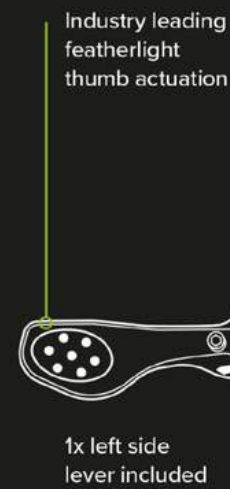
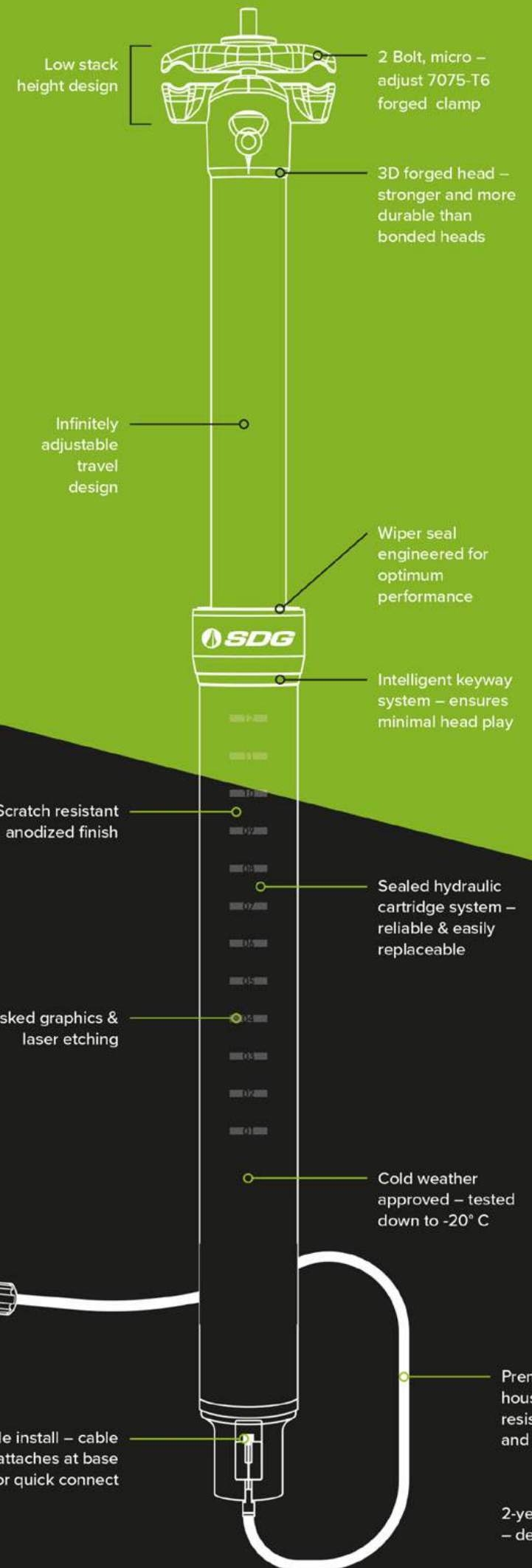
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TRAVEL	DIAMETER	LENGTH	WEIGHT	P/N
125mm	30.9mm	390mm	510g	07540
125mm	31.6mm	390mm	530g	07541
150mm	30.9mm	440mm	552g	07560
150mm	31.6mm	440mm	573g	07561

\* Weight does not include remote lever  
 \* Length does not include actuator (27mm)

# TELLIS WORKS DROP AFTER DROP

Cable actuated hydraulic dropper.





# Pokhara Enduro: New trails, new thrills

Nepal's 'adventure capital' sets its sights on becoming a global MTB hub following a successful inaugural international race



PHOTOS: ANUJ ADHIKARY, KIRAN ADHIKARI  
WORDS: SUMAN MALLA



Time seemed to stand still at Mahaprabhu Dham, a quaint hamlet in the Arba Hills on the outskirts of Pokhara.

The only sounds in the otherwise serene environment were the rustling of leaves, the chirping of birds, and the occasional giggles of children in the meadows.

However, that tranquil rhythm was disrupted by a new and exciting event—the Pokhara Enduro Race.

The first-ever international enduro mountain bike race outside the capital, Kathmandu, marked the culmination of three years of meticulous preparations. The three-day event kicked off on November 23, with 56 riders from 11 countries competing across seven categories.

The atmosphere on race day was







electrifying. A large crowd of spectators added to the festive ambience, eagerly observing the bikers navigate the intricate course for the finale.

“It isn’t every day that we get to witness such an event. An event that brings everyone together, showcasing the best of Arba’s spirit,” said Sita Sunar, who came along with her neighbours from a nearby place called Thapa Chautari to witness the race.

As the first riders set off, the crunch of tyres on the trail resonated through the air. As they moved deeper into the Arba Hills, the rhythmic hum of wheels on dirt soon took its place. After navigating the rugged terrain, the riders emerged in a cloud of dust, eliciting cheers and applause from the spectators.

Indonesia’s Rama Teguh Ady Pratama secured the Male’s Elite title against the breathtaking backdrop of the



Annapurna mountain range. He stood out as the only rider to complete all five trails in under 10 minutes—9:59.52.

“The course was demanding, but I felt in sync with my bike and the terrain. I’m thrilled to come out on top,” Rama said, reflecting on his performance in the race.

Having opened up a seven-second lead at the top in a prologue on the 1.42km Pro Trail a day earlier, the Ertap Sports Management rider completed the 10.5km four-trail course in an impressive 7 minutes and 4.66 seconds on the race day. That saw him finish more than 17 seconds clear of UK rider Christopher Keeling. Nepal’s Prachit Thapa Magar from Gnarly MTB clocked 10:36.16 to secure third place among the 13-man field.

The races for Masters ,A’ (30-39 age group) and





Masters ,B' (40–49) categories were conducted in the same manner, across two legs, spanning five trails.

Pokhara rider Rajan Bhandari put his knowledge of the trails to good use, winning the Masters 'A' by a margin of more than 25 seconds as he completed the course in 11:21.06. Mangal Lama (11:48.99) stood second in the category, and Kunga Woesar (12:10.29) was third.

Former Nepal downhill champion Suraj Panday clinched the Masters 'B' by finishing the loop in 12:18.39. Rabi Karki (13:11.89) and Nayan Manandhar (13:18.47) came home second and third, respectively.

An added element of fascination to the competition was the e-bike segment, in which Prashanna Gautam claimed victory with a time of 13:45.70.

The





three other races were contested on a 10.5-km course consisting of four trails—SS1, SS2, SS3, and SS4.

In the Women's Open category, Laxmi Magar showcased controlled descents and speed around corners, completing the course in 9 minutes and 53.48 seconds. Mingma Sherpa finished second in 11:25.31, and Singapore's Evon Chia was third in 15:35.36.

In the Junior Male (12–18 age group), Nepal's Beepul Thapa beat favourite Elijah Steward of the US.

Making amends for an error on the SS2, Thapa put in strong performances in the last two stages to win the race by 17 seconds over Steward, who finished in 8:25.77. Nepal's Deepesh Thapa crossed the line in 9:12.68 to complete the podium.

“Competing alongside







international riders is always a learning experience,” winner Thapa said after the race. “The Arba Hills track was challenging, but it’s an incredible feeling to be part of such a competitive race.”

In the Veterans Male (50 plus) category, Singapore-based Nepali rider Lal Bahadur Ale won the race with a time of 11:10.05. Sulochan Rajbhandary (11:22.05) claimed the second spot, and Saisab Pradhan (11:36.39) was third.

As the dust settled and the cheers subsided, Mahaprabhu Dham returned to its peaceful serenity, but with a new sense of connection to the world beyond.

“It’s not just about racing against the clock,” noted Johnathan Tan, a Singaporean rider who finished 12th in the Elite category, referring to the trails that seamlessly blend the thrill of the ride with the beauty of Pokhara.

The race organisers crafted six



trails, varying in length from just under 1 km to 2 km, offering their own distinct set of challenges. The result was an adrenaline-pumping race that tested participants' technical skills and resilience.

With expansive mountain vistas and varied terrain, Pokhara presents a perfect setting for an event that guarantees both challenging and breathtaking landscapes. He said, "Taking on challenges in these beautiful natural settings is a captivating experience. I can't wait to return for another race here."

The commitment from the city's top authority promises a bright future for Arba as a hub for adventure sports.

"Pokhara Enduro is a celebration of our city's commitment to fostering adventure sports," said Pokhara Metropolitan City Mayor Dhanaraj Acharya.

"These







mountain bike trails have added an exciting new opportunity for the area,” he said. “We are dedicated to turning Arba into a hub for such events and pledge all necessary support to make it happen.”

The organisers were understandably taken aback by the amount of praise. Amid the vibrant energy and excitement that defined Pokhara Enduro, there was a silent force at play, driving the success of the entire spectacle—volunteers.

The success of the Pokhara Enduro event, according to race director Sunil Chandra Sharma, can be attributed to the generous spirit of volunteering that permeated every aspect of the event.

“We’ve long had the idea of putting together an exciting mountain biking event in Pokhara, capitalising on the city’s reputation as Nepal’s



adventure capital,” said Sharma.

Beyond the thrill of mountain biking, Pokhara Enduro has three key objectives: community development, economic empowerment through sustainable tourism, and inspiring a new generation of top riders.

A diverse group of people with a shared focus on collective thinking worked together to make the Pokhara Enduro event possible, he explained. From trail building to managing race logistics to providing vital medical support, these volunteers played a crucial role in shaping the narrative of the event.

“The positive feedback has humbled us, further encouraging our commitment to progressing towards our goals.”







# XC-RACE EXPERIENCE IN CHINA

PHOTOS: YUAN WANG

WORDS: AURELIUS SATLOW



**That was not my plan: Getting myocarditis right after my Covid-19 infection at Christmas 2022 and being unable to ride my MTB for more than 10 months! I lost a lot of the good physical condition I had before and I even started forgetting about the nice feeling of flowing through trails. Still I knew I wanted to, and would be, back on two wheels one day. All of a sudden I got a friend's message about an upcoming XC-race in about 1.5 weeks! For the past 2 years, I always wanted to check out the track of that XC venue. So, it was decided, even though it was not my aim that my return to real riding would be a XC-race.**

**Ok, sure, I did some very short ride in the months before, around the neighbourhood and also two runs during a local amateur DH-race, down a short steep trail nearby. But, it was always just to find out that my heart still needed more rest. Now, this was different. So, in that one week before that race I did a longer lap on my Enduro MTB through the city to get my heart a bit more used to longer exhaustion. But I already knew that would never ever be enough for a XC race. So, I took it easy anyways.**







The street to the race led 2.5 hours from Ningbo City into the middle of the beautiful Si Ming Mountains. The race itself was organised by the local government of Jinhua City and Yushan MTB Park. There was a rider class for Elite, 40+ Men, Youth and Women, in total 124 participants. XC is the most popular amongst the different MTB disciplines here in China.

What a great see-you-again when I arrived there! An old riding buddy, Santis, warmly welcomed me. We'd met 3 years previously while Downhill riding in the Brave Peak Bike Park near Hangzhou. We had some delicious local food before the race, and suddenly a Chinese guy, a photographer greeted me in German! We had a nice talk in German about his 5 years of studying in Germany. And luckily, he agreed



to provide the photos for this article here, since I, “stupid head,” had totally forgotten to take my camera from the table at home, where I put it right before leaving!

I did one slow lap through the whole course, which turned out to be pretty diverse over a distance of 4.2 km. I tried to remember some key sections and figured out spots where I could have an advantage against the XC bikes with my heavy Enduro bicycle. I found some steeper downslopes with more rough terrain where I could get some seconds of high speed.

Race Time! – I tried to take it easy in order to take care of my heart. That was barely possible in the heat of a race start in a crowd of about 30 riders. So, in the first 5 minutes I tried to get a good position for myself. I battled a little bit with others. I took over some riders right at the beginning with poorer physical condition, one or two with really old AM bikes. Then I could beat one or two riders at technical sections such as a wooden downwards stair case. I was able to take over another rider exactly at the steep downslope where I let my brakes totally loose and let the long travel suspension do its work, and also took the little step up jump after that at high speed, which made me fly way further than I expected, when doing the track walk/ride. However, the Enduro fork and shock just swallowed the impact. After a while I noticed I would have almost no chance to get closer to the 10-or-so riders in front of me. And then it happened: the first rider of the Women's class approached steadily from behind and chased me, until finally at the first uphill I just







surrendered and gave her room to overtake in the narrow turns up the trails.

I rode pretty much alone for a while, but on the uphill sections the 17 kg Enduro - from 2015 - slowed me down a lot, my energy was about done, and I wasn't even finished the first of the two laps. So, it came the way I expected, another of the male riders from behind approached slowly. Almost about to take over in some sharp angled uphill turns, he suddenly lost balance, had to get off his click pedals and fell back again. A minute later he attacked again, overtaking me at the start of a flowy downward section, got really fast and at the first turn braked too late and crashed half into berm, whereas I could make use of my „bike park berm riding experience” and easily pushed away. Again, 2 minutes



later, on the next long uphill he came again. There were pretty flat long sections with up and downhills where one would have to switch gears, there were also some turns and the ground was pretty stony and slippery. The terrain and the gear shifting finally forced him to click out again, so I could pull away again just by keeping my bike control and a moderate speed through this technical terrain. I knew, with his physical power he could actually take me, but he always struggled. In the second half of the final lap, he finally took over by avoiding his old mistakes. Till the finish line I stayed alone again and finally ranked 9th. That was an exciting race experience and my heart felt still pretty ok and I was super happy about that result. Let's see what is possible next year after more training!



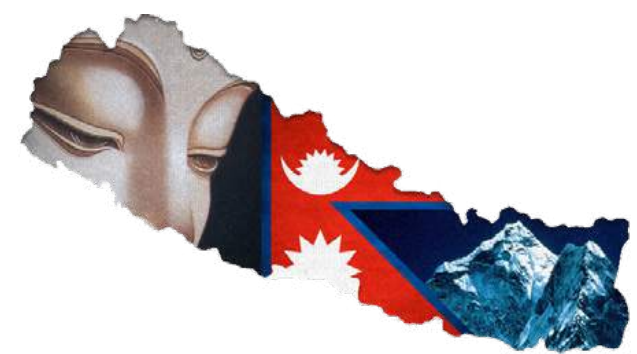






















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