



I have the pleasure in announcing Mud Sweat and Gears 2011!

We hope you are as excited as we are about the year ahead. With four new events, coaching sessions for the grommets and trips to Wales and France - its certainly going to be a big one! To help with understanding the new developments we have pulled together a guide below and linked it to the all new Mud Sweat and Gears website for further information.

We look forward to seeing you on the start line at the first Warm-Up event in March,

Warm-Up Series

Designed to build confidence and fitness before the start of the race season. The courses are shorter and less technical , but will provide you with a fantastic platform to get you into your racing groove!

Eastern Region MTB Series *

Offering riders of all abilities the chance to test their fitness, nerve and bike handling skills at six great courses throughout Essex, Suffolk and Norfolk. The series brings together established venues such as Thetford Forest and Langdon Hills alongside exciting newer courses, so whether you like free flowing trails or a tighter, more technical circuit, there is something for everyone.

Sponsored by: [Phils Bike Company](#), [Chelmer Cycles](#), [Health Muscle and Fitness](#) and [Todays Cyclist](#)

** Please note that there have been some changes from the provisional dates advertised in 2010 (July/August).*

Summer Enduro

For those riders that prefer to go the distance - we have a brand new event for this year! With 6hr, 8hr and 10hr races available, the summer enduro will provide you with ultimate test of endurance.

Sponsored by: [Cycle Revolutions](#) and [City College Sports Unit](#)

Weekday Blast

Join us on the Wednesday evening before each major race for a guided tour of the course. Starting at 6pm and finishing just before sunset, the Weekday Blast will provide you with an opportunity to build your confidence, develop your skills and socialise with friends.

Trips

In addition to offering events, we have also developed a number of fully inclusive action-packed MTB trips to Wales and France.

*Alistair, Mud Sweat and Gears
Essex Outdoors*

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