

QUICK 'N DIRTY MOUNTAIN BIKE SERIES BY DAVID LANGRAN



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Cross-country mountain biking is a great form of training for motocross. Former pro jet skier and avid moto head Victor Sheldon understands this, so he created a midweek XC series called Quick 'N Dirty.

"We created this series to give riders a chance to get some midweek competition and make it cost-effective and fun," Sheldon explains. "I've always felt mountain biking is the best training for moto, and racing is the best way to improve our fitness. There's nothing like being on the start line. The series also introduces new enthusiasts to mountain biking."

The races take place on Wednesday nights throughout the summer in the Bernado Bay Natural area of Lake Hodges,

near San Diego. The course is a scenic and challenging 3.5-mile loop that changes for each event. Each course is a mix of flowing single track, technical rock sections, and a few punchy climbs—with amazing views throughout.

The Quick 'N Dirty races are gaining popularity, with the likes of Blake Baggett, Johnny O'Mara, Jeremy McGrath, and Michael Sleeter showing up recently. Ryan Hughes' son, Evander, is also a regular at the events and actually beat Baggett at one of the early rounds. The young Hughes definitely has a future in XC mountain biking.

With events also being planned for the fall and winter, Quick 'N Dirty races could soon become a year-round thing. For more information, visit [Facebook.com/QuicknDirtyMTB](https://www.facebook.com/QuicknDirtyMTB). ■



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(Top) The Quick 'N Dirty mountain bike series takes place at the scenic Lake Hodges area in San Diego; "O'Show" and Baggett prepare for the start. (Clockwise from left) Evander Hughes (left) on the podium; O'Mara is a regular of the Quick 'N Dirty races; Hughes (128) actually beat Baggett (166) at one of the early rounds; MC (382) also made a cameo.