

**Bien préparé, plaisir à VTT**  
Good preparation means more pleasure in mountain biking



**A VTT, je maîtrise :**

*ma prise de risque,  
ma vitesse*



**Et je roule  
bien protégé :**  
*casque intégral,  
gants, protections rigides*

*« In mountain biking, I should control the risks I take and control my speed. I should protect myself with : a full face helmet, gloves, and full body armor »*