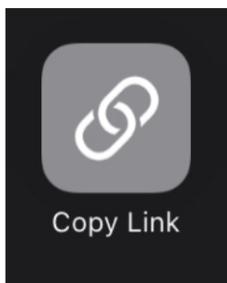


# Episode Details

## Episode Details

<b>Episode #</b>	9
<b>Author</b>	Liam
<b>Producer</b>	Liam
<b>Director</b>	Liam
<b>Release date</b>	27
<b>Recording date</b>	22
<b>Post-Production completion date</b>	

After establishing this first page,  
Click the Share +.  
Copy the Link

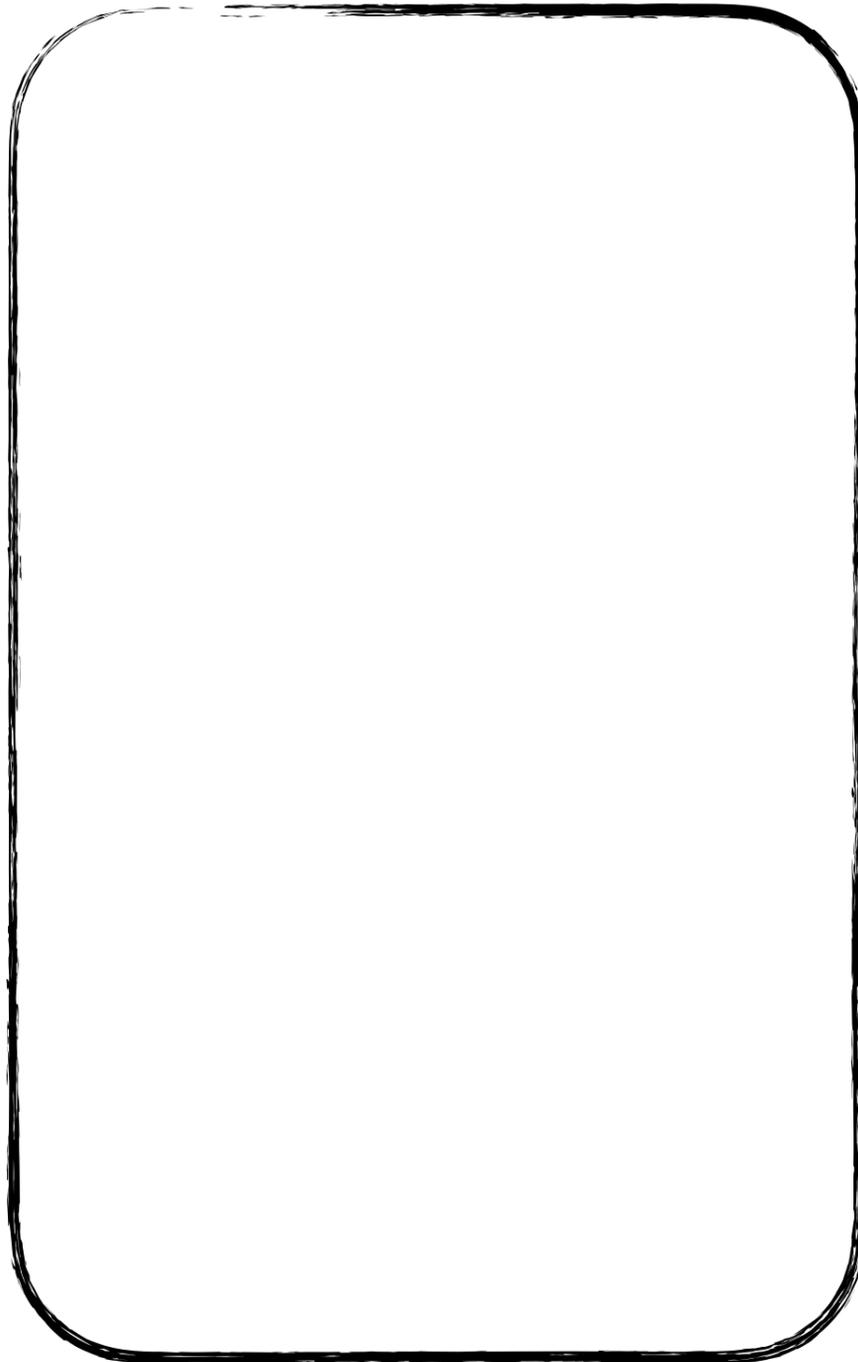


Post your Link into the Showbie Folder  
Podcast Planner.

This is now a SHARED Document between  
you and Ms. Maxwell.

This Milestone will continue to be updated.  
Post the link to your document in the Showbie  
Assignment folders when it's ready to be  
Viewed.

Write: DONE as well!

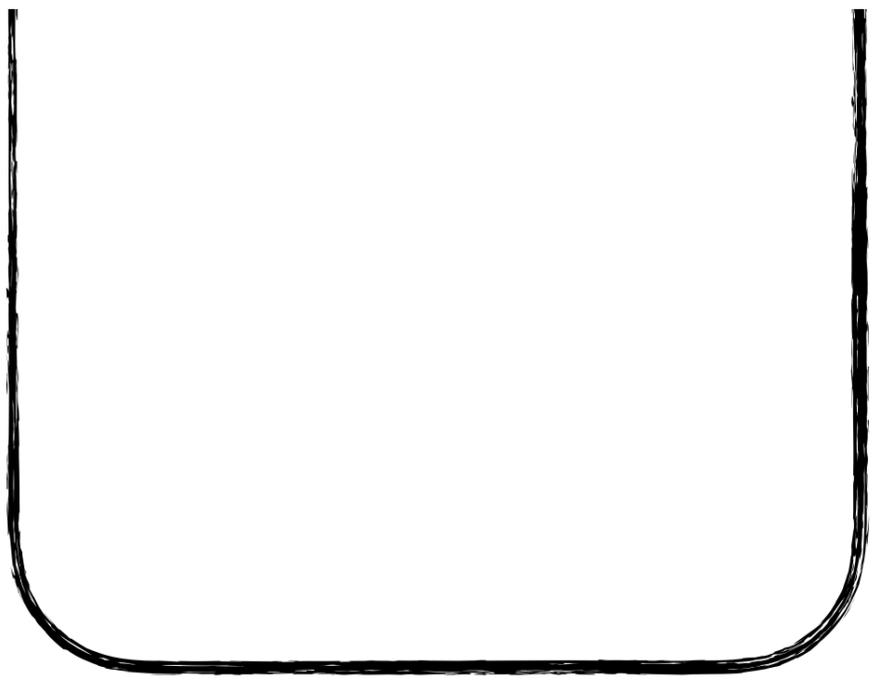


## Episode Objective

What is/are the objective(s) of this episode? What is the goal?  
What is not in the scope of this episode?

The objective I have for this podcast episode is to show not only how mountain biking has changed but also to how it can change whoever enjoys it too

What are the COMPETENCIES for this project? Write them out  
HERE!



## Interview Questions

Who is your Interviewee? (Full name and contact info)  
How do they connect to your topic?  
What is their full name and contact info?  
BRAINSTORM several options here!

You will send these questions to the interviewee at least 48 hours in advance.

<https://nsmba.ca/history/>

This article is by the North Shore Mountain Bike Association, who are the reason we have public bike trails on the north shore. They're the ones who deal with landowners and get trails approved so they don't get taken down. This article talks about their history and the history of the north shore mountains.

<https://mmbhof.org/mtn-bike-hall-of-fame/history/>

This is a really great article about the history of mountain biking. I really like it because it not only has a lot of detail but they also say that there's a lot of uneducated people writing stories about mountain biking starting before the 1970s. Although it may be true, the sport only started in the 70s by a group of Marin riders (Tom Ritchey, Joe Breeze, Gary Fisher, Charlie Kelly, and John Frey).

<https://youtu.be/aWvZB64PClk>

This video shows exactly how much mountain biking has changed since the 70s. At the start, it shows what the sport actually was (which wasn't really a sport) and then at 1:17 the video changes to what it was like just 10 years ago. With big drops and skinnies high in the air, that was considered the 'Freeride era' which has started to die off recently. It's amazing to see how much this sport is still rapidly changing. After that it cuts to what the trails and riding is more like today. You can still find old features like the ones before but they're mostly all broken down sadly.

Freeride is still cool 😎

Interviewee: Mr Hansel

He is a science teacher at Seycove who also loves to bike and chooses Seymour as his main mountain.

Email: [jhansell@sd44.ca](mailto:jhansell@sd44.ca)

Potential interview questions:

How long have you been living in North Vancouver for?

How long have you been mountain biking for?

What was it like to be a mountain biker when you started?

What makes mountain biking better (or worse) than when you started?

Has mountain biking had any change on deep cove? Or Mt Seymour

# Outline

You may want to do an audio recording talking through the outline so you can hear it as well.

Post copy of outline read through here.

\*intro music

Welcome back to my ninth episode of 'What Is It Like Outside' as always I'm your host Liam Owen and today we will be talking about the place in which I am recording this podcast episode right now. I will also be joined by (maybe) Mr Hansell who is a teacher at Seycove Secondary and a mountain biker like myself.

\*intro music stops and changes to background music

History of mountain biking (similar storyline to my presentation)

- military bikes
- Ballooners
- Modern day bikes

What it's like living in deep cove as a mountain biker

- the community
- NSMBA
- Land ownership and how that affects the trails

Interview with Mr Hansel or other which will hopefully cover

- how the community has changed
- Their experience as a mountain biker

\*outro music

Thanks to Mr Hansel we now know what deep cove was like when he started biking and hopefully a was able to help you visualize how my life is like as a mountain biker growing up here.

## Rough Draft

After writing, make an audio recording to practice. You will have a peer review of this recording before finalizing the script.

Post copy of rough draft read through here.

\*intro music

Welcome back to my ninth episode of 'What Is It Like Outside' as always I'm your host Liam Owen and today we will be talking about the place in which I am recording this podcast episode right now. I will also be joined by Barry Ferg who has been apart of the community in deep cove for 48 years and started casually mountain biking in the 80s when it started to gain popularity on the North Shore.

\*intro music stops and changes to background music

History of mountain biking (similar storyline to my presentation)

- military bikes

The first time bikes were ridden off road was in the late 1800s as a way of transportation by the US military. This soon caught on and other countries started to try this as they required much less maintenance than transporting troops by horse or car. Some companies started to build real bikes dedicated to this called military bikes which were heavy but strong

- Ballooners

After the military used these heavy bikes, nothing really happened to them until the 70s when a group of teenagers in Marin county took their balloon tire bikes off-road. They started biking down Mt Tamalpais and this soon caught on with some of the locals and road bikers

- freeride

Since the beginning of mountain biking, a lot changed from then to when I started around 2010. The bikes had changed a lot and we even had suspension on our bikes which only arrived in the 90s. Now that we had suspension to help us handle tougher terrain, it meant that some people started a trend in mountain biking called freeride. This started in North Vancouver, British Columbia and soon became very popular, at around the time that I started to mountain bike this era of freeride started to die off and racing became more popular. The technology that goes into mountain biking and the whole community has changed so much since even I started, so to learn more let's ask Barry more about what he's seen change in mountain biking.

Deep Cove has changed a lot over the years and it's now known to be a great tourist destination for anyone outside of British Columbia who are trying to enjoy the BC culture. There are now many things to do while you are here such as kinking quarry rock, shopping, kayaking and most importantly, eating the delicious donuts from Honeys donuts.

One thing which has remained continuous throughout the evolution of the sport is its enjoyability. Although it's very different in many ways, it still can get your blood pumping and unfortunately still quite dangerous if you're not careful. Hopefully the next progression in mountain biking is wrapping all the pointy sticks and rocks with bubble wrap.

What it's like living in deep cove as a mountain biker

- the community

- NSMBA

- Land ownership and how that affects the trails

Interview with Mr Hansel or other which will hopefully cover

- how the community has changed

- Their experience as a mountain biker

\*outro music

Thanks to Barypry we now know what deep cove was like when he started biking and hopefully a was able to help you visualize how my life is like as a mountain biker growing up here.

## Final Script

After writing, make an audio recording to practice. You will have a peer review of this recording before finalizing the script.

Post copy of final draft read through here.

\*intro music

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\*intro music stops and changes to background music

History of mountain biking (similar storyline to my presentation)

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Interview:

Tourism in deep cove

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MTB evolution

One thing which has remained continuous throughout the evolution of the sport is its enjoyability. Although it's very different in many ways, it still can get your blood pumping and unfortunately still quite dangerous if you're not careful. Hopefully the next progression in mountain biking is wrapping all the pointy sticks and rocks with bubble wrap.

Interview clip ends and outro music starts

Thanks to Barry we now know what deep cove was like when he started biking and hopefully a was able to help you visualize how my life is like as a mountain biker growing up here

**Empowered Learner:** How might I use technology to construct knowledge?

• **Comprehending Text:** Have I applied a variety of strategies to comprehend texts and express an understanding of how texts use features?

• **Establish Historical Significance:** How do we make choices about what is worth remembering?

## Show Notes

What show notes will be included online for listeners?

In this podcast episode I talk about how mountain biking has changed who I am and the entire community of Deep Cove. Joining me on this episode is a long time Deep Cove resident, Barry Ferg.

## Reflection

Did you reach your goal? What went well. What didn't go well. What would you do differently next time? What stories do you want to tell?

It is always my goal in PLP to not actually impress my teachers with my learning but to impress myself with work that I am genuinely proud of. In this podcast episode which I believe is my best so far, has perfectly shown my learning and understanding of a good podcast story. I think this episode is my best because it is perfectly balanced and paced. I made sure to not throw in a huge chunk of one persons talking and I also didn't keep switching around the audio with random clips to make it seem chaotic. I made sure my podcast episode was a good length and wasn't dragged out nor too brief.