

HOW TO: RIDE MULTIPLE STEPS



PEERING OVER THE BARS ON APPROACH

This subject takes us back to the vertical rollover section in issue 34, only this time the seesaw movement is done over and over in quick succession instead of once. It is absolutely imperative that the rider remains centred throughout otherwise one end of the seesaw will be stuck on the ground and the other end will be yanking and bucking the rider.

If the run out from the section is clear, speed will be your friend as the slower you go over sharp edged steps, the harder the impact. Either way though, the execution is the same.

Approach the section in a strong, centred position on the bike. Make sure you have planted your weight over your feet evenly, and have a good bend in your arms. The front end of the bike will need to fall away from you as the bike rolls off each step, so if your arms are too straight beforehand you will be yanked forward by the handlebars as the bike falls away.

Aim to have even weight over your tyres too, by staying centred over the bike, so that they both impact and rebound off the steps with the same force. Throughout the section try to stay still and let the bike rotate around you – allowing your arms to extend then bend as you take each step.

At the bottom, the bike will settle and rider will be centred and ready for the next section.

Note; if the steps are almost a bike length apart the technique is the same but the experience is slower and rider will need to remain even stronger and stable in the centred position.



PEDALS LEVEL

ELBOW ACTION

