

# HOW TO RIDE A DEEP RUT



A rut is a deep channel caused by previous riders braking down a steep piece of track.

Before attempting to ride a rut, practice riding in a straight line while tipping the bike from side to side beneath you – a flat gravel road is ideal for this. Practice until you find the sweet spot where you can move the bike and keep your balance easily; it will feel quite natural. We will call this movement “rocking”.

Back on the track, have a look at the rut section and see which way the rut is turning (this may be subtle). In our photo the rut turns to the left. This means we will need to be very gently banking/leaning in that direction on entry. To achieve this you will need to set up your entry to the rut quite a way back from it. As opposed to riding in a straight line towards the rut and trying to lean on entry (which would result in the bike and rider tipping in the wrong direction), you will need to fit in two small turns or tilts on the entry before the rut. This will set you and the bike into a natural rhythm of swoops, timing the last swoop to be leaning in the direction the rut bends – in this case, to the left.

Approach the rutted section from far enough away that you can roll along and use the “rocking” movement from the gravel road to check you are balanced. Also, pop your elbows up and forward so that you can see them in your peripheral vision as this will give you better lateral stability.

Start your two swoops, left then right so that the third sees you swoop to the left down the rut. Make sure you stay still and fight the urge to sit up or lean back, as that will un-weight your front wheel and cause it to start wobbling.

Before you know it you will be out of the rut, rubber side down and in control.

Note; you can use the brakes throughout but aim to keep an even speed.



HERE GABBY IS JUST EXITING HER FIRST SMALL TURN TO THE LEFT...

...THEN SWINGING SLIGHTLY TO THE RIGHT...

...THEN BACK TO THE LEFT AGAIN TO ENTER INTO THE RUT.

