

HOW TO: RIDE A VERTICAL ROLLOVER

A **ROLLOVER** is essentially an extreme version of the bike seesawing underneath the rider to the point where the bike is vertical for an instant; the key is staying still and letting the bike do the work. In order to allow the bike to do this, the rider must have enough arm extension to allow the bike to tip away from them. Think about it this way: if the rider pushes their weight back before the rollover, their arms will already be straight on approach. As the bike rolls away from the rider there is no more arm extension left and the rider is dragged forward unintentionally – you don't want this to happen.

Approach the rollover with enough speed to avoid pedalling before it, remember you can always use the brakes to slow down. Make sure that both pedals are level and evenly weighted. At the other end, arms must be bent and chin about six inches above the handlebar. This will allow for a lot of arm extension.

To help counteract the urge to sit up or lean back, try to peer over the handlebars on approach. As the bike rolls over the edge, let the bike fall away. Naturally your arms will extend the necessary amount (never push the bike over the edge, it must roll freely).

As the front wheel reaches the bottom, the front of the bike will start returning to the rider and when the rear wheel touches down the seesaw movement will be complete and returned to the original position.



PEDALS LEVEL



RIDER ROLLING IN WRONG POSITION



PEERING OVER BARS ON APPROACH



RIDER ROLLING IN CORRECT POSITION



RIDER HALFWAY DOWN WITH ARMS EXTENDED



RIDER FINISHED BACK IN ORIGINAL POSITION



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