

# SMALL DROPS

**WE CLASS A SMALL DROP AS ONE YOU COULD RIDE OFF WITHOUT SNAGGING YOUR CHAIN RING ON THE WAY OVER, SIMILAR TO A BIG STEP REALLY.**

As you have probably experienced, when you ride down steps/drops, it is the feeling of going over the bars that is uncomfortable and prohibiting. This is where your body position and weight distribution come into play again.

If you ride over a drop with your weight upright (tippy) and stiff, you will act as an upside down pendulum, with your own weight trying to throw you forward and over the bars as the front wheel drops over the edge. You will experience a huge weight redistribution from the back to the front of the bike over each step/drop. We find it much more comfortable and easier to maintain control if you can keep your body still and allow the bike to do the work, all whilst you remain calm at the helm.

The trick in smoothing out your ride is to get into a low body position, back straight, bum in the air, elbows out and chin almost on handlebars. Try not to hang off the back of the bike as this will mean loss of traction/control later on.

Once you approach the drop/step, let your currently bent arms extend allowing the front wheel to feed over the drop. If you are in a good low position, you should have loads of extension left in your arms to allow the wheel to roll off the edge before the rest of your body is required to do anything.

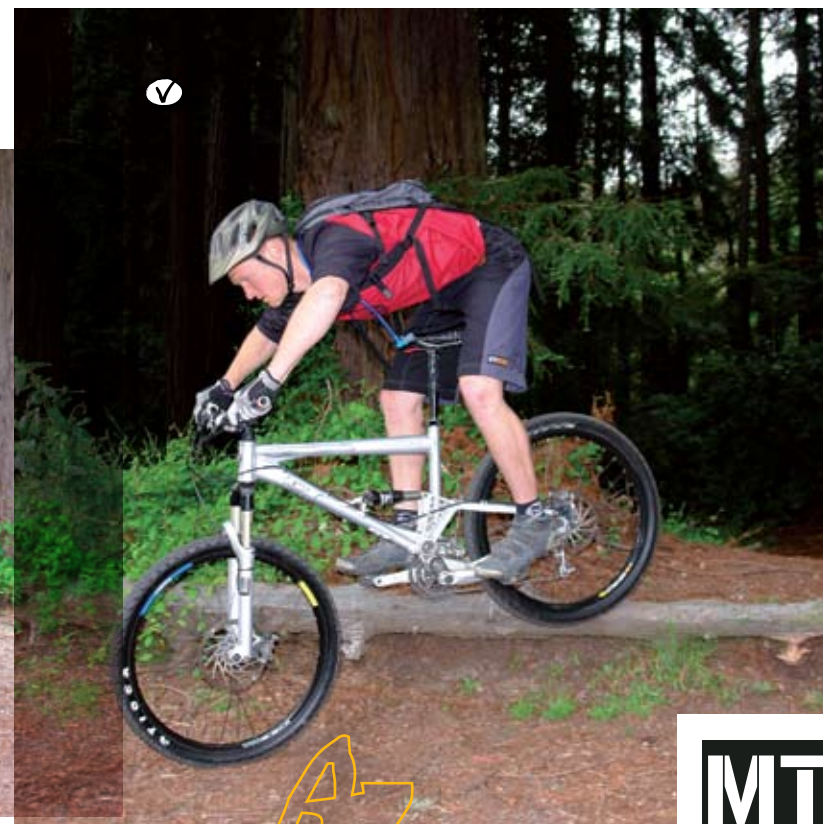
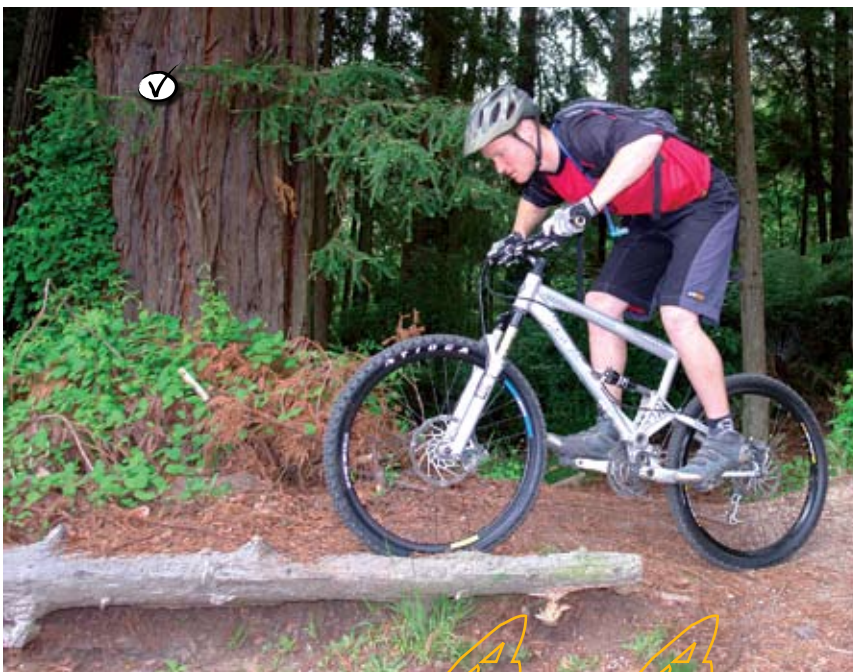
As you extend your arms, allow the seat/bike to slip forwards between your legs rather than you transferring back. That way you will transfer back as far as necessary, rather than you going off the back of the seat because its a fun place to hang out.

As the rear wheel touches back down on terra firma, allow the seat to pass back forward again, getting yourself back into a central position over the bike ready for any gnarly obstacles you may encounter upon touchdown.

One last tip, if you keep your heels down and your toes up, the wheels will stick to the ground even better. Magic.

Next issue we'll have a chat about bigger drops which require hang-time for those who find stairs a breeze.

PHOTOGRAPHY BY GABBY MOLLOY



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