

Avoidance Maneuvers

QUICK STOP 1

Balls are 18" apart and spaced 4 ft, 2 ft, 4 ft apart along the chute.

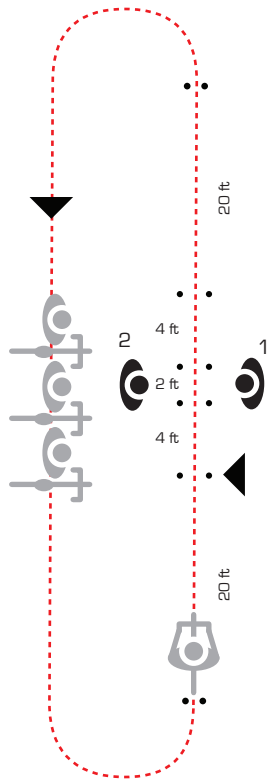
Each student should make at least three passes, one using just the back brake, one using both brakes and one with both brakes and a weight shift.

Instruct students to begin applying brakes when the front wheel reaches the first set of markers. Emphasize that this is not a contest.

Have students come to a complete stop, off the saddle with one foot flat on the ground.

Instructor stands in a position to support the students when they come to a stop. Assistant stands on the other side.

For more advanced riders instruct them to begin stopping when you give a signal while they are somewhere within the chute.



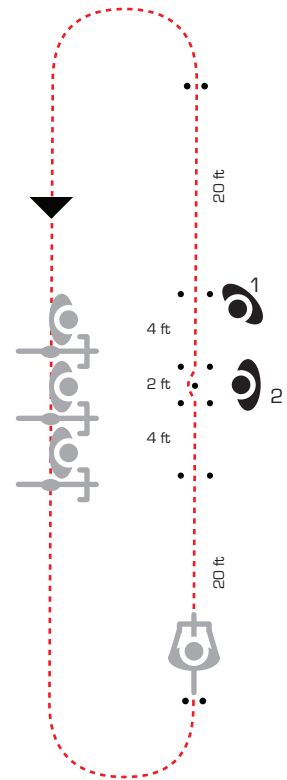
ROCK DODGE 2

We teach the maneuver by turning left first and then back to the right a little more. If done properly the front wheel should pass to the left of the ball and the rear wheel will pass to the right.

Remind students that they will not lose points if the back wheel hits the "rock". Turn a 1/2 tennis ball inside out to make the "rock". Mark spots with chalk for easy replacement.

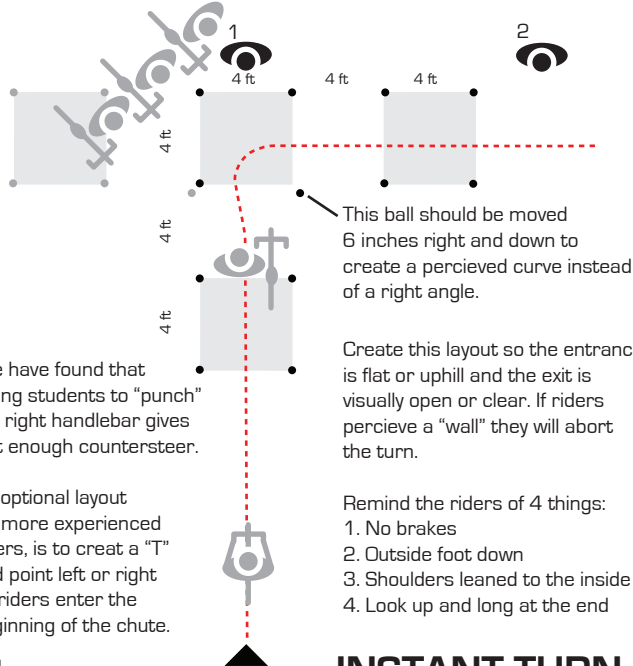
Instructor stands in a position to see the front wheel. Assistant stands where they can replace the "rock" easily. Have extra rocks in hand.

Start with balls 18 inches apart and reduce the width if riders are "steering" around the rock instead of dodging.



Point out to students that this is the space that they would have if they were sharing a wide lane or riding in a bike lane. Have them begin the counter-steer between the second and third set of balls.

Most riders fail by straightening up before they have completed the turn. Aggressive riders may jerk the wheel back too sharply and end up over the handlebars. The maximum safe speed for this drill appears to be about 15 mph.



We have found that telling students to "punch" the right handlebar gives just enough countersteer.

An optional layout for more experienced riders, is to create a "T" and point left or right as riders enter the beginning of the chute.

This ball should be moved 6 inches right and down to create a perceived curve instead of a right angle.

Create this layout so the entrance is flat or uphill and the exit is visually open or clear. If riders perceive a "wall" they will abort the turn.

Remind the riders of 4 things:
 1. No brakes
 2. Outside foot down
 3. Shoulders leaned to the inside
 4. Look up and long at the end

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INSTANT TURN

Start with 8 balls on a straight line 9-10 feet apart. Place the other balls 18 inches to the side.

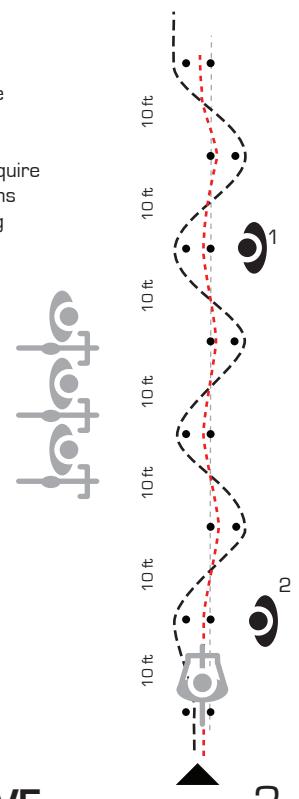
First ————
 Second - - - -

Remind students that the first three passes will be between the balls which means that the tires only have to move the width of a tennis ball.

The second set of three passes will require moving outside of the balls which means 3 feet sideways for every 10 feet along the layout.

Instructor stands in a position to give encouragement and remind riders to look up, turn early and lean their bicycles.

This is a fun exercise and most students will want to continue on so make sure you maintain your time discipline.



AVOIDANCE WEAWE

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