Class 6 - Braking

- One of the best things on modern bicycles are the brakes. Learning how to coast and brake
- We don’t have to pedal all the time.
- Ready Position
- Braking
- Drill: Emergency Stop
Ready Position

- **Ready Position (Everyone try)**
  - Feet at 3 and 9 o’clock. Weight balanced over the feet. Should not need weight on your hands
    - Should be easy to change hand positions on handlebars.
  - Just up off the saddle. Ideally, sides of thighs contact the seat. Can even rest thighs on top of the seat.
  - Arms more straight. Keep torso low. Don’t go for the “head below the butt” aerodynamic position.
  - Should feel comfortable! If unable to execute this position, check bike fit.
    - Common woman’s problem is too long top-tube/stem combination.

- **Why**
  - If an obstacle slows the bike momentarily, your weight will go into the handlebars rather than “over” them.
  - If you hit bumps, they don’t go up your spine.

- **Practice**
  - Whenever coasting over rough road
  - If you don’t trust the traffic and may have to brake suddenly
  - If you are about to hit a bump

- **Should become automatic!**
  - Later, this is a good position for going down hills.
Braking

• Braking
  - Check brake condition and adjustment. (B in ABC Quick Check)
  - Using either brake transfers weight forward.
  - Front brake has the power. Rear brake skids.

• Braking Position
  - Shift weight over the rear wheel by sliding behind the saddle.
  - Use arms to push bike out in front of you.
  - You’ll feel it be right when the force from Braking pushes you into the handlebars, not over them.

• Drills:
  - Braking
    - Demonstrate good position first.
    - Rear only vs. front only. Moderate pressure. Don’t flat-spot rear tire.
  - Emergency Stop
    - Start easy at first. Do everything right before practicing aggressively
    - 80% front, 20% rear.
    - As with all these drills, practice them on your own until you get good at them.