

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.