

Class 7 - Climbing and Descending

- Basic Climbing
 - Start in a lower gear to avoid exhaustion during the climb.
 - Shift before it gets steep. Once you are pushing hard, the derailleurs have trouble shifting
 - Accelerate briefly, then back off pedaling pressure.
 - Easier to shift rear cassette down then front when pedaling easier.
 - Be wary of dropped chain - stop immediately.
 - If you have to stop on hill, apply brakes as you put foot down.
- Seated Climbing
 - Hands widely spaced on bar top or brake hoods. Don't climb in drops - breathing more important than wind resistance.
 - Use cadence of 60-80 RPM vs. 80-100 on flats.
 - Relax upper body, back straight, loose grip on bars.
 - Breathe deeply.
 - Tips to try when tired - both stretch out the legs further.
 - Slide back in saddle.
 - Drop your heels

More Climbing Techniques

- Standing (out of the saddle)
 - Good for power but uses more energy! For short or steep hills.
 - Usually shift up 1 or 2 gears
 - Keep hands on brake levers.
 - Keep weight over rear wheel, don't lean forward too much.
 - Bike will sway side to side, but keep going straight up the hill.
 - For stretching, try to learn to stand "easy" and not accelerate.
- Tip: Stand on short, steep parts of a climb and return to seat on shallower parts.
 - Good mix of efforts.
 - Less gear changes.
- Endless (or unknown) Climbs
 - Pace yourself. You will make better time if you ride slow and steady instead of stopping.
 - Climb seated. Stand occasionally to stretch legs, back, and get your butt off the saddle.
 - Concentrate on your breathing.
- As you get stronger and learn the hills, you can push more on climbs.
- Two quotes from Tour de France winners:
 - "Ride Lots"
 - "It doesn't get easier, it just gets faster."

Descending Technique

Good Stuff from Earlier Classes (These points should already make sense)

- Look up the road (and around the corners). Plan ahead. (class 2)
- Be comfortable moving hands on handlebars. (class 2)
 - Ability to move between drops and brake hoods important to staying relaxed and for braking leverage.
 - Get into drops for more security - front of handlebars and braking leverage.
- Use the Ready body position. (class 6)
 - Small bumps won't bother you.
 - You'll be ready to use the brakes.
- Good Braking Technique. (class 6)
 - Remember that the front brake has more power.
 - Brakes less effective, but well set-up bikes & modern brakes work *very* well.
 - Get low when braking, and be sensitive to rear wheel skidding as an indicator.

Descending Technique

New Information

- You don't have to pedal!
 - We paid for it on the uphill, so enjoy!
 - Pedal some to get blood in your legs and stay loose.
- Don't ride your brakes.
 - Rim Brakes and tire/tube heating
 - Try applying them, then get off.
- Corners (not yet discussed, but same as corners on the flat).
 - Look around the corner.
 - Brake before turns, not during.
 - Inside pedal up. Put weight on outside (down) pedal.
 - Lean the bike, don't steer it.
 - **Practice corners on flats.**

More Descending

Descending with Other Cyclists

- Don't follow too closely.
 - Watch the road, not the rider.
- Don't point out hazards unless totally confident
 - Call out hazards if desired
 - Don't expect others to point them out.
- Leave room for others to pass when you can.
- Pass others on straights.
Don't surprise them.
 - Call out, and wait for them to acknowledge.

Descending with Cars

- Use the road you need when narrow and curvy.
- Ride predictably.
- In traffic - take the lane
 - When you're at their speed, you are traffic!
 - Don't follow too closely - see enough road surface to avoid hazards.
- Descending slower than Cars
 - Control the situation. Let traffic by only when safe.
 - Pick a good straightaway. Don't let them force you into a bad location.
 - Once you choose place, brake enough to let them by easily

Rural Riding - Things to bring

(discuss this slide the week before the Rural Ride)

- Learn to be self sufficient.
Even *if* you can call for help, it will take a while to get there.
- Take a little extra time checking out the bike before the ride.
- Some things to consider bringing:
 - Extra Food and Water
 - Clothing for the worst possible condition
 - Friends!
 - Map/Knowledge of the area
- More complete tool set
 - Learn to use what you have
 - Learn what tools fix your bike
 - Some extra tools and supplies to consider bringing:
 - tire boot or spare tire
 - Pump instead of or in addition to CO2.
 - Chain tool
 - Spoke Wrench