

# BIKING TIPS...



## HELMET CHECK

Wear an NZ/AUS certified helmet at all times while riding. It should fit snugly on your head just above your eyebrows with the straps fitting firmly under your ears. You should be able to fit a couple of fingers between the strap and your chin.



## BIKE CHECK

Do the ABC check before you ride:

### A - Air

Check you have enough air in your tyres. When you give them a squeeze they should feel like an orange. Too hard and you won't have any traction, too soft and you'll be more likely to get a flat tyre.



### B - Brakes

Give your front and back brakes a squeeze to check they're doing their job.



### C - Chain

Your chain should have a bit of oil so it will run smoothly.



## BRAKING

On most bikes, the left brake is the rear brake and the right brake is the front. Your front brake stops you quickly, while your back brake slows you down. Gently squeeze both brakes at the same time to get the best stopping power.



## BALANCED POSITION

The key to going downhill is good balance. Stand up and keep your feet parallel to the ground. Your knees should be slightly bent. Bend forward at the waist so you have even weight on the front and back tyres. Bend your elbows out nice and wide. Use this position whenever you are not pedalling.



## GOLDEN RULE

Where you look is where you'll go, so keep your chin up and concentrate on the track ahead instead of an obstacle on the side.



## CORNERS

Follow these three steps for smooth cornering.

**Line choice** – Go wide around the entire corner.

**Speed** – Brake before the corner to a speed you are comfortable with. Too slow and you will wobble; too fast and you will overshoot the corner.

**Look** – Keep your eyes on the track ahead.



## GEARS

Choose the right gear for the terrain. Always change gears while pedalling so your chain doesn't slip off or break.



**Uphill** – Use low gears (or smaller numbers) to help your legs spin comfortably. Too low and you'll feel like you're bouncing and you won't be able to maintain traction.

**Downhill** – Use the higher gears (or larger numbers). Your chain won't bounce as much and you feel more stable on your pedals.



**Visitors welcome!**  
**Please enjoy and respect these bike tracks. Ride carefully – you are responsible for any damage to your bikes or injuries.**

