

Figure A

Pedaling and Turning Left.
 Nose is clear of inside handlebar. Rider stays in normal position. Rider and bike lean as a single unit. Keep hand on rear brake.

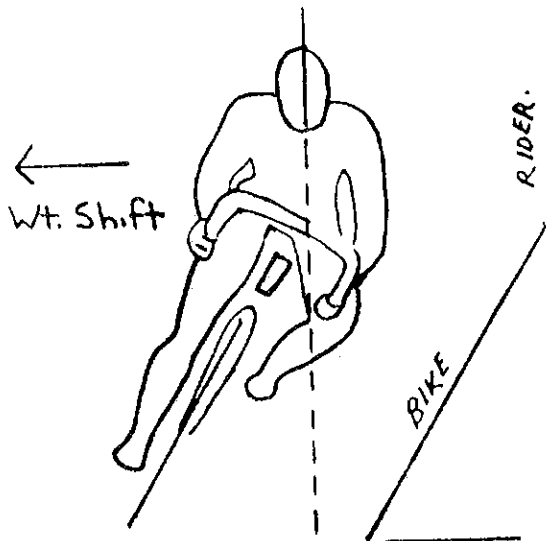


Figure B

Coasting and Turning.
 Bike is leaned more than rider. Rider keeps weight low, with elbows bent and locked at critical segment of the turn. Nose is directly over inside bar. Keep hands on rear brake. Inside knee is out.

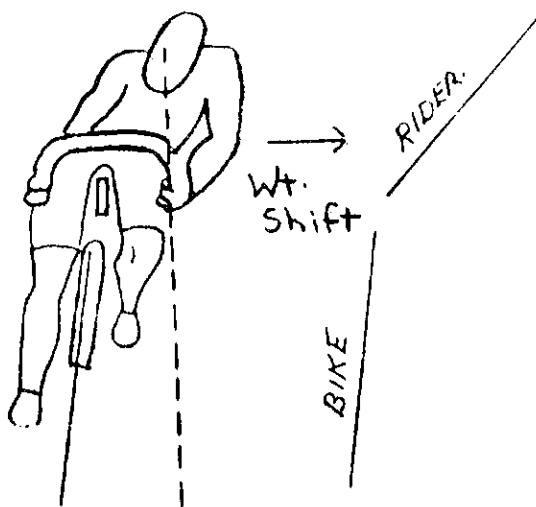


Figure C

Pedaling and Steering Through a Turn.
 When steering and pedaling through a left turn, shift body forward to the left with the nose over the left brake lever. Pedaling must be steady so as not to bounce. Use hands to pull up on inside bar and push down on outside bar. If you need to brake keep hand on rear brake. Hold bike as upright as possible. If bike slides make sure that you hold it upright and keep pedaling. This is the fastest way to corner because you have more traction. Keep knees in. The easiest way to position yourself is to shift your hips on the seat.