

Road Descending.

Going downhill on two skinny tires can be quite unnerving. The key to being safe and confident is a good position on the bike and proper use of your brakes.

The most important element is your weight distribution.

Proper weight distribution allows you to move around over top of your bike so you can react to the different grades steepness and any corners that may come at you. The best way to do this is to stand up out of your saddle with your feet level at 3 and 9 o'clock. This allows you to shift your weight back and forth providing better balance on the pedals. In some steeper situations you might find yourself back far enough that your belly button is over top of your saddle. The further back you shift your weight the more front brake you can use.

The front brake is 80% of your braking power and offers better braking control than the rear. This being said don't forget about your rear, I try to use 50/50 front to rear. If too much rear is used the tire will skid and you will lose control. Think of your brakes like ABS in a car, try not to just pull on the levers but gently squeeze them with feathery modulation.

The best hand position is in the drops, this gives you the best braking power and a more aerodynamic position for more speed. Riding in the drops is also safer due to a better grip on your bars. Hitting a bump while riding on your hoods can shoot your hands off the front of the handlebars.

When cornering you should have your speed under control before you get to the corner. If you try to brake in the corner the braking effect will stand you up and make you float to the outside of the corner. Drop your outside foot down as you round the corner. This will allow you to lean the bike deeper into the corner and still center your weight over the top of the bike.

Practice all these steps at slow speeds to get the feel before you go out and try to hit 90km/h down Mt. Doug. Remember to descend however you feel most comfortable.

These are tips to get you descending faster and safer in the long run.

Remember : Feet flat – Hands in the drops – Weight back – Drop your outside foot in the corners – Go like the wind.