

# womens clinic



## SPOKE DIRT SCHOOL WOMEN'S MOUNTAIN BIKE CLINIC

### Skills worked on

#### Body position- Neutral position

- Elbows and knees bent
- Pedals equally weighted
- Downhill – hips back
- Uphill – shoulders forward
- Keeping wheels equally weighted

#### Bike Body separation

- Side to side lateral
- Lean bike to one side, shoulders and hips to other side
- Move bike back and forth side to side
- Knees wide apart cowboy stance
- Outrigger leg balance

#### Pressure control

- Up and down on bike (weight and un-weight)
- Weight into corner un-weight over rough
- Lower shoulders and hips (weight)
- Extend arms and shoulders (un-weight)

#### Braking

- Finger on brake levers always
- Feather brakes light touch
- Accelerate distance, brake evenly no skid, controlled

#### Bracing

- Brace with feet angled on descent, strong bow in arms, core engaged
- Brace with feet toe down over rough stuff {no spd}

#### Eye Movement

- Look where you want to go, focus

#### Safe exit strategies

- Look the direction of exit, commit and go with it

#### Skinnies

- Little c-ring front
- Hips knees and feet to balance
- Shoulders forward, steady head

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## Manual

- Manual front wheel lift
- Preload front wheel, pedals level, standing shoulders forward
- Explode shoulders up and back
- Extend arms, shift weight back, (front brake exit)
- Timing-set up line on ground get wheel up at the line
- Then advance to platforms

## Cornering

- Brake before entering corner
- One finger brake
- Eyes look through corner
- Lean bike into corner
  - Inside arm down and forward
  - Shoulders and hips to the outside
  - Outside knee angled into frame
  - Inside knee points into corner
- Level pedals
  - Creates stable platform
  - Easier to move on bike
  - Pressure control
  - Weight front wheel and push wheel out of corner
- Outside pedal down
  - can dab
  - flat corner

## Counter steering corners

- Steer opposite direction you are travelling
- Turn wheel to outside of new corner
- Straighten front wheel, hips to outside
- Pressure control on wheels
- Drop shoulders and hips as you go into the corner, pressure down and un-weight out of corner