

# Climbing



## CLIMBING

For effective climbing stay seated, get a good leg extension, and set a pace that you can maintain. For steeper climbs, or getting over an obstacle while moving, get forward and maintain your momentum. Use body movement and momentum to get up and over whatever it is. Also, try and keep the front of the bike stable, pull back and down gently on your grip if it seems like your bike is wandering all over the trail.

# Descending



11

## DESCENDING TIPS

Get your weight back use the neutral position as a starting point.

Get off the saddle, move back, lower your centre of gravity.

Speed can be your friend. If you are skidding to slow down while descending, you are out of control. Stay loose! Let your body and your bike do the work.

Keep your heels down.