

Doing a Wheelie



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Adjust the gearshift to low or medium level. Bend forward so that the upper torso is just beyond the handle bar. Begin peddling fast while at the same time yanking on the handlebar. Lean back in the seat and continue peddling. This should cause the front wheel to pop up into the air.

Move back towards the edge of the seat while still firmly gripping the handlebar. However, make sure to have a finger on the rear brake lever.

Keep the bike in perfect balance by fiddling with the brakes and pedals. Pedalling keeps the wheel up while a slight touch to the rear brake keeps the bike from flipping over.

If one feels the bike going sideways, make sure to adjust this sideways movement early. Using the feet or the handle bar achieves sideways balance. The handlebar has to be tilted in the opposite direction, in addition, stick out a foot in the opposite side to counter any imbalance.

To end the wheelie, gradually drop the front wheel to the ground. However, it is important to ensure that the front wheel is straight when doing this.

Lift Your Rear Wheel



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Ride in at a slow jogging pace on a flat surface away from any other obstacles. Compress your rear suspension (if you have it), by moving your body down and slightly back, this will aid you when lifting the rear wheel off the ground. When the suspension starts to push you back upwards you want to prepare yourself to do the lifting part of the movement. To do this ensure that your toes are pointing towards the ground, this will enable you to gain grip from your pedals, and move your body forward to above the handlebars. In doing this you have unweighted the rear wheel, created a forwards momentum and gained further grip from you pedals that will help when lifting the rear wheel.

Now that your weight is moving forward, the rear wheel is becoming lighter and your feet are pointing downwards, you want to scoop the rear of your bike up with your feet and pedals. What do we mean by scoop? If you imagine a bull scraping its hoof on the ground, it will drag its foot backwards and then at the last minute, upwards. Thus lifting the rear wheel.

Once you have cleared the obstacle, you now need to bring the rear wheel back down. All you have to do, is move your weight backwards very slightly and your wheel will fall right where you want it.