

Shifting Gears

SHIMANO
XTR

8



LEARNING HOW AND WHEN TO SHIFT

Get comfortable with shifting the gears on your bike. Higher gears are harder to pedal and will go faster while lower gears are easier to pedal and help you get up hills. Next, try to get used to what gears you need to be in to comfortably go up different pitched hills. As the hills get steeper, it is best to shift before you get to the hill rather than while you are on the hill.

Cornering



Look ahead, down the trail. Where you look, your wheels will follow. Your brain will register the things on the trail in a photographic fashion; no need to think about them. Look where you want to go, not at the tree/rock/edge of the trail.

Look-look-look around the turn, and keep moving. Look beyond the exit of the turn, down the trail, keep the outside arm straight at the elbow and bend the inside arm. Your inside pedal should be up, outside foot down. Start out wide, lean into the corner cutting across the apex, aim to exit out wide.