

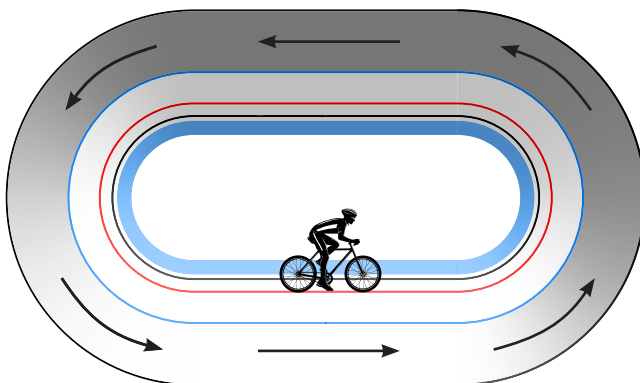


Pedalling a fixed wheel bike

Get Going

STARTING OFF

- Hand on rail, feet clipped or strapped, looking forward.
- Check over shoulder before moving off.
- Pull off the rail, push down with front foot.
- Smooth pedal strokes, back pressure to slow down.



All tracks run anti-clockwise.

Turtle Race

Starting, slowing and stopping on a fixed wheel

Riders start on a line and ride as slowly as possible without putting a foot down. Last one over the line wins.

