



# Riding the Banking

On the track



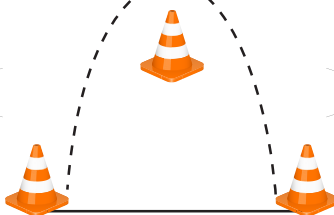
- Keep speed up maintaining even pressure on the pedals.
- Keep your head up, vision forward, focus on where you want to go (look around the corner).
- Keep relaxed, arms, shoulders and chest.
- Remember to look over shoulder when moving up or down the track.
- Extra pressure on the pedals in the banking.

# Slalom Time Trial



START

FINISH



COACH