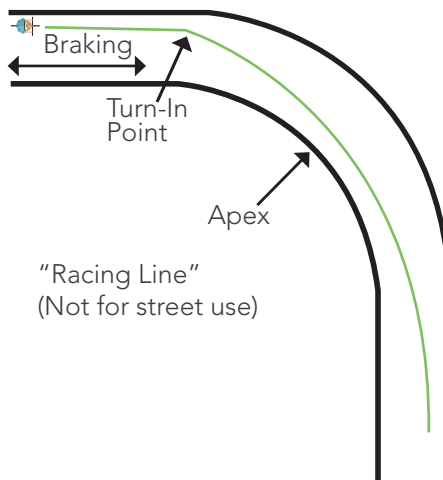


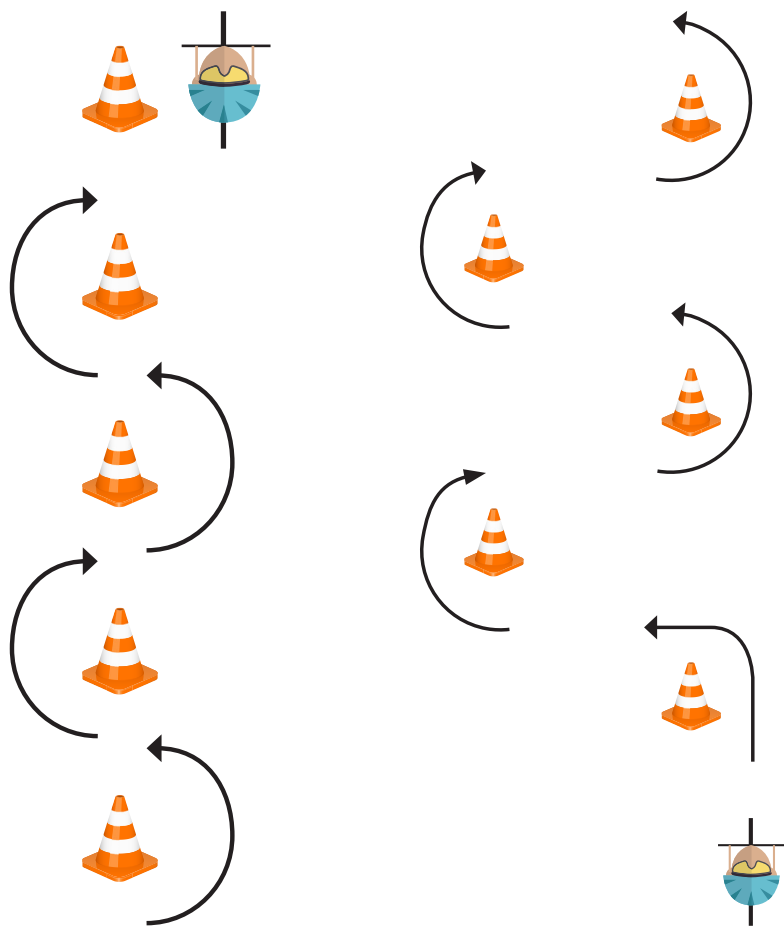
Taking a Fast Corner

9



- Start out wide
- Brake before the bend
- Focus on the exit of the corner
- Inside leg up, outside leg down
- Aim for the apex of the corner
- Exit wide
- When on a road obey the road rules at all times,
DO NOT CROSS THE CENTRE LINE

Turning / Slalom



The key here is to look around or past the cones to the end of the course, slalom your bike around the cones.

Where you look your bike will go.

Start with about 6-8 feet of space between the cones. Once you can handle that, move the cones closer together. Try it with just one bike length between cones. This can be done one at a time or side by side to increase rider awareness.