

1st Check Out the GEAR

Bike Fit:

At least an inch of clearance between user and top tube when straddling the bike with feet on the ground, start with the seat **low enough that the rider can get their feet flat on the ground with a slight bend in their knee** while sitting on the seat

- Air – Tires properly inflated
- Brakes – Will stop the bike, user can reach hand brakes
- Chain – Turns freely, not kinked or overly rusty

Helmet Fit:

- Eyes – Low on forehead (a finger or two above eyebrows)
- Ears – Side buckles should be positioned just below earlobe
- Mouth – The chin strap should be tight enough that user will feel the helmet pulling down on head if they yawn

LEARN TO RIDE

2nd Work on BALANCE

Take the pedals off to start (LEFT side is reverse threaded!)

Try balancing in-place to build confidence

- Count how many seconds you can balance and then improve it

Now try balancing while moving

- Look up before pushing off and keep your eyes up
- Push off while sitting on the saddle
- Use both feet like a mule or run along the ground and find your balance point (imagine a swan swimming on a lake)
- **Gradually increase the speed and distance at which you can balance**
- When you can consistently balance for 10 seconds or more, you are ready to start using the pedals

3rd Add in PEDALING

Put the pedals back on

Raise the seat about an inch

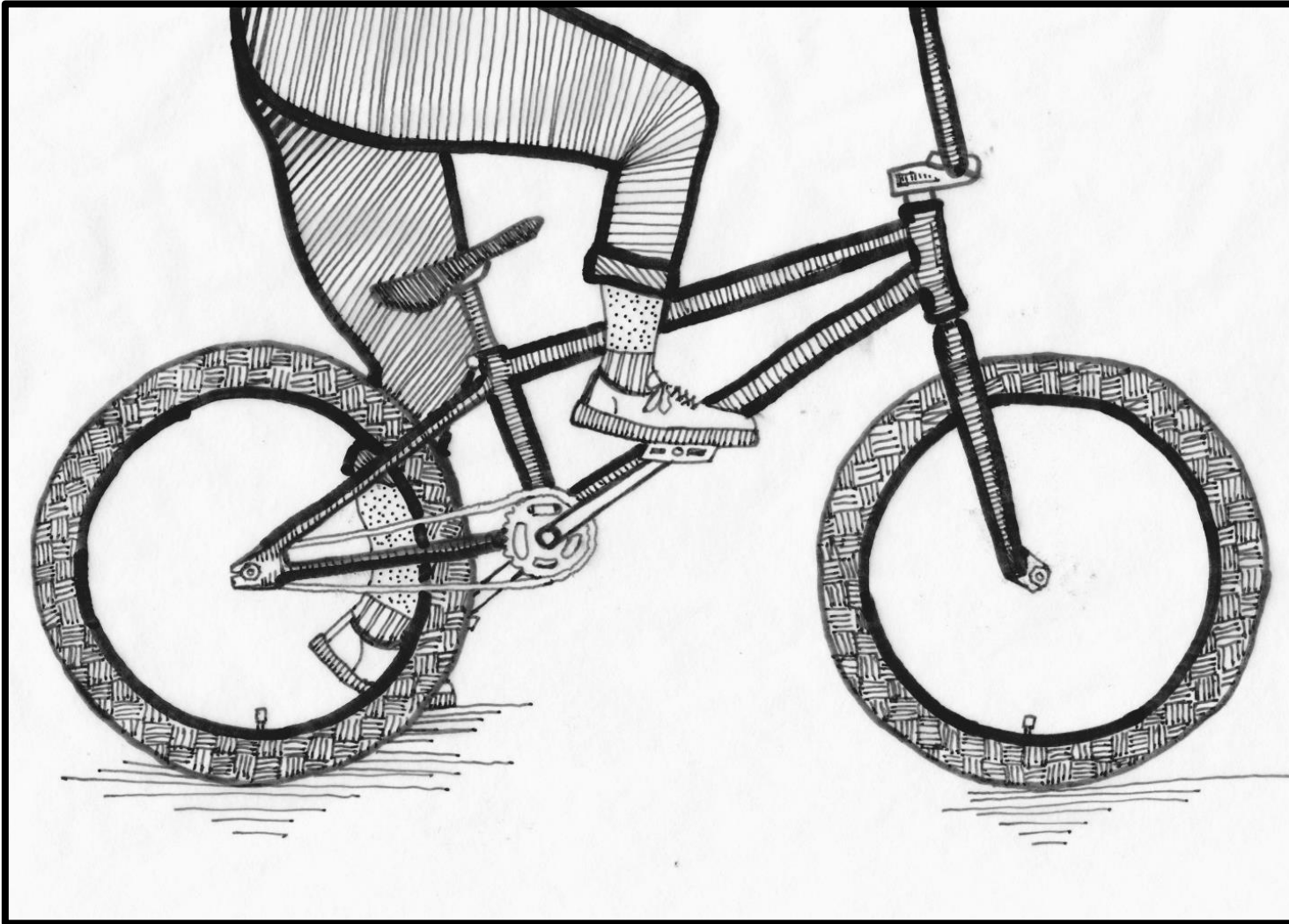
Start in the Power Pedal Position

- Dominant foot at 2 (right foot) or 10 o'clock (left)
- Straddling bike, not sitting down (yet!)
- Look up
- Opposite foot flat on the ground
- Cover hand brakes
- Push hard into dominant pedal
- Sit down and without looking find the opposite pedal

Start pedaling and don't stop!

Gradually raise the seat to a comfortable height

NOTES:



Power Pedal Position

1. Put your forward pedal at about 2 o'clock or line it up with the down tube of the bike frame
2. Lean the bike a few degrees towards your standing leg
3. Stand with your leading foot and use your body weight to propel you forward