

## Advanced Cycle Handling

To turn a bicycle in any instance at any speed is a combination of turning the front wheel and leaning. The turn of the front wheel creates the turn and the leaning maintains the center of force aligned with the center of gravity.

So when we initiate a turn the two processes happen simultaneously, and take some time. What happens if a situation occurs where we need to shorten the time required to initiate a turn? We can use a little technique called counter steering. For our limited purpose we will call counter steering any turn initiated where the bike is leaned more than the body.

There are two instances where this technique can be usefully: First you may need to change direction immediately because of a blockage, second is the need just to move your tire line over for a few feet to avoid a surface obstacle.

Making a quick turn requires a full commitment to the turn so we need to get leaned into the turn. We can quickly change our balance by performing a quick turn in the opposite direction that will get our weight to the inside of the turn. Then flick the wheel back while maintaining the lean we have already established. Follow the turn through as far as necessary.

### Making a Quick Turn



To make a quick turn to the right, immediately flicks the wheel the cyclist turns the wheel to the left, back to the right and leans with the bike,

and is able to make a sharp turn, avoiding hazards such as a turning car.

The second situation may manifest itself as a rock in the road or a pothole seen at the last moment. You really just need to move your tires to the side long enough to avoid the obstacle then continue your line.

Here you will generally keep your body straight up and steer the bike around the obstacle. First steer the bike to the safe side of the obstacle then carve a turn back to your original line, over shooting to recover your balance and then back to your line. This all happens very quickly to avoid your off balance posture from developing into a situation.

This may seem complex at first but compare this process to balancing a broom on your finger. When the broom starts to fall to one side you quickly move your finger in that direction to restore balance. Same thing here; The broom is balanced, you move the finger to one side the broom falls in the opposite direction, you quickly move your finger outside of the broom to arrest the movement and restore balance, then fine tune your position to maintain balance.