

25 minutes - Riding Demonstration - Reversal

1. Read Objective
 - To improve skills when negotiating multiple curves
 2. Explain Range Setup
 - A circuit consisting of multiple curves with various radii
 3. Provide Instructions
 - On signal and in small groups of riders, ride the circuit
 - Maintain a slow, steady speed in curves and use proper cornering techniques
 - Increase speed in long straightaway (20-25 mph) and slow to a suitable entry speed before first curve
 - Keep an adequate safety margin and following distance
 - On signal, the exercise will be reversed
 4. Provide Demonstration with Riders in Coach Position and Note Evaluations and Signals
 - Maintain precise control
 - Use a low gear and keep speed low in curves
 - Select an appropriate entry speed for all curves at end of straightaway
 - Use smooth, proper lines to setup and negotiate curves
 - Look well ahead, applying SEE
 - Avoid deceleration in a curve
 5. Conduct Exercise, with Reversal (use groups of no more than 3 riders)
 - Start riders by spacing them 6-8 seconds apart
 - Have riders complete 3 or 4 revolutions each direction
 - Move each group of riders to staging area for debrief
 - Do not allow this to become a competitive exercise
 - Do not allow speeds to become excessive
 - Encourage riders to avoid excessive lean angles which cause parts to drag
 6. Stage Riders In Staging Area
 7. Debrief
- Break**

Conduct after Skill Test Evaluations 1, 2, & 3, but before Evaluation 4 Cornering.

