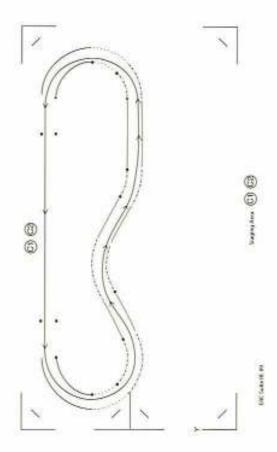
25 minutes - Riding Demonstration - Reversal

- 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
- 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
- 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.



Range & Classroom Cards