

Rider Skills

CORNERING



Rider Skills

A guide for riders progressing through the skills needed to be successful at bike racing.

From beginner to advanced, check your skills to see if you can do it!



Skill index to help identify where you might need to improve.



I can do this skill consistently within a race.



I can do this skill sometimes but struggle to execute within a race.



I struggle with this skill in training.



Corner Basics

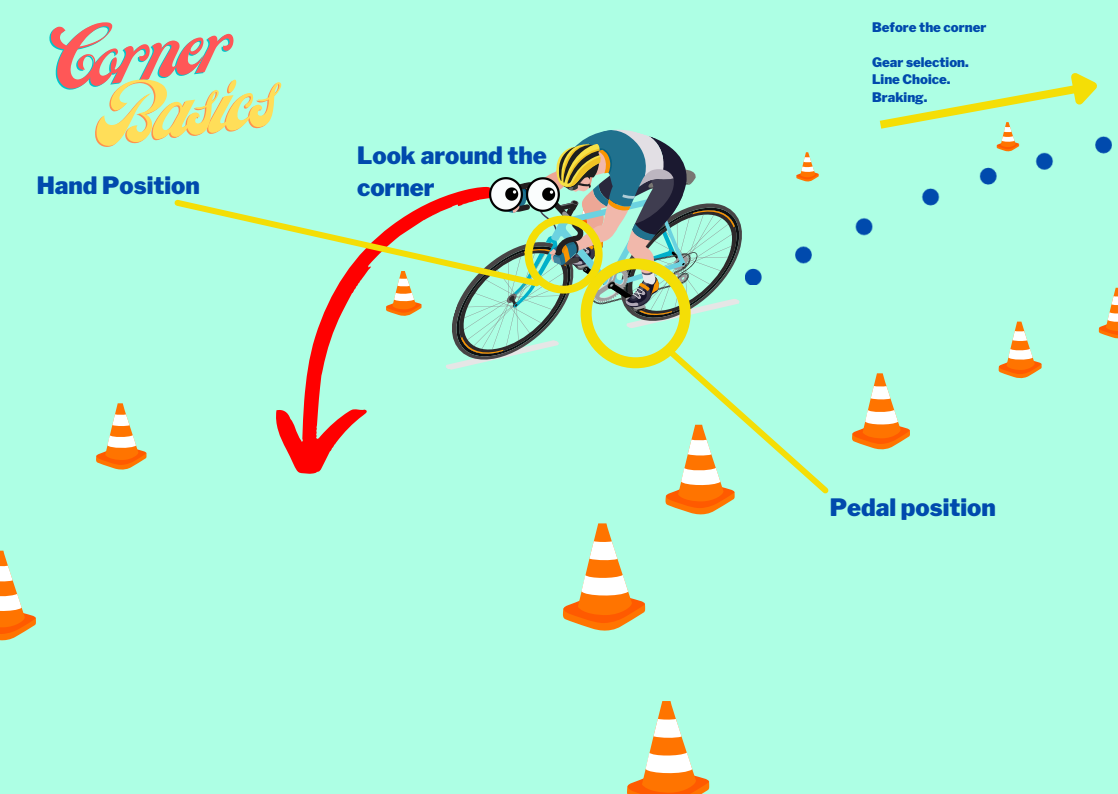
Hand Position

Look around the corner

Before the corner







**Gear selection.
Line Choice.
Braking.**

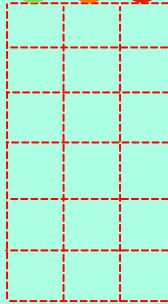
Pedal position



BEGINNER CORNERING








CANI?

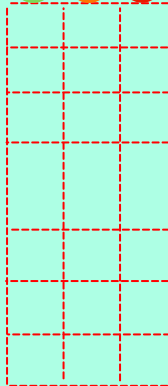
- Ride with my head up looking ahead. 
- Get around a corner without putting my foot down. 
- Choose the right gear for the corner in case you need to pedal. 
- Enter the corner wide to allow flow. 
- Use my brakes to get the speed for the corner on entry. 
- Go around the corner with my inside pedal up. 



INTERMEDIATE CORNERING

CAN I?

- Spot the exit and focus on looking around the corner. 
- Lean the bike to maintain speed through the apex. 
- Select correct gear for acceleration out of the corner. 
- Maximise the width of the course to flatten the corner and maintain speed. 
- Brake late to maximise entry speed. 
- Start pedaling as soon as the bike angle allows. 
- Be confident riding through corners in a group. 

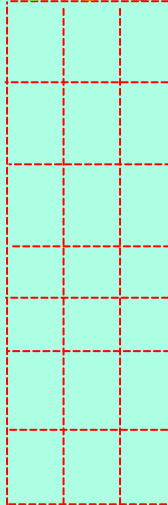


ADVANCED CORNERING

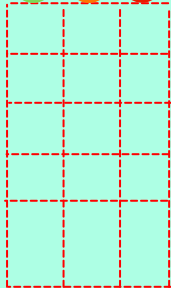


CANI?

- Spot the entry to the corner early and focus as far ahead as possible.
- Lean the bike to maintain speed through the apex with a focus on putting weight through the outside pedal.
- Select the correct gear on entry for acceleration out of the corner. Knowing what terrain etc can influence gear selection.
- Choose the quickest line through a sequence of corners.
- Brake at the latest moment to maximise entry speed.
- Keep pedalling through the corner if you are confident in bike lean and crank length.
- Be squeezed by riders through a corner not allowing you to choose your line but still hold your position.



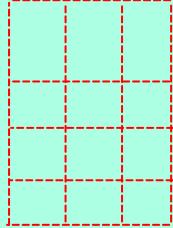
ADVANCED CORNERING ROAD



- Confident to ride through corners on drop bars.
- Be able to hold a wheel through a corner and not lose contact.
- Using corners to gain positions within the bunch.
- Confident to corner whilst descending.
- Cornering on a TT bike and changing hand position for tighter corners.



ADVANCED CORNERING MTB



- Maximise momentum through a berm; rail berm, high to low and low to high.
- Confident to negotiate both up hill and downhill switchbacks.
- Know where to maximise grip on a surface.
- Riding off camber.

