

criterium Racing 101

Cornering & Countersteering

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Cornering your bike is the most fundamental skill you can learn. Cornering at speed should feel in control and graceful. It's essential to stay relaxed (physically and mentally) – if you're anxious or nervous, you'll tense up and lose control of the bike.

Try to imagine that you and the bike are one unit. You should ride with your bike, not on your bike. As we've learned in our earlier skills, you control your bike's direction with your hips and your core muscles. Don't try to steer the bike with your hands.

Counter-steering:

1. Your **outside leg** is down and weighted – this means you're standing on your leg and using your saddle only for balance and direction. The inside of your outside thigh is against the saddle.
2. Your **hands** are in the drops – firmly gripping the bar, not hovering over the brakes. Your inside hand is weighted and pushing on the bar. The more you push, the tighter you can turn. Your outside hand is relaxed (you could do this skill without your outside hand on the bar at all).
3. You allow the **bike** to lean into the turn.
4. You lean your **body** in the opposite direction, balancing your weight over the center of the bike. This counter-balancing is what prevents the bike from sliding out from under you.
5. **Look around the turn** with your chin. Remember, your bike will follow wherever you look. Do not look down at the front wheel.



Note the lean, body position, arm position, leg position, chin – wow!