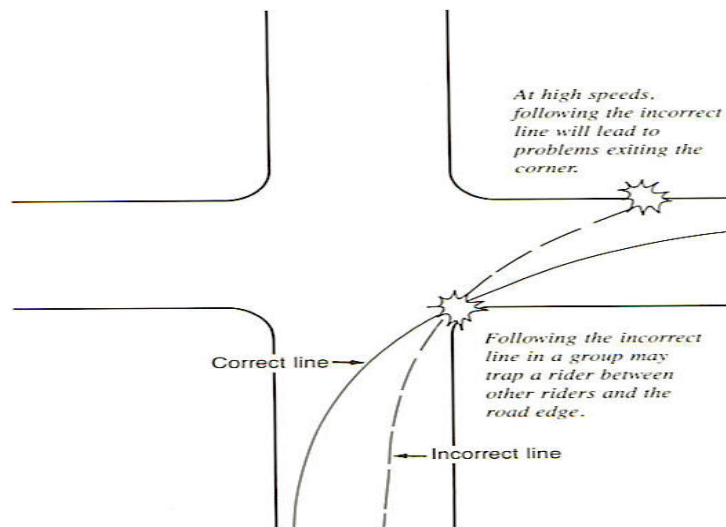


Bike Skills Performance Checklist

Below is a list of required skills for group riding with the club. New riders will be assessed on skills and given guidance for improvement.

<p>BASIC SKILLS</p> <ul style="list-style-type: none"> • Can you ride in a straight line (and shoulder check either side)? • Can you with one hand and point out road debris or obstacles? • Are you predictable and steady in speed, braking and maneuvers? • How's your cornering ability? Can you take the apex and keep your head up? See below. • Can you climb in and out of the saddle? Can you maintain your momentum through the transition? • Do you accelerate appropriately and at a steady pace? 	Rank 1-5
<p>GROUP RIDING</p> <ul style="list-style-type: none"> • Do you feel comfortable riding on a wheel (or learning how to)? • Do you know how to paceline? If not, you can learn with us how to do a single, double, rotating and more. • How's your fitness? Do you know your limitations? • How's your knowledge of Metro Vancouver roads? You will be responsible for knowing the route and being able to communicate to the group if you choose to leave the group. 	
<p>EQUIPMENT</p> <ul style="list-style-type: none"> • Is your equipment safe? Do your brakes work? Are your tires are inflated appropriately? • Do you know how to dress for weather conditions and ride in those conditions? • Do you have seasonal fenders? • Do you have the necessary equipment to handle a flat tire and know how to do it? • <i>Do you like to stop for coffee and enjoy the company of your fellow riders?!</i> 	



7.50 The correct and incorrect lines through a corner.