

TIPS FOR RIDING THE WAIKAIA PUMP TRACK

THE TRACK IS DESIGNED TO BE RIDDEN IN AN ANTI-CLOCKWISE DIRECTION

PUMP UP YOUR TYRES TILL THEY ARE HARD (NOT LIKE MOUNTAIN BIKING)

START SLOW

BE CONSIDERATE TO OTHER RIDERS

PEDALS LEVEL (TRY TO DO A LAP WITHOUT PEDALLING)

STAND UP AND USE YOUR ARMS AND LEGS TO PUMP THE ROLLERS

PULL UP YOUR HANDS AND FEET AT THE START OF A ROLLER AND PUSH DOWN ON THE BACK SIDE THROUGH THE TROUGH (DIP)

LOOK WHERE YOU WANT TO GO

ROLLERS, CORNERS AND JUMPS ALL SHARE THE SAME PUMPING TECHNIQUE

BETTER RIDERS AREN'T FASTER THEY ARE MORE CONSIDERATE TO OTHERS

TIPS FOR JUMPING

DON'T PEDAL UP TO THE TAKEOFF

PUSH YOUR ENERGY INTO THE TAKEOFFS CURVE TO GENERATE ENERGY (JUST LIKE A ROLLERS TROUGH)

RELEASE THE BUILT-UP ENERGY AT THE LIP AND YOU'LL POP INTO THE AIR (DON'T PULL YOUR BIKE INTO THE AIR)

LET THE BIKE COME TO YOU IN THE AIR (BEND YOUR LIMBS)

TRY TO LAND BOTH WHEELS AT THE SAME TIME

START SLOW AND PRACTICE TECHNIQUE

