

# East Bradford Cycling Club

## Mountain Bike Skills

### Ride a Narrow Plank or Skinny



#### Coaching Points:

Riding wooden features on your mountain bike, also known as “skinnies,” requires balance, confidence and a little patience! Learn how, step-by-step:

1. **Stand up in a neutral position.** Standing will help you move the bike underneath you to retain balance better than if you stay seated.
2. **Keep your pedals level.** Your weight should be equally balanced between both feet.
3. **Look where you want to go.** Shift your eyes up and down the skinny to make sure you remain on track.
4. **Ride onto the skinny with momentum.** A little speed is your friend! It is easier to stay balanced with momentum on your side so press down hard with your leading foot. You may need to perform a powered Front Wheel Lift if the plank is really thick or the skinny is off the ground (and Rear Wheel Lift if required).
5. **Keep your balance with small movements.** To maintain balance, move the bike side to side underneath you while staying tall and relaxed.
6. **Pedal to add speed.** Pedalling makes it harder to stay balanced in a straight line, but if the skinny rises or you lose momentum, pedal lightly.

Here is a link to a video demonstration:

[https://1drv.ms/u/s!AjQwGdHld1W\\_gTffBPJA4BoCvfzY?e=WKAOP0](https://1drv.ms/u/s!AjQwGdHld1W_gTffBPJA4BoCvfzY?e=WKAOP0)

#### The following will form part of our Swiss Skills Competition:

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Wide Plank (e.g. Scaffold Plank 9”) = 1 Point, Medium width Plank (e.g.6”) = 3 Points, Narrow Plank (e.g.3cm) = 5 Points