

**BIKE  
CLUB**



**READS**

# FINISH THESE SENTENCES

**A** ← - - - - - → **B**

1. Begin the drill in...

the condition you are riding in,  
there will be no need to shift.

2. Make sure the  
gear is right for...

shoulders loose, elbows  
bent, and eyes up.

3. Minimize upper body...

the Power Start position.

4. Ride in a relaxed and  
ready position meaning...

and head movement during the drill.

# CHECK YOUR WORK



**A** ←————→ **B**

- 1. Begin the drill in... **the condition you are riding in, there will be no need to shift.**
- 2. Make sure the gear is right for... **shoulders loose, elbows bent, and eyes up.**
- 3. Minimize upper body... **the Power Start position.**
- 4. Ride in a relaxed and ready position meaning... **and head movement during the drill.**

**GREAT JOB!**

