

Virtual Bike Club

Day 6: Lesson 4 – Straight Line Riding, Steering & Control

Duration: 45 minutes

1. Saddle Up/Log On: 5 Minutes

Informal welcomes, technological troubleshooting, and capturing attendance.

- Faculty lead/volunteer/Bike Club staff should have bicycles available to demonstrate issued bike parts and, if possible, show these actions in real time.

2. Warm Welcome & Volunteer Connector: 10 Minutes

Warm Welcome Suggestion: What's new?

- Prompt students to think about something new that is going on with them today or since our last meeting. Break out into groups of 3-4 or do activity as one group. All participants should share or drop an answer in the chat.

Review previous week's lesson (Power start and controlled stop), Bike Buddy assignment (practice starts and stops) and Canvas lesson, if applicable. Ask students to share any memorable moments from riding their bike last week.

Volunteer Connector

- Why would being able to ride straight be beneficial?
- How do you make sure the bike goes where you want it to?
- The bike will tend to GO WHERE YOU ARE LOOKING so it's important to keep our eyes on the road/trail and not staring at obstacles you want to avoid.
- It's important to ride in control but relaxed - not tense and tight - so the bike can respond to small movements.

3. Main Lesson: 10 Minutes

Watch Bike Club Video: Lesson 4 – Straight Line, Steering & Control

- Why does a power start make straight line riding easier?
- Where will your bike tend to go? (where you look)

- What position should your pedals be in for a sharp turn? (neutral/level)

4. Supplemental Activity/Demonstration: 5 Minutes

Curated supplemental video content: bike racing video (Legion LA, USA Crits)

5. Bike Buddy Assignment: 10 Minutes

Bike Buddy assignment with pre-recorded (supplied by Bike Club staff) or live demonstration
Snail Race!

- In a safe riding area, set up a simple start and finish point about 30 feet apart if space allows. Ideally your finish is slightly uphill from the start.
- Start in the power position but then ride AS SLOWLY AS POSSIBLE without putting your feet down.
- The goal is to take as long as possible to cover the short course while staying balanced on your bike.
- With some practice, you might even be able to do a trackstand - in which a cyclist balances on their bike with both feet on the pedals but not moving forward at all. After doing some snail races, try starting and riding the course at a normal speed.
 - Was it easier to stay in a straight line with a little speed?
 - What else did you notice about very slow riding?

6. Optimistic Closure: 5 Minutes

My Next Step!

- Faculty lead prompts club to think about a next step that students will take to continue their Bike Club journey - it could be working on a new skill or getting their bike tuned up with an adult's help.
- Give students a minute to think about their answer then ask for students to raise their hand if they would like to share. Others should be encouraged to put their answers in the chat.