

Power Pedal and Power Stops

Power Pedal and Power Stop are not optional.

“But our kids like to do it their way.”

We know. But ‘their way’ might get them in real trouble.

Picture it.

- Day 4 on the RAC.
- Mile 1.2 Out of camp starts the first hill.
- We climb 300 feet in .7 miles. The incline is between 7 and 10 %. It’s gusty.
- There is no bike lane or shoulder. (Luckily, there is a guard rail)
- Because we just left camp, the group is still together. 150 riders are single-filing in front and behind you.
- As we are going up the hill, your child might have to stop suddenly because it’s too steep or too windy or because the person in front stopped
- Because he is used to sitting in the saddle, your child has to come to a sudden stop and - chances are - he falls over and into the road, or into the guard rail. There is a steep drop.
- Now she has to get back in her saddle, needs to balance, needs to find her pedals, on a super steep hill. Meanwhile, the winds are howling and the people behind her are yelling because they don’t want to go around her. The road is narrow
- **We do not ask for Power Pedal and Power Stop because it makes our lives easier. It makes your child’s life easier. And, more importantly, safer.**
- Practice with your children at home.
- Space permitting, we will ask for Power Stop and Power Pedal demonstrations from your kids before every training ride starting now.
- We would be happy to come early to a training ride and practice with you.