

# PUMPING

"PUMPING" is the essential skill for making your bike travel through the entire course without pedaling. Pumping is the act of shifting your body weight and absorbing forces to increase your momentum.

1 Drive into the base of the roller by weighting your pedals.



2 Unweight your front wheel as you ride up the face of the roller.



3 As you cross over the top of the roller, unweight your entire bike.



4 Then quickly weight your bike and push down as you ride down the back of the roller.



5 Put the front tire on the ground.



## ROLLER



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