



Jon's Coaching Tips

Wednesday, January 28, 2009



Jon Brittan is a very experienced cyclist. He has a lot of knowledge to impart so read his 'Tips' and take heed!

6 OF THE BEST TIPS FOR BEGINNERS

1. Don't **ever** look behind you in the bunch.
2. Don't **ever** overlap on the wheel in front of you.
3. **Always** keep your hands on the brake hoods, unless descending when your hands should be in the drops.
4. Don't look down when taking your water bottle out of the cage.
5. Always anticipate what the cyclist in front of you might do.
6. Never make any radical movements in the peloton, always try and ride in a straight line.