

MOUNTING & DISMOUNTING



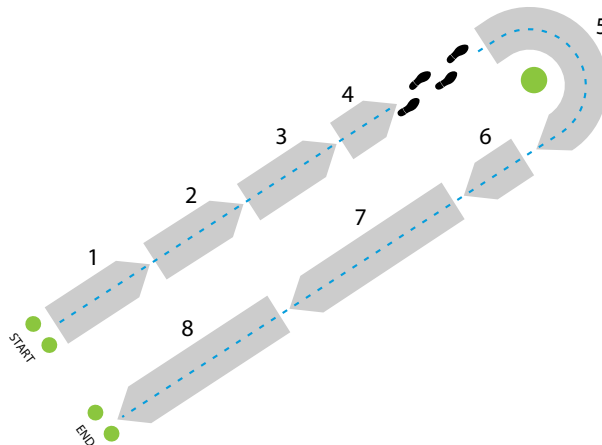
EQUIPMENT: Set of marking cones.

ACTIVITY:

Individual Time Trial

1. Rider dismount on the right hand side.
2. Push the bicycle while holding the saddle.
3. Remount
4. Dismount on the left side, take 3 steps.
5. Remount
6. Dismount on any side.
7. Move in a circle around the bike while wheeling it.
8. Remount and finish.

Sample Course:



PROGRESSION

OR VARIATION: Can be done with or without time keeping.