

Now We're Riding AND Thinking

Contributed by Danny Brooks

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On Sunday October 29, Godley Head was over-run by CMBC for some skill development.

Between the pleasant background burble of frogs and the whipping of the wind, Trudy, Rick and Kaila managed to communicate a few novel ideas to the rest of us. The joy of bunny-hopping – child-hood fun reawakened there. Once the obstacle course was mastered, we split for some hill work.

Along the ridge, a semi-tricky piece of track became so analysed and discussed that for some it seemed to grow to nationals material!

Great teaching and learning though – some of us learned things that we didn't know we didn't know. We now consciously look at the track ahead on climbs and descents, and think about our body position in relation to the bike.

Now let's get out on the local hill tracks regularly and longer technical tracks like the Wharfedale and QCT to hone the skills further. Thanks to Cath Parr for the photos, and to the instructors and organizers.

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