DROP-OFF: USING FRONT WHEEL LIFT

slower speeds/more air time/flat landings

This technique is best suited to drops where you need to lift the front wheel off the end of the drop. This is often the case when the rider has a slower speed (novice riders perhaps) and so needs to keep the wheel up until the rear wheel leaves the drop, so as to prevent the front wheel from "nose-diving". It's also useful when a rider wants to get more air - perhaps to be able to make a landing that is a little distance away from the drop. Advanced riders will perfect the front wheel lift where a slight pre-load of the fork, will be enough to prevent the front wheel from dropping early.

1. In the *Ready Position,* approach the drop at an appropriate speed for the size of drop and surrounding terrain. Start on small drops and get the technique dialed before trying anything bigger.

2. About **1ft before** the drop (this distance increases as speed increases and vice versa), **push off the pedals** with your legs to **explode your weight up,** and allow your body to move slightly backwards as you do this. (Remember to lift the front wheel by moving your weight up and back and *not by pulling with your arms*.)

3. **Cover the rear brake** in case the front wheel becomes too high and you need to avoid falling off the back of the bike by putting on the rear brake.

4. **Re-center your weight** before you land to help both wheels land together and absorb the impact by flexing your arms and legs.