



Circle

- Set the bike up
- Snap off the rear brake
- Enter the circle between the double set of cones
- Clutch out or "Set then Drag" technique may be used
- Weave toward the single cone
- Keep looking 15 to 30 minutes ahead
- Ride over the white line with your front tire
- More rear brake when going down hill
- When you exit, give a little push left, then a big push right
- Re-enter the circle counter clockwise
- Repeat the steps in reverse
- Exit the circle and stop 10 feet past the exit cones

Dimensions

- Inside circle diameter is 18 feet
- Distance between the entrance cones is 3.5 feet
- Distance between the cones at 3, 9 and 12 is 4 feet

Speed

10 km/h to 15 km/h