

C. The Captain and The Stoker

UWE: Hi, my name is Uwe. I'm blind and I've been a Stoker with Trailblazers since 2008.

TOM: Hi, I'm Tom and I'm a Captain. Here's what that all means.

- captain is the person in the front. Responsible for

controlling steering,
brakes, and gears.

- . at Trailblazers, Captain is also "eyes" of team

UWE: Me as a stoker, I'm sitting at the back of the bike. And my primary job is to be the engine, driving the team forward. And in an ideal situation, the stoker is not heavier than the captain he or

she is riding with. Height differences between a captain and stoker usually do not pose a problem, as long as the stoker is not way, way taller than the captain. So Tom and I make a good tandem pair.

TOM: Uwe raises an important point,

- . stoker is not a "passenger"

- . stoker pedals just as hard and as fast as the captain
- . possibly to add: steamship stokers

UWE: The Captain meanwhile only steers the bike but is not assumed to be “in charge” of the bike. It’s a team effort.

TOM: Right. The Captain and Stoker plan the route together, talk about pedalling

speeds and gears, and negotiate when to take breaks.

UWE: Stokers: don't assume that the captain is doing all work for you. It's a team effort you put in together while riding.

TOM: And Captains: don't underestimate your stoker

just because he or she is blind. You're both highly capable and you're there to support one another.

UWE: In upcoming segments, we'll learn more about the captain's and stoker's specific jobs. But for now, remember that it's all about good communication and respecting each other as equal parts of a team.

