

G. Starting

MARTIN: Hi, it's Martin and Chris. For someone new to tandems, starting up is probably the trickiest part of riding. So we'll go over it slowly.

CHRIS

- assuming riders have already mounted bike (as shown in previous video)

- . both of you: left foot on pedals in starting position (11:00 position, as we talked about in previous video):
 - Captains: Make sure there is a clear path of at least 5 bike lengths in front of you. Bike in a medium gear.
 - Squeeze brakes tight.
 - Captains: right foot on ground (or curb). Stokers: Both your feet on pedals

- captain asks "ready?:"

MARTIN: "Ready"

CHRIS:

- Captains: count down: 3-2-1-Go

- At "1", Stoker and Captain apply pressure on left pedal; captain still squeezing both brakes

- At "Go!" - 3 things to do in quick succession

MARTIN:

- . first I start putting pressure on pedals

CHRIS:

- . I also push down on left pedal
- . I release the brakes; allow bike to move forward
- . take right foot off ground; place it on pedal

- . stoker is my engine; he keeps bike moving forward while I'm getting on pedal

MARTIN:

- . sometimes, wobbly start; things aren't going smoothly
- . in that case, cancel the start; don't keep trying to make it work if it's wobbly.
- . Captain should stop the bike. Stabilize the

- bike. Put both feet on ground. Re-start
- . repeat all the steps we talked about before

CHRIS:

- . maybe stoker is getting me moving too fast, pushing too hard
- . in that case, captains, you can apply a little bit of pressure on the brakes to

keep the speed under control.

MARTIN:

- . We have just talked about is the preferred method to start the Tandem
- . best way to get the bike moving smoothly and quickly.
- . could be times where Captain struggles a bit and we want the Stoker to

understand that they too can have control.

- . first situation, Captain is a bit wobbly on start or stop, Stoker's feet are not "glued" to pedals. Ok to put foot down to steady the bike and "rescue" potential tipping situation.
- . Some Captains take a little longer to get the hang of starts

- . Stoker can leave right foot on ground during starts till Team gets comfortable if first few just don't work.
- . Captain still having problems? maybe balance issue caused by improper matching of weight?

Closing Line:

CHRIS

"So just remember: starting can be a bit intimidating to

start with, but by the time you've have had 5 or 10 successful tries under your belt, you'll probably wonder why on earth you ever had trouble with this to start with."