

L. Gears #1: The Big Picture

WAYNE:

Possible opening line: "Welcome to Gears 1" Hi, it's Wayne - I'm a captain

KEYA

.. and I'm Keya and I'm a stoker."

- gears control whether you

- push hard but make bike go far with each stroke

- make pedalling light/ easy, though each stroke won't propel you far

- on a tandem, captain controls the gears

WAYNE:

- Captains: tandem-riding is **not** like a single bike where you can just stay in same gear for long distances, up and down hills; you should be changing gears more often on tandem than your own bike

KEYA

Just to get some terminology straight, here are some terms you'll hear:

- high gear - also called "harder gear" "high resistance" and gearing "up":

- low gear - or "easier gear", "low resistance", and gearing "down"

CAPTAIN

- general idea is to select gears for most comfortable resistance (how hard you push) and cadence (also called "pedal pace"; RPM); as

riding conditions change, captain changes gears to maintain optimal resistance and cadence.

KEYA:

- use low gears for climbing a hill, when you don't want to be pushing harder than you have to
- use higher gears for picking up speed: going downhill, riding with wind at your back, or when you feel like pushing the pedals harder

WAYNE

- most Trailblazer bikes have 27 gears. All different kinds of gear shifters on our bikes but in all cases the shifters are located on the handlebars. Note to captains: you'll try out shifters at Orientation

KEYA

- a gear change happens in less than a second but both riders have to be prepared for it
- the Captain has to communicate ("gearing up"! "gearing down!");
- once the Captain announces a gear change, that's the cue for

both riders to keep pedalling but with much less pressure on the pedals

WAYNE:

- then fraction-of-second pause while captain changes gears
- then continue pedalling together in new gear

KEYA:

So that's an overall picture about gears and shifting. Up next are 3 more videos about gears: "Shifting

for Stops, Starts and Hills”,
“Avoiding Cross-Chaining” and
“The Riding-Easy Method”.