





REMOUNT

Once you have cleared the barriers, you will most likely be breathing hard and your legs will feel like they are on fire. For most cyclists, running is the last thing we want to do and our body lets us know as much every time our feet hit the ground. There is no greater instinct after clearing a set of barriers than wanting to drop the bike and jump back on. But as easy and appealing as that sounds, it can result in disaster and should be avoided.

The first step in the remount is to gently set your bike on the ground while continuing to run forward. This is done in a smooth, fluid motion.

JPOW TIP

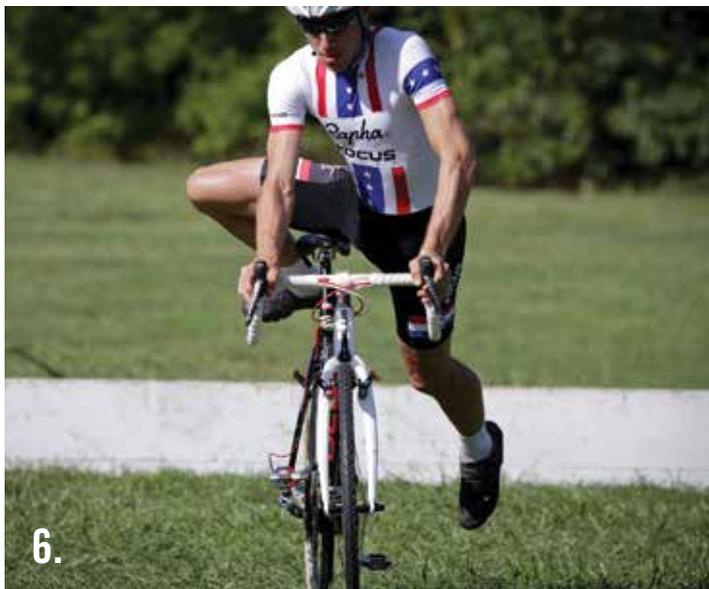
The rookie mistake is to unceremoniously drop the bike on the ground. The drop and flop will cause a couple of problems that will slow you down or completely stop you. Dropping the bike may cause your chain to drop off of the chainrings. At the very least, this will cause you to lose momentum as you reach down to try and readjust the chain. It may also force you to stop and fix the problem. Dropping the bike will also cause the back end of the bike to bounce around, making your remount difficult because the saddle will bounce up and down rather than remaining level.

The bike should be set on the ground so gently that the chain does not bounce (image 1).

After you have set the bike down you may have to run with the bike for several feet to settle the bike and properly set yourself up for a good remount (image 2).

Once the bike is settled and your hands have returned to the hoods, the remount starts with a slight opening up of the hips toward the bike (image 3). Your right leg (for standard left-side dismount/remount) will be led by a high-knee. This opening of the hips and high-knee drive allows your thigh to clear the back of your saddle (image 4). During a





full-speed remount, at this phase your right thigh should be parallel with the ground and starting to sweep forward to contact the saddle. Envision the trail leg of a track hurdler here. The aim is for your inner right thigh to make contact with the saddle (image 5 and 6). The purpose of this, for men and women, should be obvious, but it also provides a stable platform with lots of muscular padding for you to use. Initially, you may want to have your target area an inch or two south of the chamois stitching; as you get more experienced, this target landing area will move to approximately right on the chamois stitching (image 7 and 8).