

N. Gears #2: Starting, Stopping, Hills

Possible Opening Line: "Hi, it's Greg. You've already had a general introduction to gears in an earlier video. Here are some important specifics that Captains should know about shifting gears on stops, starts and hills."

Starts:

- Captains: gears should be at medium or medium-low settings. Both riders providing

power during start up. Medium gear allows good momentum without too much resistance.

- once you get going, shift gears for most comfortable cadence and resistance, as shown in earlier video

- remember: communicate gear changes

Stopping:

- the strategy: you can't change gears after you stop -- only while bike is moving. So "Plan your departure upon your arrival": Shift

into good starting position
(medium gear setting) as you slow
down and stop.

- Captains: when approaching a
stop, announce "stopping ahead";
ask stoker to ease pressure on
pedals but continue pedalling; shift
to slightly lower gear; apply brake
gradually; change to next lower
gears; apply brakes again; direct
tandem to safe stopping location. If
possible, aim to be fully stopped
with gear-shifters set in start-up
position.

- Stokers: rotate left pedal to starting position; remember: left foot pointing forward, a bit above horizontal

Hills:

- go uphill in low gear.
- Captains: Don't wait until already on the hill to shift down. (Maybe works on your single bike but nearly impossible on a tandem. Try once and you'll see!)
 - Instead, several metres before ascent, tell stoker that hill is

coming; ask stoker to pedal more lightly

- slow down, choose appropriate gear for the steepness of the hill

- in a low gear, stoker might not realize when you're climbing hill; tell stoker you're climbing so that you both push hard

- during climb, if you start slowing and struggling, it's now too late to shift down. (Maybe: It not only won't work but could also harm the chain/ derailleur.)

Instead: tell stoker you are stopping; apply brakes for safe

stop; both dismount and walk the bike up the hill. (Maybe: Don't feel bad. It's happened to all of us.)

- go downhill in higher gear; but watch speed (don't lose control)
- once fast enough, coast
- coasting: riding without pedalling. Note: It's only coasting if both riders stop pedalling. So communicate. Captains or Stokers: ask "OK to coast?"

Possible closing: "Shifting gears might seem a bit daunting at first, but after several rides it becomes second nature. Wear and tear on bike." (or maybe wisecrack: "... but after some practice, it's all downhill from there! Get it?")

Next up:

- a nasty gear-slipping situation to avoid
- and
- how gear-shifting can optimize your rides

