

Guide to Safe Cornering

Good bike handling skills are crucial to safe cycling, particularly when turning corners on a group ride. By using the proper cornering technique, you can improve your skills and safely negotiate turns in the road. Here are the key basics to safe cornering.

Determine your correct entry speed before the turn. If you need to shave off some speed, be sure to brake prior to the turn. Avoid braking whilst turning so you do not lose tire grip.

When riding solo, pick the best line, which is the smoothest line. Approach the turn wide and cut into the turn late. Look where you want to go. Lower your center of gravity, preferably with your hands down in the drops. Turn the corner with your inside pedal up and weight on the outside pedal. Lean your bike (not your body) into the turn a bit.

When riding in a group, follow the line of the rider in front of you throughout the turn. Avoid overlapping wheels with other riders and keep proper spacing. Please watch the video below to best understand the key principles of turning in a group. The video is the best example we could find on group cornering. Remember, practice makes perfect!

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