

SPEED

BUMP

As you prepare for race day, one unique challenge we want to prepare you for are speed bumps on the bike course. The Phoenix metro uses speed bumps on almost all non-arterial roads as a way of regulating driver speeds. Creating a course that includes a few of these features (4 per bike lap) allows us to close the roads completely to traffic. As an athlete, handling these safely and efficiently can make a big difference in your race performance.

Here's a few tips to consider when racing your bike when speed bumps are present:

- A. Approach with Caution:** As you approach a speed bump, especially after a fast corner, keep your eyes up and look ahead, not down at your front wheel. This helps you anticipate and prepare for the bump while maintaining your speed safely. The RipRoar team will mark all speed bumps with bright colored tape.
- B. Relax Your Grip:** Keep a relaxed grip on the handlebars. This allows your arms and shoulders to act as shock absorbers as you go over the bump, making the ride smoother.
- C. Stand Up Slightly:** Just before hitting the speed bump, stand slightly on the pedals. This stance will help you balance better and protect your body from the jolt.
- D. Maintain a Steady Pace:** Don't slow down too much - maintaining a bit of momentum can actually help smooth out the bump. Be sure to slow down for speed bump #3 as it is located just after a right hand turn.

FUN FACT

Did you know? At the 2012 Olympic Games Triathlon in London, the course actually included speed bumps that were covered! This added an extra layer of challenge for the athletes, just like the bumps you'll tackle at RipRoar. Remember, practice makes perfect. Try these tips during your training rides to feel more confident on race day.

