

H. Stopping

CLEMENT:

Hi, I'm Clement -- a stoker at Trailblazers. Stopping is quite a bit easier than starting. Just be sure that you are in communication with each other. "

GREG: Hi, it's Gregg. (perhaps: I'm a captain.)

- Captains:

- you'll know about stop well before stoker does
- alert stoker ("Stop coming" or "Red light ahead")
- ask stoker to pedal softer

CLEMENT:

Stokers, you should keep turning the pedals but use easier pressure. While the bike is slowing down, give the hand signal for stopping. Bend your left arm into an upside-

down “L”, with your fingers pointing downwards and the palm of your hand facing the traffic behind you.

GREG:

- Captains:

- as you continue to slow down/stop, prepare bike for starting up again (“plan departure upon your arrival”).

. To do this:

- slow down; gear down one at a time until you are in favourite "starting gear" (note: see the gears videos for more about shifting)

- brake smoothly,
countdown. "stopping in 3-2-.."

- Captains: put down your right foot, so that your bike is leaning away from traffic

- if it's a short stop - for example, a traffic light, stop

sign, pedestrian crossing - the stoker can keep feet on pedals; however, please ensure that your captain is comfortable with you keeping your feet on the pedals. The captain will need to make sure the bike is balanced and steady.

CLEMENT: For longer stops, for example having a snack or going to the bathroom, the

captain and stoker both put their right foot down and both dismount from the bike. Remember, the stoker gets off first.

GREG:

And you've successfully stopped a tandem.