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A Thinking Sport

What is trial biking? How is it a “thinking man’s sport”?

What are trackstands? What are the two types of trial biking?

What makes trial bikes special?

Trial biking is a type of mountain biking. It’s been called a “thinking man’s sport.” Riders move through an obstacle course. They think through their moves. They judge distances. They bike over obstacles. They must be exact. There’s no room for bad form.

Trial riders ride at low speeds. They learn skills to not touch the ground. They control their **braking**. Braking is how they stop. They do **trackstands**. This is when they balance their

feet on the pedals. They can pause between moves. They can control moves. They balance their weight.

There are two types of trial biking. One type is competitions. It’s also known as **observed** trials. This means someone is checking the rider. Observers make sure riders don’t touch the ground. Organizers create the course. A course must have 14 **trials**, or sections. They have a set time to complete

Trial riders focus on balance.

