

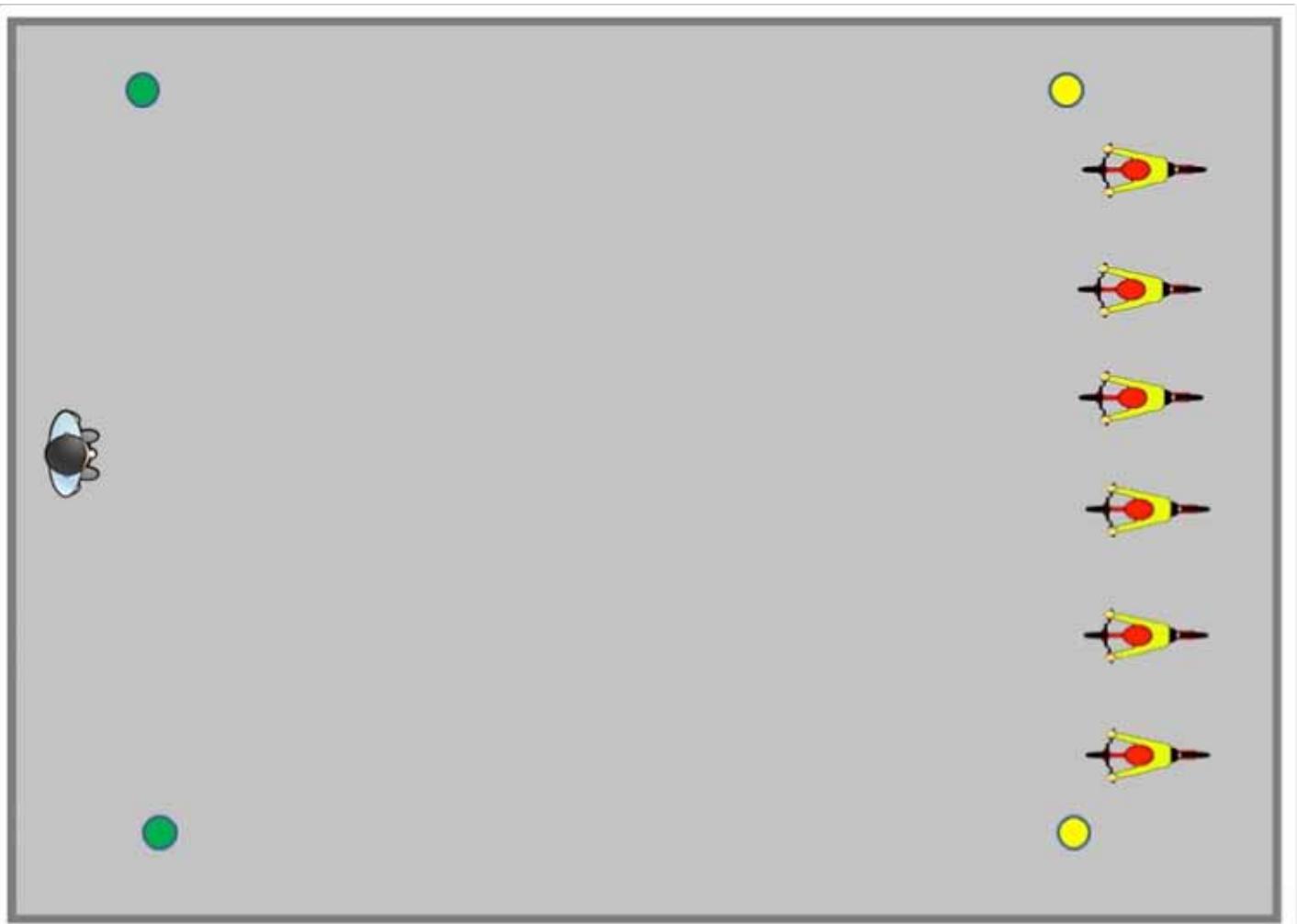
Slow race

The object of this race is to improve balance and control of a bike, using steering, pedal input and brakes.

All participants line up on their bikes [with 2m space between them to observe social distancing guidelines].

When the organiser shouts start riders have to pedal very slowly to the finish line. If someone puts their foot down, they are disqualified.

Last across the finish line without putting their foot down is the winner.



The course can be as short or long as desired, obstacles can be introduced to make it harder, or use a handicap system to give riders of all abilities a fair chance.

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RIGHT!**
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