

**Safety Tips #23**  
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**Stopping While Turning**

Every ride we take has the potential for requiring a stop while we are turning. This maneuver requires special techniques, because there are certain challenges involved.

One challenge is that when you are turning, you are using some of your available traction for the turn.

Another challenge is that visibility in a turn is often more limited than otherwise.

Because traction is used when we are turning, we have less available for stopping. If we demand too much traction from our machine, one or both of the tires will begin to slide and control will be lost.

Ideally, we can counter this situation by straightening the bike up (ending our curved path) and then braking in a straight line. This way is preferred because traction no longer is being used for turning, and more is now available for braking. So we can apply the brakes harder and stop more quickly with less chance of sliding the tires and losing control. Of course, this means that we are no longer on our originally intended path and are now on a new one. Therefore we can use this technique only when conditions allow us to change our path. A good rider will consider this in turns, allowing an escape route for braking should the need arise.

If the above technique isn't appropriate in a particular situation, it still may be possible to stop safely without straightening the bike

up from the lean (until the very end of the stop), but caution must be used with the amount of braking force we apply. Over-applying the brakes while leaning in a turn can cause a tire slide and a low-side fall. Even worse, sliding the tires and then releasing the brakes can cause a high-side fall, which is to be avoided at all costs! So the method we want to use if we are braking while leaning is to apply the brakes gradually, applying more brake pressure as the bike straightens up. Finally, make sure the bike is straight up and down, with the handlebars “squared” or in a neutral position at the very end of the stop, or the bike will want to tip over to the side the front wheel is pointed. The best way to help yourself get the front end squared at the end of a stop is by re-focusing your eyes straight ahead as you are stopping.

Whenever stopping, try to get your left foot down first, so you can leave your right foot on the brake pedal until the bike is actually stopped, getting the benefit of braking from both wheels.

And after you have gotten your machine successfully stopped in a curve, check your mirrors to make sure you won't have to move out of the way of a vehicle coming up behind you.

The best way to make sure you can handle either or both of these techniques when you need to execute them is to practice them in advance!