

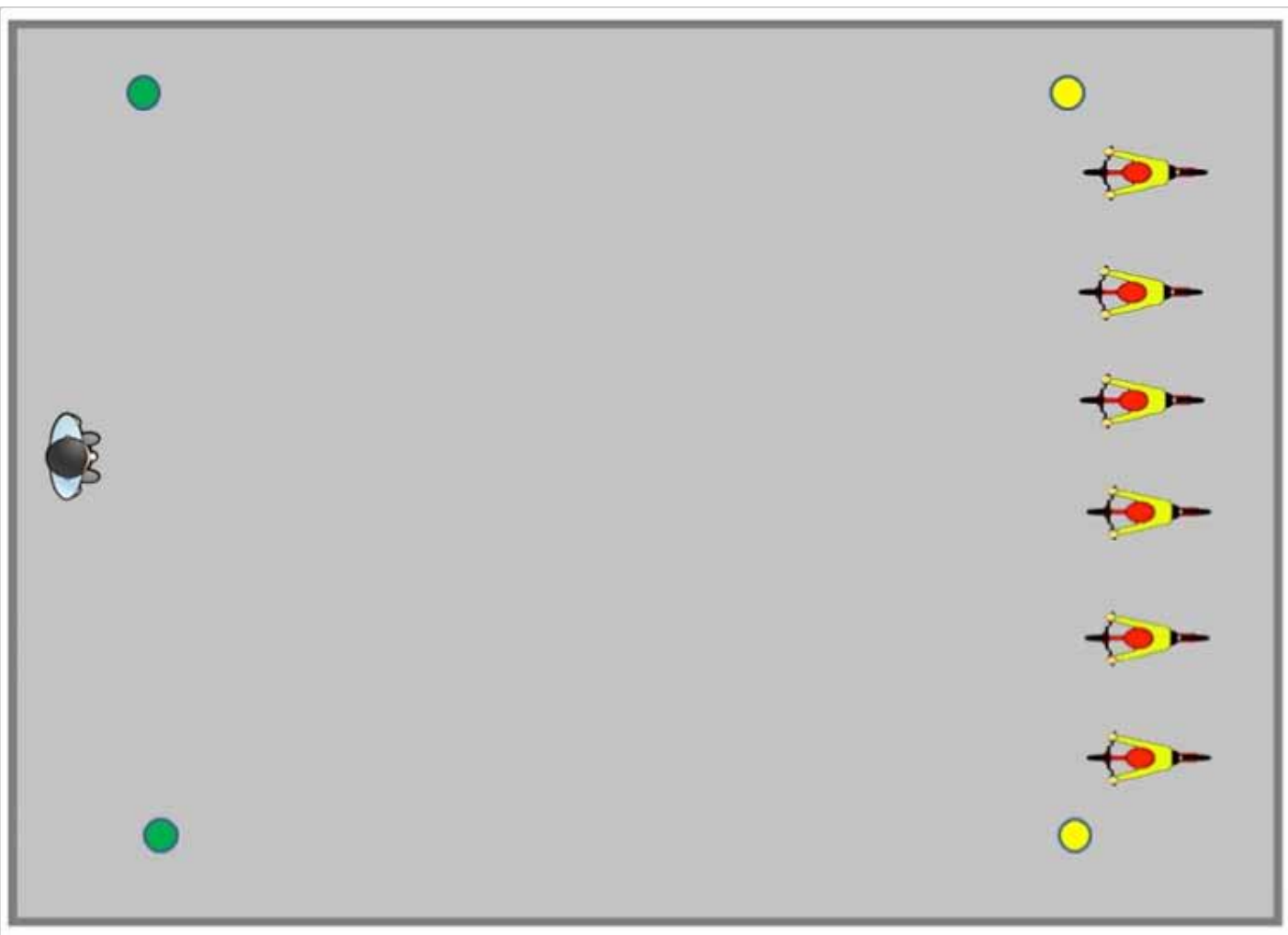
# Slow race

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.

