

RunThaCity's Cornering on a Sportbike CheetSheet

1. **Look Ahead:** Keep your gaze focused on the road ahead, looking several seconds ahead of the bike to anticipate turns and road hazards.
2. **Anticipate Turns:** Scan the road ahead for changes in direction or road conditions to prepare for turns in advance.
3. **Plan Your Line:** Anticipate the path of the bike and the trajectory of the turn to negotiate turns with control and stability.
4. **Body Position:** Lean into the turn with your upper body, keeping your weight centered over the bike.
5. **Control:** Use your arms, legs, and core to maintain control and stability during turns.
6. **Braking & Acceleration:** Use proper braking and acceleration techniques to maintain stability and control during turns.
7. **Look Ahead and Anticipate:** Keep your gaze focused on the road ahead, anticipating turns and road hazards to improve reaction time and stability.
8. **Practice:** Regularly practice cornering techniques to improve your skills and confidence on the road.

Remember, effective cornering on a sportbike is a combination of proper technique and experience. Use this cheatsheet as a guide, but always adapt your approach to the conditions of the road and your personal comfort and preference.



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