BELIZE BICYCLE
Tips for Riding a Twin-Rider Tandem

The Captain:
- The front rider or captain is usually the more experienced cyclist
- Letting the stoker know what is going on is the captain's responsibility

The Stoker:
- The lighter or less experienced cyclist sits in the back

How to mount:
- Captain should mount bike and stand flat-footed while holding bike upright
- Stoker mounts bike
- Captain puts one foot on pedal in 2 o'clock position then stands up and takes off

Shifting:
- Captain should call out shifts to stoker
- Front derailleur shifts should be practiced with extra care

Braking:
- Hard braking on a tandem is easy to do because of the weight

Turning:
- Keep inside pedal up to avoid grounding out

Stopping:
- Support the stoker by removing one foot and leaning slightly to that side
- Remove other foot quickly and hold tandem upright to allow the stoker to dismount