

# Friction

**Friction happens when two surfaces rub against each other. Friction is both exploited and minimized on your bike.**

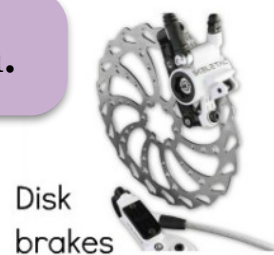
## Try this

Turn your bike upside down, or lift one wheel. Spin the wheel, then apply the brakes.

Find the two brake surfaces that rub together.

A lot of friction between the surfaces slows the wheel.

Friction is exploited to slow you down.



Disk brakes



V-Brakes

Friction is minimized by making bike parts round, so that they roll, not rub, against each other.

Can you identify this bike part?

These are bearings, from the handle bar base.

Check out how the balls roll with very little friction, so the handle bars can move easily.

There are also bearings in wheels, to make them turn smoothly.