

Watch A Tiny Lady Lift A Giant Bike With This One Tool

OCT 29, 2018 at 17:10

By: **SOPHIA VASSILIADIS**, Contributor

Small but mighty rider doesn't let bike drops slow her down.

Laura Buitron doesn't let anything slow her down. Not that I've met her, but I just spent a long time investigating her Instagram @chickamotorunner and it's fierce with photos of a woman who, between stints as member of a sailing crew, runs marathons, races bikes, and goes on incredible adventure rides on her too-tall-for-her **BMW F800 GS**, called "Ultra".

The fearless 5'4" rider has amassed a healthy collection of videos demonstrating various ways in which she has lifted her bike alone or with the help of friends or friendly strangers—the latest being one where she employs the assistance of a ratchet strap and MotoWinch attached to an extension rod. She's not sure she'd recommend adding that to your toolkit for longer rides but she does think it could be handy for people who have back problems and plenty of luggage space.

Laura is pretty hilarious, and in this video she is clearly playing up the "damsel in distress" angle. It's pretty clear she doesn't need any of the "friendly" (read: condescending, demeaning, sexist) commentary that this video somehow garnered *sigh. In response, she posted a second video to show that she can indeed lift her bike without a gadget.

The video is quick and is a good reminder that traveling with certain tools is helpful, but it isn't the full story. It isn't clear how or exactly where she wraps the strap around the bike and if there are right/wrong ways to do this, which there certainly must be. It also doesn't remind riders of some very important steps to take **BEFORE** picking up your bike, especially since we are rarely calm, cool and collected after a crash, no matter how minor.

BEFORE PICKING UP YOUR DROPPED BIKE:

Turn off your bike.

Make sure the bike is in gear.

Put the front brake on.

If you can find a large object, brace it against the downhill wheel to prevent sliding.

a) If you dropped it on the right side, put the kickstand down first.

b) If you dropped it on the left, remember to put the kickstand down.

Dropping the bike is never fun, but you'll do it. Often. So practice first. Try lifting it without the gear. Then try lifting it when it's loaded down. Try it alone. Try with a friend. Notice your mistakes. Fix them. If it's second nature you'll be less likely to make serious mistakes when it matters, which is also when you'll be tired or maybe even a little banged up and freaked out.

Most importantly, like Laura Buitron, you do want to get up and you *do* want to keep on, keepin' on.

Sources: Laura Buitron, [Eastbound YouTube](#), [@chickmotorunner](#)

