



RIDER ED DIRECT

June—July 2008

A Monthly Communication to Michigan's Chapter Educators
From your GWRRR Michigan District Rider Ed Team
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Division Directors

Mark & Mary Zingery

Region D Educators

Mike & Lori Stiger

District Rider Educators

Randy & Lori Westcott
ranlorwing@charter.net
810-636-9117

Asst. District Educators

Bruce & Melissa Thayer
brucethayer1@comcast.net
734-740-7847

Asst. District Educators

Dan & Billye Dulyea
angelwing1@charter.net
616-893-5402

RIDER EDUCATION DIVISION of GWRRR

Our Mission:

*To Save Lives
Through Quality,
World Class Education*

Our Motto:

"Safety Is For Life"

Rider Ed Levels Program

Senior Master Tour Rider / Co-Rider



Requirements:

Current member GWRRR,
active participation and con-
tinuous renewal at Level IV
for minimum 5 years.

MONTHLY TOPIC: Do You Ride with the Right Attitude?

When you decide to take your Wing for a ride, what are you thinking about? Where is your attention? Are you thinking about the things you will be doing when you get to work? Is your mind playing with the words you could have said, or should have said, in the debate with your boss or your spouse earlier in the day? In short, where is your head at when you saddle up? Each and every time you throw a leg over your motorcycle it matters what you are thinking about. Whether you are simply commuting to work on your motorcycle to reduce fuel costs, or you are heading out on a week-long vacation on two-wheels, your mental attitude plays a big role in how safe you will be on the road, and how much you will enjoy the ride. Riding a motorcycle is an activity that is 80% to 90% mental while the rest is physical. When you are thinking about the job on your way to work, or going over the list of errands you need to complete, or just letting your mind drift as you idle down to the end of your driveway, your level of safety is reduced. You need to shift your attitude to insure an incident free trip.

So how do you make the shift from thinking about daily issues to the ride at hand? Establish a routine that you will go through before every ride. Start by evaluating the condition of your motorcycle as you walk up to it. Do a mental T-CLOCK. Look at the tires as you approach (inflated, tread, visible damage). Are there any oily or wet spots on the ground under your bike (where did it come from, is it safe to ride)? And try to be conservative when you answer these questions to yourself. Keep your eyes open for anything amiss. Then, if everything looks okay, gear up.

Next step, finish donning your protective outer layer. Most of us put on our gear in the same sequence every time. Long pants and boots are usually put on in the house. Out at the bike, your jacket, helmet, eye protection, and gloves complete the process. Consider the weather and make sure you have packed any other gear you may need before the ride is over.

Put the key in the ignition and start the bike. While the engine warms, check the fuel level. Determine how far you will be able to go before you need to stop for a fill-up. Do you know the route you plan to take? Do you have all the necessary information with you to get you where you want to go? Good. With those aspects considered, you are ready to focus on the journey. Now, when you shift your bike into gear, shift your brain into "active rider mode" because nothing else matters now except your safety. All your thoughts should be about the ride you are beginning.

Your eyes should be active and scanning your surroundings - *aggressively!* Look for potential hazards that might cause you to change your speed (by braking or accelerating), to change direction (by swerving), or to communicate to other road users. A flash of your high beam or a toot of your horn *tells* others that you are there. Make sure they are aware of you. All the while your mind should be translating the inputs from your eyes and ears into pictures of things that might happen next. Evaluate in your mind what your response would be to each of the possibilities. When a hazard comes up, keep your options open until you have to choose one - the best one - the one that lets you avoid the hazard safely and without any drama. This is riding with the right attitude - the attitude that your job is to ride safely until you park your bike and remove the key from the ignition. Develop a routine like this for yourself and every ride you take will be a safe and pleasant one.

Planning Reminders:

1. July 16th is Ride to Work Day. Encourage your chapter members and all their riding friends to park the car / truck and ride to work this day. This event shows how many people ride motorcycles from all walks of life. Motorcycles help reduce traffic congestion and ease parking concerns. And for most people, their motorcycle gets better mileage. For more info on Ride to Work Day, go to www.ridetowork.org.

2. July brings Wing Ding and the Michigan Rally, followed by Region D in August. Consider helping out at the Rider Ed table or at events such as Top Gun, Amazing Team Challenge, or Field Events at either location. Remember, your help is always needed to make it all happen for the members.

3. Encourage your members to participate in Top Gun or Field Events. It will help them become better riders by showing them the skills they need to work on. Or they can help with judging or cheer on the competitors. The Top Gun Manual - skills tested, judging criteria, etc. - is available on-line at:

www.gwrra-mi.org/Forms.htm#RiderEducation

Thanks for all you do for Rider Education! And remember: **Safety Is For Life!**