



## TOP THREE THINGS MOTORCYCLISTS NEED TO KNOW



Wear the gear: Motorcyclists should wear a DOT – approved helmet and brightly colored protective gear for visibility and protection.

Be prepared for inattentive drivers by staying focused on riding and keeping your speed in check.

Don't drink and drive.

To have a safe ride and trouble free trip, a good [T-CLOCS](#) inspection is required to make sure your motorcycle is in top condition. As you already know, T-CLOCS is a simple acronym used to remember motorcycle components that should be examined during a pre-ride inspection. The components are **T**ires and wheels; **C**ontrols; such as levers, throttle and switches; **L**ights and other electrics; **O**ils and other fluids; **C**hassis, suspension and other drive-line components and finally, **S**tands.

Since we have a T-CLOCS for our motorcycles, let's have a check-off for the rider too and we can call it;

### T-CARE

**T** – Training. Develop the knowledge and skills to ride safely and handle unexpected situations through class room training and supervised practice sessions. Fortunately, we have many experienced and trained riders in GWRRA to help us develop safe riding skills. The GWRRA Levels program is a good way to be recognized and be acknowledged for being a trained, safe rider.

**C** – Conditioning. Fatigue is a major factor for your safety during a ride. It's hard to stay alert and focused to what's going on around you to make quick and correct decisions when fatigue sets in. It's easy to say “get some exercise and lose that weight”, but reality usually dictates otherwise. We all know our limits so take a break if you find yourself getting fatigued. When riding in a group, if you're tired, call for a break. I guarantee that someone else in the group is tired also and will be grateful for a rest stop. As we grow older, we may find that we are no longer bullet proof and may require medications to stay in a healthy condition. If you find yourself losing focus and becoming fatigued due to a medical condition, take a break or call for a break to medicate and recover.

**A** – Attitude. The gray matter between your ears is another major factor for safe riding. Don't ride when you find yourself distracted from the job at hand. If you're angry or otherwise distracted, stop, collect your thoughts and get in a good place mentally. Stay focused and use the SEE (Search, Evaluate, Execute) method to stay aware of any situations around you so you can react quickly and safely. If you have a co-rider or are in a group, think of the others around you to keep them safe also.

**R** – Riding Risks. There are many factors that add to the risks of riding a motorcycle. Traffic, weather, road conditions, directionally challenged (lost), fatigue, experience, skill, attitude, etc. are all part of conditions that can affect safe riding conditions. When planning a trip, keep in mind a plan to reduce risks as much as possible. Even when just riding to the store, wear a helmet, boots, gloves, layered riding clothing, gloves and a carry a first aid kit, tools and a cell phone.

**E**- Expectations. The GWRRA motto is Friends for Fun, Safety and Knowledge. We have a lot of fun riding with our friends and welcome all who want to ride with us. We want everyone to enjoy handle bar therapy with us and to arrive safely to the end of the ride. This just doesn't happen, it takes a lot of hard work by a lot of volunteers in GWRRA to live up to this motto. So, commit to riding safe, keep enhancing your skills and knowledge and someday, you too can be a volunteer to help others to have safe riding fun with us.