

A day at the track

worksheet

It doesn't matter what the task, as you know, being prepared is the key. If you can't be prepared, be aware of what's coming so you can adapt. The track day is no different.

Surprisingly, the easiest part of the day is the riding. You have already made the decision to come to a Motofit event you're halfway done!

Start early. Start the day or several days before. Those of us who have spent years around the track have developed some standards, and it takes a lot less effort to get prepped for a day (or two) at the track. But if you haven't, here is a list of things, in some semblance of order you should prepare for and expect.

LOADING BIKES-NIGHT BEFORE

The night before the event you need to be loaded. Don't get all worked up at 5 O'clock in the morning loading bikes, in a mad rush to get to the track. Be done the night before and be rested. Have a good breakfast or multiple breakfast snacks and start hydrating early and often. If you aren't peeing, you are not hydrated. Even an overcast day the combination of nerves and excitement will burn precious bodily resources.

7 - 9:00AM

Most tracks have a gate open at 7:00. The time between 7:00 and 9:00 which is usually the first on track session is short, especially when setting up your pit, getting registered, tech inspection etc. So, familiarize yourself with where things are when you get there, or as ahead of time but again, awareness is the key. A lot happens in this two hour window, you will be busy!

First things first- start unloading, and wait for the call or announcement on when registration opens. Usually, 7:00 or 8:00 registration is open and you can pick up your paperwork. Once you have that, get your bike over to tech inspection. At this point, it's just tech on the bike. No need to bring anything but your tech registration paperwork and the bike. You don't need a rear stand or belly pan removed or your riding gear. Tech inspection on the bikes is a 2-3 minute process, but the lines can be long. There may be lines by group. For example, we may have green group riders, the first group out on track, in a line getting inspected first so that they have the most time to prepare for the first session.

Riders meeting usually occurs about 8:15 with some variance depending on how the morning is going. Sometimes if it's super cold or rainy, we move a little slower and people aren't wild about the first session, versus the perfect 60 degree morning where the sun is bright. Keep radios low and work with nearby pit mates to share information you hear from announcers on events and timelines. The rider meeting is critical. We want you to be part of our goal for the day. That includes your safety, which starts with your awareness of the facility, track, surroundings, rules and expectations. Don't just be there, be part of it. Listen intently; ask stupid questions you are

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afraid to ask! Be comfortable saying, "I have never done this, what happens when...?" Or "How do I...?"

You will find that many people will be willing to work with you, help you and guide you, whether a Motofit Team member or one of our awesome customers.

After the riders meeting, its time to suit up. You have anywhere from 10 minutes to 40 minutes till your first session, assuming you chose to go out.

9:00 AM TO LUNCH AND LUNCH TO 4 OR 5:00

Some times because of evening events on the track or varying rules, weather, or even the lighting we may run till 4, 4:30 or 5:00. We do live in the NW, if you don't like the weather, wait 5 minutes.

After your session, we strongly recommend you attend a class if one is available for you, or that you at a minimum reflect on your events. Think about the things you saw and felt. You will come to learn that this sport is 50% mechanics and 50% mental. You can learn the things to do, but you have to manage your thoughts, reactions and instincts in order to improve. Aside from the classroom sessions speak to others, especially people outside your peer group or your pit mates. Ask questions of the Motofit team and other riders and share opinions. This is really where you solidify your growth experience. Bear in mind, that people get to the same place differently and sometimes you will hear statements or opinions that may differ from yours. Consider it all. We're all growing, we're all learning.

After the classroom sessions or riding session, eat, drink, pee, drink some more and stretch. We can't stress hydration and physical and mental flexibility enough. Relax, save the caffeinated beverages for after the day and begin preparing for the next session. Go out with an agenda. Go out with specific, small functions you want to achieve and work on them. You will have more fun if you have a series of very small achievements during the day.

END OF DAY

You are tired. Use caution when loading bikes, consuming alcohol or driving home. Hopefully its day one and you are staying the night at or near the track and we will be having some good group food this evening. Nights at the track are not really great times to party. It seems that way, but come Sunday, when you are tired, bloated and hung over or in any other way run down, you will not be focused on the day and you put yourself, your fellow riders and the Motofit Group and Facility at risk. Stay sharp, sleep well and eat well. We also recommend more stretching. On track activities use different muscles under different stresses than daily riding.