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MICHAEL'S MOTORSPORTS

Motorcycle Safety:

By Vesta Copestakes

You can't read this [Two Wheel Tour](#) without getting a lecture on motorcycle safety. Many people are going two-wheels to save money on gas. The ones that scare me the most are the scooter riders with no gear and just a simple helmet because the law says *protect your head*. Excuse me! These things are even riskier than motorcycles because you can't get out of the way fast enough to protect yourself! But more importantly - people are getting on them with little or no training. Gear & Training. BOTH are important for your safety.

GEAR: OK - it's been hot - guess what? There are motorcycle jackets and pants with full armor that are completely vented. Yes, you can ride in safety and be comfortable at the same time! Besides - they add bright colors and look very stylin! And for women, the styles are getting better and better - even shocking pink! Come on - it's GOOD for you! Remember the fund-raiser for Mitch? He lost a lot of flesh riding without gear! Not a pretty picture.



Take a look at the picture of my former helmet from my crash. See that big crack and scrape? There's another one on the chin guard as well. Just imagine what shape I'd be in if it weren't for this helmet! As it was, I didn't miss a beat - published the next month's edition of the paper on time.

Gear - it will SAVE YOUR LIFE! A friend of mine recently got in a crash and all she had on was a beany helmet. Yep - bleeding on the brain - the whole bit. Those brain buckets don't do anything but meet the law's requirement for something on your head. As the saying goes - how much is your head worth? A lot! Get a GOOD - full-face helmet and armored gear! *Please!*

TRAINING: I took a training class - twice. Once before I got my motorcycle license and again after my accident. It took time to recover fully and stop shaking every time I sat on my bike and turned it on! I went to Redwood Region Motorcycle Training in Cloverdale. VERY impressive - lots of fun and you learn in advance what you otherwise would find out about on the road. So when you encounter a 2 x 4, or a pot hole that has similar dimensions - you know what to do!

Northern California Motorcycle Training
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