

# What is a Trackday?

I get this question all the time. The best way I can explain what a track day is, is it's a place where you can work on your relationship with the Motorcycle. You can focus all your attention on this relationship without all the distractions of the street (i.e. traffic, surface issues, curbs, etc.). The way to approach it is go out and ride 60%, work with the instructors and by the end of the day your 60% will be faster than you 100% was when you got there and you will have never put your bike or yourself at risk.



Quite frequently I talk to riders that have been riding for 20 years and they are doing their first trackday. Every time the response is "wow I didn't realize how little I know about how to ride a motorcycle." Just because you have been riding for a long time does not mean you know what you are doing.

All our trackdays come with FREE Leather Rentals and Instruction. Our instructors are going to work with you to help you understand what the bike wants from you. Most of your intuitive responses are exactly the opposite of what you should be doing. You are able to get away with this type of ineffective riding at street speeds but in a closed course you will immediately notice how well (or not) you can control your motorcycle.

If you are thinking about doing your first trackday, go out to one and observe, talk to the instructors and the registration people.

For more information on these and other programs contact:

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