

Riding with Jane

By Jane Deschaine

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I've been meeting a lot of new people lately, sometimes they've read me here and sometimes they haven't. Most of the times when they find out what I write about they have ideas for me to share with you. I recently met Lisa from Holbrook who had never read my article but suggested I write about turning. Now I don't know if she was talking about turning into streets or turning into businesses but I know both can be a challenge at times. Please remember that when I write about my solutions, they are my solutions, they may not work for you but sometimes just a suggestion can help.

It's funny that she mentioned it because turning was something that I had to work on. I don't know about you but turning into streets



doesn't bother me as much as turning into a business or strip mall where the entrance is slightly elevated and not very wide. Shouldn't be problem but.... yeah, it is. Sometimes it's hard to calculate the turn with the rise and then, heaven forbid, another vehicle is coming out at the same time, argh! To add to the problem, it isn't making the left turn into the business, it's making that tighty righty!

When making a turn like this I had a tendency to stiffen my arms. I didn't straighten them as in locking them, but they were tense so when I came in contact with a vehicle coming out I wasn't as quick to tighten the turn to get around them. I would ask myself, "Self, what could I do to make these turns more comfortable for me?" After making many turns in this scenario I finally figured it out. I first had to make an effort to loosen my right arm and make sure my elbow was bent; I would actually wobble it back and forth before I hit the turn. I also had to remind myself to look where I wanted to go, I then was ready to make the turn. When I did it this way and if in the middle of the turn I realized I needed to be turning tighter it was easier for me to drop my elbow and shoulder just a little more, turn my head in the direction I wanted to go and the turn would just happen.

I know this sounds like a lot to do to just make a turn but after you have done it a couple of times like this and see how comfortable the turn is, it then becomes an unconscious effort. I hope this helps you as it did me, until next time.

Ride safe, have fun!

Jane