

my Trackday checklist

Here are a few helpful tips from 3 times British Superbike Champion John Reynolds to help you get the most out of your Track Day.

Human performance:-

- 1) Have a good nights sleep, no alcohol the night before!
- 2) Have a light breakfast and a light lunch; too much food will make you feel lethargic.
- 3) Keep hydrated by drinking little and often.
- 4) If this is your first track day, the chances are you will start to feel tired towards the end of the day. You do not have to go out in every session. This is not relevant for Racers

Rider protection:-

- 1) One piece leathers only for racing but track day goes can use two piece leather.
- 2) Always wear a back-protector. Compulsory for racers
- 3) Good Boots and gloves.
- 4) Make sure your crash helmet and visor is in good condition. (It is a good idea to carry a spare visor and if possible a spare helmet).
- 5) Water proofs (in case of rain)
- 6) It is most important that all the above fit well.

Motorcycle preparation:-

- 1) Make sure your brake; clutch and gear levers are in a comfortable position for you.
- 2) Tyres are in good order and the pressures are set.
- 3) Brake pads and discs checked.
- 4) Sprockets and chain are in good condition and adjusted.
- 5) Oil and water levels are ok.
- 6) Check all nuts and bolts are tight.
- 7) For track days ensure you tape up the speedo and headlamp, remove or tape up the number plate.
- 8) Check all the fairing panels are fitted correctly and not flapping around or loose.
- 9) Ensure you have enough fuel for each session whether it be a track day or race
- 10) For racers please refer to the ACU Handbook for further alterations on the bike so it passes the scrutineer's test prior to you going on track.

First time at a new track:-

- 1) Try to get to the circuit a day before or early in the morning, this will give you a chance to walk the track before you ride it. Knowing where you are going will speed up the learning process saving valuable track time once you are on the bike.
- 2) Listen carefully to the track day rider briefing in the morning.
- 3) Your first session out on track should be treated with caution, your tyres are cold and you are not mentally up to speed.
- 4) Before you start trying to break the lap record, learn the circuit making sure you are using the entire road and hitting the apexes.
- 5) When you are confident of where you are going you can start working on your braking points. Always brake early when you are learning the track making notes of your braking points. If you find yourself letting go of the brakes well before the corner starts, the next time around you can brake later, this is why it is important to remember your braking points.
- 6) Always clean your screen and visor before going out onto the circuit, if you can apply tear-offs to your visor I would recommend using them.



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