

Traffic Safety and Recreational Off-Duty Safety Update

MOTORCYCLE AWARENESS MONTH

United States Marine Corps Get Riders on Track

On a field of concrete sprayed with orange and green safety cones, motorcycle engines hummed as the first track day of the season took place at the FBI Training Center on the Quantico Marine Corps Base in Quantico, Virginia. Marine riders took advantage of over 20 instructors brought to base by Bob Blandford, to lend their knowledge and expertise. Blandford is the President of Northeast Sportbike Association (NESBA), a non-profit organization run by former sport bike racers and enthusiasts that focuses on getting sport bikers on track.

A Motorcycle Track Day takes place on a closed circuit track where riders can learn more about their bikes without the obstacles of the streets.



Riders await their turn on the track at FBI Training Center at Quantico on April 18.

The track is a controlled environment without other vehicles, people, guardrails, gravel, driveways or curbs which can prove hazardous to motorcycle riders. The setting gives riders a more forgiving situation to safely explore capabilities of their bikes. After each session, riders are advised by professionals on adjustments they can make to advance their riding skills.

Riders wore full leathers provided by Blandford's crew completing "the look". Riders taped their speedometer and folded in their mirrors before heading out on the track, keeping distractions to a minimum. Groups of 5 were given 20 minute sessions on the track, where riders could focus on the performance features and their control of the bikes. As riders left the track, each rider had an individual instructor speak with them to discuss the ride.

The instructors went over tips and improvements that riders could use to hone their skills. The riders had several turns on the track and each time improved.

The coaching of the instructors really had an effect on the riders, showing riders that the smallest thing, even the way that you place your feet, can have a huge impact on the performance and comfort level in which you ride.

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 United States Marine Corps Get Riders on Track

United States Marine Corps Sgt. Judith Carver enjoyed her first track day. She started riding March 2008 while stationed at 29 Palms, California. Carver took the Basic Rider Course (BRC) while at 29 Palms, and is scheduled to take the Military Sport Bike Rider Course (MSRC) the first week in May at Quantico.



Sgt. Carver stands beside her newly painted Kawasaki Ninja after her 2nd session on the track

Sgt. Carver, now stationed at Quantico, expressed that she feels much more confident on her 2008 Kawasaki Ninja 250 because of the track. “You can’t push the bike to these levels on the street. This is a closed, safe event with professionals here to aid and teach you as you ride.”

Motorcycle safety comes with education and experience. Track days provide both. The United States Marine Corps provides track days free of charge for enlisted and retired Marines, a standard \$150 cost.

For more information on motorcycle and traffic safety skills training, contact your local safety office or visit <http://www.navymotorcyclerider.com>

MSF: FIVE RULES FOR STAYING SAFE

The Motorcycle Safety Foundation has five simple rules for motorcyclists, and five for drivers, too. If everyone followed them, the roads would be a lot safer.

FIVE RULES FOR RIDERS:

1. Get Trained and Licensed - Take an MSF Rider Course and get licensed by the Department of Motor Vehicles.
2. Wear Protective Gear - Wear proper protective riding gear, most importantly a helmet made to Department of Transportation standards.
3. Ride Unimpaired - Ride unimpaired, never drinking or using other drugs before getting on a motorcycle.
4. Ride Within Your Limits - Stay within your personal limits, never riding faster or farther than your abilities can handle.
5. Be a Lifelong Learner - Be lifelong learners, regularly returning for refresher riding courses.

FIVE RULES FOR CAR DRIVERS:

1. Look Out for Motorcyclists - Use your eyes and mirrors to see what’s around.
2. Don’t Be Distracted - Hang up and drive, put down the food, the pet, the personal grooming gear, the CD, and the reading material and save it for later.
3. Give Two-Wheelers Some Room - Don’t tailgate or get too close side-by-side.
4. Use Your Turn Signals - Signal your intentions. It’s also the law.
5. Keep it in the Car - Don’t throw trash and cigarettes out the window, and securely lash down cargo that can fall out on the road and be a deadly hazard.



Upcoming Events

Pentagon Safety Days
 May 1 & 2
 Washington, DC



Click It or Ticket
**National Enforcement Mobilization
 Campaign Headquarters**
 May 18 - 31, 2009



The cornerstone of NHTSA’s seat belt communications program is the national Click It or Ticket May Mobilization. The primary audience continues to be men ages 18 to 34, which research shows are less likely to wear seat belts.

Tire Performance & Safety

Mark Hicks

Tire safety performance should not to be ignored. As a rider, it is your responsibility to keep your vehicle in a good condition. A properly maintained tire allows you to enjoy miles of riding pleasure.



As a rider, understand that tires affect the overall performance of your vehicle. It is your obligation to regularly monitor your tires in order to make sure that they are ready and safe for use. Likewise, you must be aware of the items to consider when buying new tires as well as after you have purchased them.

While getting the right tires guarantees safe and good performance of your vehicle, you must anticipate tire failures, especially during a ride.

Tire troubles may be acquired in many ways. Motorcycle riders with under inflated or overloaded tires experience handling and steering difficulty. This leads to disappointing premature tire wear and can even cause catastrophic tire failure. In addition, overloading and under inflation can be aggravated by adding accessories and cargo. Excessive flexing due to under inflation or overload causes buildup of internal heat, fatigue cracking and eventual carcass breakup that lead to complete failure. The use of trailers may damage. There is a potential of tire damage when trailer tires are not inflated to the proper psi, combined with the extra weight of the trailer may cause your tires to be unsafe. Also, trailer tires are sometimes left unattended for long periods of time, which may lead to low pressure.

Generally, the appearance of stress cracks in the tread grooves indicates under inflation or overload. You must immediately remove the tire when you see evidence of tread groove cracking.



Memorial Day Weekend-Labor Day Weekend
 May 22, 2009-September 7, 2009
Critical Days of Summer 2008 Fatalities

Sailors (32)

Marines (20)



THINK BEFORE YOU ACT!

Requirements for tire usage are not complicated; you only need to practice consistent attention to your tires. You must be conscious of the load and inflation pressure since these are critical tire elements.

Beaufort Rallies for Safety

Joe Alderman

The day began at 07:30, standing at the MCAS Beaufort main gate. It was a cool morning on 20 March 2008, while I waited to greet local vendors for the Annual Spring Motorcycle Rally. The local businesses supporting the rally this year were Renegade Classics and Superbike Specialties of Savannah, GA and Hilton Head Honda.

The Motorcycle Rally was conceived to show support for the Marine Corps motorcycling community and raise awareness of motorcycle safety. Major Caesar Janay of the Marine Aircraft Group 31 started by welcoming everyone and acquainting the masses with the purpose of the event.

Local motorcycle businesses were in attendance and presented a wide range of products to protect motorcyclists while riding; otherwise known as personal protective equipment or PPE. Marines were encouraged to examine the products that the local businesses offered. Hilton Head Honda and Superbike Specialties brought some show bikes and assisted Marines with questions ranging from, "What's a good starter bike for me?" To "How can I optimize my bike's performance?"



GySgt Sean McCallough

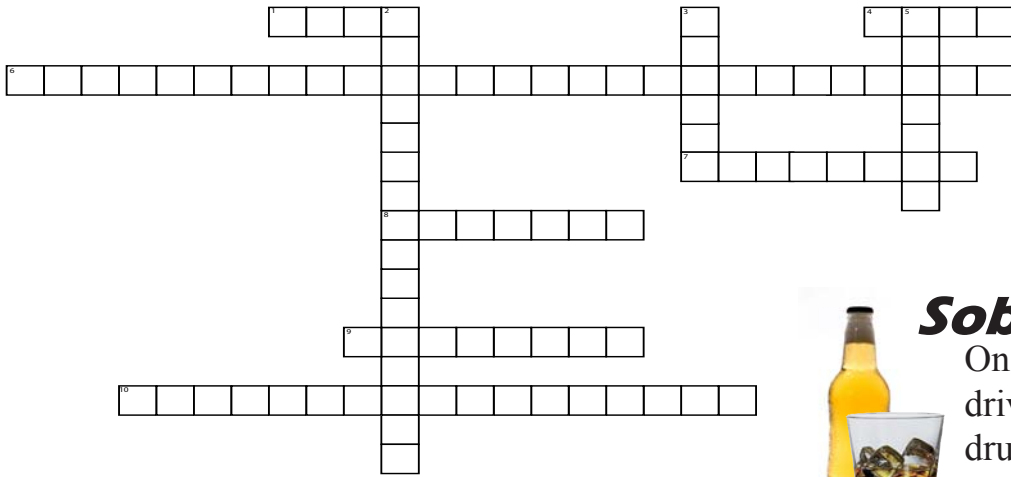


SSgt Berry Hodges

During the rally, new and seasoned riders were provided hands-on training to include cornering skills practice and effective maneuvering. Riders were taught how to properly set up and adjust their suspension. General motorcycle maintenance was also highlighted to help ensure rider could perform routine inspections and maintenance on their bikes. The inspection stations were spread out in various locations to limit distractions. Marines rotated from point to point at 50 minute intervals to view various PPE products and communicate with the dealers.

Superbike Specialties and Hilton Head Honda nourished participants with an all-American lunch of hamburgers and hot dogs. Following the festivities, 50 Marines took to the streets on their iron horses. Organizers of the Rally were all assigned to Beaufort MCAS, many thanks go out to them for their hard work and dedication to create a successful event.

Until the next Spring Motorcycle Rally, may you live to ride, ride to live, and keep the rubber side down.



Sobering Fact

On Average, a first time drunk driving offender has driven drunk 87 times prior to being arrested.

ACROSS

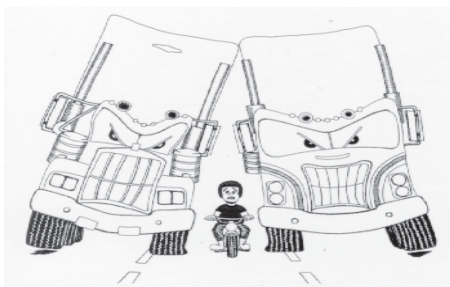
- 1. This is the part of the body that is injured in most fatal motorcycle crashes.
- 4. Most motorcycle casualty victims are _____.
- 6. The company that provides traffic safety training to Navy and Marine Corps.
- 7. Friction between your tires and the road is _____.
- 8. Over 1/2 of all fatal motorcycle crashes involve another _____.
- 9. Nearly 1/3 of fatally injured victims are not properly _____.
- 10. BRC stands for what.

DOWN

- 2. A way of driving to keep lives safe, save time, money regardless of the conditions around you and the actions of others.
- 3. The most important piece of PPE.
- 5. Never drink this prior to operating a motorcycle or any motor vehicle.

FY09 YTD Navy TS/RODS

	Basic Rider Course (BRC)	Experienced Rider Course (ERC)	Military SportBike Rider Course (MSRC)	AAA Driver Improvement Program	Alive at 25 & ADD	Dirt Bike School	ATV Training Course	Emergency Vehicle Operator Course (EVOC)	Safety Stand-downs	Other
NAVY	2,640	1,860	2,387	4,362	200	27	61	151	41,742	4,913
USMC	1,179	665	662	72	1,192	4	0	30	4,374	949
Total Trained										58,343
										9,127



TRAVEL WITH CAUTION

Answers to Crossword

- Alcohol
- Helmet
- Traction
- BasicRiderCourse
- Cape Fox Professional Services
- Vehicle
- Licensed
- Male
- Head
- Defensive Driving