

# The Ride Report

A Newsletter for WMSP Instructors



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### Coming Up in 2015:

#### Advisory Board

- 15 Sept. - Yakima
- 3 Dec. - Olympia

#### 2015 WMSP Updates

##### 9am-5 pm

- 26 Sept. - Richland
- 7 Oct. - Kirkland
- 17 Oct. - Vancouver

#### 2-Wheel IP

- Jun. - Jul. 2015
- Aug. - Sept. 2015

## Welcome Back to The Ride Report!

Well, we are in the full swing of the season as you read this. Tons of bikes are out on the road which means you are all likely teaching hard, having fun, and working to saving lives!

As you will see, here at WMSP, we have been busy too. Read on to get a glimpse into what your program has been working on.

Thank you to those that have submitted questions and suggestions for The Ride Report. Please continue sending us your suggestions!

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## A Second Look Receives AAMVA Award!

*A Second Look* was published last year to be used in the Driver Training Programs to promote motorcycle awareness. We are proud to announce that it has recently won an American Association of Motor Vehicle Administrators (AAMVA) Public Affairs and Community Education (PACE) Award. The video continues to grow in popularity, receiving over 13 million views online! In addition, numerous other states, and organizations as far away as US Naval Forces Japan, have requested to use it as their standard motorcycle awareness training aid.

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## Why We Do It

This is from a recent student through CWMT.

*"As someone who has owned and ridden various motorcycles (albeit 20 years ago), and wanted to reengage in the hobby, I found my instructors very beneficial. They helped me identify, and work to correct bad habits, as well as offered constructive criticism, which I greatly appreciated even though I initially presented myself as an experienced rider. I greatly valued their instruction and advice, and made an effort to thank them at each suggestion. I wanted to forward this appreciation up the ladder, as their leadership has encouraged me to pursue additional training as my proficiency allows; furthering my safety and enjoyment of the sport."*

Way to go! Keep doing what you all do best, inspiring new and seasoned riders alike to continue seeking education and making smart choices!



**Fear Threshold**

“Every motorcyclist has what I refer to as a ‘fear threshold.’ A fear threshold is a point at which the level of fear becomes so great that the rider’s mind cannot process any additional information.”

**Bravery**

“Brave people aren’t simply those who can overcome larger amounts of fear. Instead, brave people are the ones who raise the level of the point at which fear gets control of their mind”

From *Total Control: High Performance Street Riding Techniques* by Lee Parks

TODAY’S ESSENTIAL QUESTION

*Imagine the riskiest thing you have ever attempted (e.g. sky diving, moving to another state, or even starting a new job)? What were the potential consequences of that risky situation? What made you decide to proceed? Was it worth the reward? Lastly, how does this relate to the choices we make on a motorcycle?*

**Fatalities**

In response to your requests, The Ride Report will begin carrying more information on fatality data. Below is the most current fatality data for this year through June 30<sup>th</sup>. Also provided is the fatality data for this same time of year for the last 10 years (2005-2014). We want to continue to see the numbers decrease because even one fatality is too many.

FATALS	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	Avg 2005/2015
As of: June 30	33	29	30	28	31	29	28	34	29	31	22*	29.5

*\*There is always the chance we could see more fatalities that have not yet been reported.*

**What’s been going on at WMSP?**

As you may know, there have been some recent staffing changes in the office. On a happy note, WMSP has been joined by two new techs, Mike Kohlhorst and Matt Lindberg. They both joined the team in April and are WMSP certified instructors. Over the past 2 months, they have begun visiting ranges and contractors throughout the state and have already proven to be a huge asset to the program. Keep an eye out for them at upcoming updates, QAV’s, IP’s, and advisory board meetings!

However, on a sadder note, Paulette will be leaving the program to pursue other endeavors. As many of you know, she has been an integral part of the team and has been the anchor for the program through many changes with her steadfast knowledge, humor, and commitment to customer service. We certainly wish her the best.

David Weed has just returned from an intense 2 ½ weeks of MSF RiderCoach Trainer (“Chief”) School as Washington’s newest “Chief Instructor”. We are proud of his accomplishment and he now looks forward to utilizing his new knowledge to better support each of you and the training program in Washington.

The first IP of the season is in full swing with two weekends down and two weekends to go. We are excited to see what the instructor candidates bring to the table and wish them luck as they finish their training in July.

With the high demand for new instructors this season, there was enough interest for a second IP to be added to the schedule. The training is being held in Everett and prep work for the four weekend course has already begun. The IP will kick off in August.



Your WMSP Team (well, other than the bird – we couldn’t find him a helmet that fit)

From left to right: Matt Lindberg, Mike Kohlhorst, Paulette Miller, GET Mascot, Candi Rakevich, David Weed, and Andrea Nygard.

## Recent Outreach Projects:

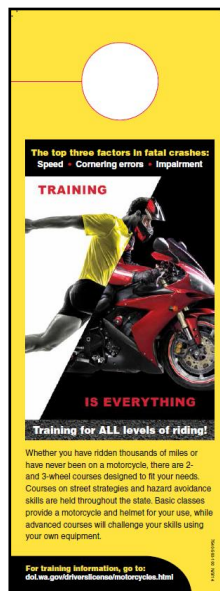
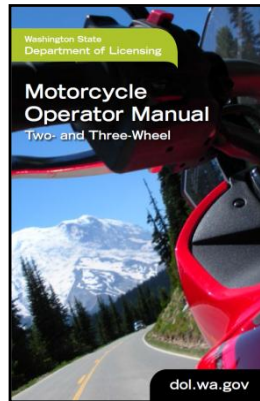
**Motorcycle Operator Manual** – Washington’s Motorcycle Operator Manual has been completely revised. Written in a more conversational tone, the new guide combines the previously separate 2-wheel and 3-wheel operator manuals into one complete motorcycle manual. It contains combined sections on subjects such as gear and street strategies, and separate sections for information specific to 2- and 3-wheel vehicles. The new guide focuses less on technical details such as shift patterns, and more on strategies, choices, and consequences. It is also curriculum independent (for example MSF-specific terms such as SEE are not used so that it can support any curriculum certified for use in Washington).

Copies of the new manuals have been distributed to all the licensing offices throughout the state and to every training school. You can also find the digital version online at:

<http://www.dol.wa.gov/driverslicense/docs/motomanual.pdf>

**Training Brochure** – In order to better promote motorcycle training, a new brochure was designed and distributed to all the licensing offices throughout the state. These brochures give vital information on the value of training, the different types of training offered, how riders can locate a training school near them, and how to obtain an endorsement. The goal is to get more riders into training to help reduce motorcycle collisions and fatalities.

**Motorcycle Hangtags** – In collaboration with the Washington State Patrol and the Washington Traffic Safety Commission, and with the help of a federal grant, WMSP has created motorcycle training hangtags. The purpose of these hangtags is to encourage riders to take training and even offers riders an opportunity to enter for a chance to win a free training class! A supply of hangtags was distributed to many of the major motorcycle dealerships throughout Washington to be displayed on showroom floors hanging from all the motorcycles. A big “thank you” to all the contractors and to State Patrol for helping with distribution of these materials. Keep an eye out for these the next time you are in your local dealership, and if you find a dealership that does not have them but would like to promote training, let us know so we can get some out to them.



## ALT of the Day

An oldie but goodie

- Ask students to group up and draw on the white boards some different scenarios showing lane choice and lane position.

-Almost without fail, many students will draw corners, highways, and intersections.

-This allows for an easy way to introduce and discuss many of the different street strategies covered in the Handbook.

-Each group then has the opportunity to describe their artful masterpieces. Most importantly, try to get students to explain WHY they chose a certain position for that scenario.



"[Students] can often learn more if the coach asks them how well they've performed a particular task than from being told, 'Here's what you did wrong, and here's what to do next time.'"

From *The Tao of Coaching* by Max Landsberg

**Postcards** – Washington residents that own a motorcycle but **do not** have an endorsement should be receiving a postcard in the mail very soon. These postcards show some of the repercussions of riding unendorsed. They also include information on obtaining an endorsement as well as encouraging riders to get trained.

When we sent these postcards 2 years ago, we saw 12% of the recipients obtain their endorsement within 1 year of receiving the mailing. Of those riders, 1,352 took a training course to earn their endorsement. That is an impressive result and we hope to see an even better response rate this year.

**Last year, 65% of motorcycle riders who died while riding in our state were untrained or unendorsed.**

*Safety enforcement patrols will be on-going this summer to make roads safer for riders and drivers.*

**There are two ways to get endorsed:**

1. Take a motorcycle safety training course.
2. Complete the knowledge and riding skills test.

Law enforcement can impound your bike if you are riding without an endorsement.

To find the closest training and testing school, go to [www.dol.wa.gov/driverslicense/motoschools.html](http://www.dol.wa.gov/driverslicense/motoschools.html)

WASHINGTON DEPARTMENT OF LICENSING

WASHINGTON STATE OFFICE OF TRAFFIC SAFETY

WSP

### Still in the Pipeline:

**Rider Training Video** – Following the success of the motorcycle awareness video: A Second Look, WMSP is now in the production process for a new video that focuses on promoting motorcycle training. Concentrating on both the physical and mental skills necessary for riding well, this video will compare the importance of training from the perspective of pro athletes, military fighter pilots, and motorcyclists. Athletes and fighter pilots constantly hone their physical, technical, and mental skills through training and practice, and motorcyclists should be no different. Filming begins this month so watch for the release later this year.



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**Choose well  
Ride well**

## When it gets HOT!

With the sun out and temperatures quickly rising, we have to be even more cognizant of possible heat exhaustion or heat stroke during training. Anyone can be affected so we need to be extra attentive to our students, coaching partners, and ourselves.

Some of the signs of heat exhaustion and heat stroke are fatigue, dizziness, confusion, headaches, cramps, muscle weakness, and nausea. If not addressed, conditions may worsen and can even be fatal.

Everyone is affected differently by heat. Factors such as age, health condition, and even medication can all drastically change how quickly someone may feel the effects of the heat. Pay special attention to what your students say and do. Look for signs that might help you tailor the course to the student's needs. Do not forget to chat with your partner to convey any information that might help, either about your students or yourself.

As facilitators, what can we do to set our class up for success? If it is scorchingly hot out, there are quite a few options to make sure everyone stays cool. Consider encouraging students to wear breathable protective gear and to bring extra water. Also, take more frequent breaks to stay hydrated and out of the sun. Maybe even give occasionally cool down laps (as needed). Think outside the box. We have even seen instructors call over an ice cream truck during a break to help keep the students cool. Of course, with all these options, watch your students and watch your time. Safety is your number one priority!