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Race City Information

Directions

FROM NORTH CALGARY:
- Take Deerfoot Trail south
- Take the Barlow Trail exit ramp to go north (ramp is immediately after the lights at Douglasdale).
- Turn east onto 114th Avenue at the traffic lights
- Turn south onto 68th Street

FROM SOUTH CALGARY:
- Take Deerfoot Trail North
- Take the Barlow Trail exit to go north (exit is after the overpass at 130th Avenue)
- Turn east onto 114th Avenue
- Turn south onto 68th Street

FROM EAST CALGARY:
- Take either 52nd Street or 84th Street to 114th Avenue
- If you took 52nd Street, turn east onto 114th Avenue, then south onto 68th Street
- If you took 84th Street, turn west onto 114th Avenue, then south onto 68th Street

FROM WEST CALGARY:
- Take Glenmore Trail east to either 52nd Street or 84th Street
- Follow 52nd or 84th Street to 114th Avenue
- Turn south onto 68th Street
**Student Schedule (Morning)**

Each exercise is allotted twenty-five minutes of training. Between exercises, there is a two minute time for moving from station to station.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:20 - 7:50 am</td>
<td>Student check-in</td>
</tr>
<tr>
<td>7:50 - 8:00 am</td>
<td>1 Lap then proceed to 1st station</td>
</tr>
<tr>
<td>8:00 - 8:25 am</td>
<td>Start first exercise</td>
</tr>
<tr>
<td>8:27 - 8:52 am</td>
<td>Start second exercise</td>
</tr>
<tr>
<td>8:54 - 9:19 am</td>
<td>Start third exercise</td>
</tr>
<tr>
<td>9:21 - 9:46 am</td>
<td>Start fourth exercise</td>
</tr>
<tr>
<td>9:48 - 10:13 am</td>
<td>Start fifth exercise</td>
</tr>
<tr>
<td>10:15 - 10:40 am</td>
<td>Start sixth exercise</td>
</tr>
<tr>
<td>10:42 - 11:07 am</td>
<td>Start seventh exercise</td>
</tr>
<tr>
<td>11:09 - 11:34 am</td>
<td>Start eighth exercise</td>
</tr>
<tr>
<td>11:34 - 12:10 PM</td>
<td>Lunch Break</td>
</tr>
</tbody>
</table>

**Student Schedule (Afternoon)**

Each exercise is allotted twenty-five minutes of training. Between exercises, there is a two minute time for moving from station to station.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:10 - 12:15 PM</td>
<td>Groups proceed around track to 1st station</td>
</tr>
<tr>
<td>12:15 - 12:40 PM</td>
<td>Start first exercise</td>
</tr>
<tr>
<td>12:42 - 1:07 PM</td>
<td>Start second exercise</td>
</tr>
<tr>
<td>1:09 - 1:34 PM</td>
<td>Start third exercise</td>
</tr>
<tr>
<td>1:36 - 2:01 PM</td>
<td>Start fourth exercise</td>
</tr>
<tr>
<td>2:03 - 2:28 PM</td>
<td>Start fifth exercise</td>
</tr>
<tr>
<td>2:30 - 2:55 PM</td>
<td>Start sixth exercise</td>
</tr>
<tr>
<td>2:57 - 3:22 PM</td>
<td>Start seventh exercise</td>
</tr>
<tr>
<td>3:24 - 3:49 PM</td>
<td>Start eighth exercise</td>
</tr>
<tr>
<td>3:49 - 4:00 PM</td>
<td>Group ride - Counter clockwise</td>
</tr>
<tr>
<td>4:00 - 4:15 PM</td>
<td>Group photo and graduation packages</td>
</tr>
</tbody>
</table>
Form Up

When you arrive at Race City, enter from 68th Street, proceed to the sign in tent (*). Once you are signed in and given instructions, move to your form up area and prep your bike for the day.

If you previously prepared your bike for the day and have hauled it in, please unload your bike away from your form up area and then move your trailer or truck to a designated parking area.

* Numbers are coloured based on group
* Your name will be below the number
* Affix the number plate to the front of your bike
Course Map

The course map is designed with seven circuits in mind. Each section of the course is colour coded and numbered. The colour and number of the circuit indicates your starting position of the day.

1. Exercise #1 - Agility
2. Exercise #2 - Emergency Acceleration & Braking
3. Exercise #3 - Ride with Rene
4. Exercise #4 - Cones to Corners
5. Exercise #5 - Smooth Braking in Corners
6. Exercise #6 - Push/Pull/Push
7. Exercise #7 - The ABC’s of Emergencies
8. Exercise #8 - Lines “The Bad then the Good”
Exercise #1 - Agility

In the Slow section, use Technique #1 - Set and Drag, refer to page 39 of the manual.

In the Fast section, use Counter Balancing, refer to page 43 of the manual.

Instructions:

1. Start at position A; wait for coach to say go
2. As slow as possible, without putting a foot down, proceed in a straight line and STOP at position B
3. Wait for the coach to say go
4. Proceed into the slalom section
5. Stop at position C, then proceed through the next slalom section
6. Stop at position D, then move as slow as possible to position E
7. Repeat the exercises, trying to be more smooth through the slalom and slower through the slow sections
8. Afternoon Direction is reversed

Chief’s Hints

Keep your hands light on the grips (Bird in the hand)

Keep your knees tight on the tank (Imagine $100 bills between your knees and the tank)

Keep your eyes up! (Look where you want to go)

Remember to shift your body weight to help the bike turn
Exercise #2 - Emergency Acceleration & Braking

For the acceleration technique, refer to page 56 of the manual. For the optimum braking technique, refer to page 59.

Instructions:

This is a TWO WAY exercise.

1. From the starting position, wait for the Coach’s signal then, quickly accelerate to 50 km/h (morning) or 80 km/h (afternoon) and hold your speed steady.

2. At Position C, apply the Optimum Controlled Braking technique to STOP quickly with proper body position. Keep your riding order.

3. Move off slowly toward the other side of the track to begin in the opposite direction.

Repeat steps 1 through 4, going both directions until the Coach changes the speed.

In the afternoon, be sure to allow two or three passes to ensure your tires are at the proper temperature.

Chief’s Hints

Keep your eyes up!

Low wrist then turn gas off as you squeeze to your high wrist applying the front brake

Having your knees tight allows you to keep light constant pressure on your rear brake (The feathers of the arrow)

P.S. Cold tires!!
Exercise #3 - Ride with Rene

Instructions:
1. Park on main straight as shown (this allows your bike to cool down).
2. Two riders follow Rene for 2 laps until everyone has been through the course.
3. Rene will then have students proceed one at a time through the course the same way you followed him for two laps. Switch with other riders after two laps.

*In the morning the flags are to your left.
* In the Afternoon, the flags are to your right.

Chief’s Hints

Keep your eyes up
Try standing on the pegs as well
Have fun (watch out for any big holes!)
**Exercise #4 - Cones to Corners**

For the Hang-off technique, refer to page 88 of the manual.

**Instructions:**

This is a TWO WAY exercise.

1. Proceed around corner 1 through 4 to Cone Coach 1

2. Proceed through the Cone Section in first gear. Remember to treat cones as the apex of your corner.

3. Enter Corner 1 wide entrance. Keep your eyes up and look for your apex flags.

4. Slow down and stop by Cone Coach 1 and receive feedback on Cone Section and Corner Section.

* We proceed 1 to 4 in the morning and 4 to 1 in the afternoon.

**Chief’s Hints**

The most control you have at any corner is at the Beginning.

Slow down until you have turned the bike toward the apex.
Exercise #5 - Smooth Braking in Corners

For the Corner Braking technique, refer to page 72 of the manual.

Instructions:

This is a TWO WAY exercise.

1. Start at Position A
2. Accelerate to 50 km/h
3. Keep speed at a constant 50 km/h
4. In the AM, straighten the bike up, then apply the optimum braking technique (pg. 22)
5. In the PM, apply progressive braking technique while leaning over
6. With a smooth release, come to a complete stop where the coach is
7. Continue on to Position A, line up and wait for the coach’s signal to proceed
8. Return to step 2 and repeat until the Coach changes speed

Chief’s Hints

Pull in the clutch and start tapping down on the shifter so that you are in first gear when you stop.

In the PM, build front brake pressure slowly and progressively, while still leaning over, then smoothly release the front brake and roll to a stop where your coach is.

Don’t grab the brakes.
Exercise #6 - Push/Pull/Push

For the Counter steering technique, refer to page 82 of the manual.

Instructions:

This is a TWO WAY exercise.

1. Start and stop at position A.
2. At the Coach's signal, move off.
3. Use Counter Steering technique to get through the corners quickly.
4. Do a safe turn around and park at position C.
5. Stay in your order.
6. Before moving off, wait for the Coach's signal, then line up at Position B.
7. Repeat steps 2 through 4.

Chief's Hints

Allow your bum to slide on the seat.

Remember to weight your foot pegs and use your knees well.
**Exercise #7 - The ABC’s of Emergencies**

For the push steering technique, refer to page 74 of the manual.

**Instructions:**

This is a TWO WAY exercise.

1. Start at Position A
2. Accelerate to Position B.
3. Brake until Position C.
4. With No Brakes applied:
   - Countersteer to the right at Position 1
   - Countersteer to the left at Position 2
   - Countersteer to the left at Position 3
   - Countersteer to the right at Position 4
5. Line up at Position D.
6. Wait for the coach’s signal to proceed in the other direction.
7. Repeat steps in the opposite direction.

**Chief’s Hints**

I have had to do this on the street more than a few times.

Try to do each part separately.

Accelerate *THEN* brake *THEN* Countersteer.

Combining major inputs can use more traction than is available.
Exercise #8 - Lines: “The Bad then the Good”

For more information on this exercise, refer to page 96 of the manual.

Instructions:
This is a TWO WAY exercise.

1. Line up at Position A.
2. Follow Coach through this portion of the track. Do what the Coach does.
3. Turn around at position B.
4. Wait for Coach before proceeding back through the exercise to Position A.

Chief’s Hints

Go slow when you are doing Left, Right and Middle.
Follow the Coach’s line when behind them.
Remember, this is a slow speed corner.
Group Ride

Instructions:

Please refer to Page 116 in the manual for instructions.

Chief’s Hints

At this point, we are **ALL** tired.

Let’s keep this group ride slow and safe.

Work on your position and distance between the bikes around the track.

This will give you great practice for those charity rides in the years to come.

Remember, you still have to ride home.

Thank you,

Trevor Dech
Chief Instructor
Thank you for joining us!

Have your picture taken with your bike for our Wall of Fame

www.toocoolmotorcycleschool.com