

Tips on getting through RIDING ACADEMY CLASS

If it has been over a year since you rode a bicycle, get it out, borrow one and start riding it before class. Get your sense of balance in order. Ride figure 8's, weave through some paper cups, anything like that will help you!

Contact us to come ride the jumpstart demo bike, where we can teach you how to use the throttle, clutch and shift! It is the best tool we have to help you learn before class! A MUST FOR NEWBIES!

Start hydrating a week before class, even in the cooler months, but for sure in June, July and August. Buy a hydration vest or neck cooler. Bring a cooler with Gatorade or Pedialyte, snacks.

If a diabetic, check with your doctor.

If you are out of shape, start exercising now, walking stretching etc., you will be using muscles you never knew you had! This course can be quite strenuous.

Yoga is good as well, work your lower back and legs.

Buy one of the fancy long sleeve shirts that is made of the material that wicks away sweat and keep you cooler. White and light-colored shirts are best, black and dark colors are not recommended!

Helmets, if you bring your own DOT certified helmet, we recommend $\frac{1}{2}$ helmets or $\frac{3}{4}$ helmets, cooler to wear and you can hear the coaches better, again a dark colored helmet, not recommended!

If you are heat sensitive, think about doing this class in the fall/winter months.

HYDRATE, HYDRATE HYDRATE!

This class can be tough if over age 65, overweight, are not used to exerting themselves, who are physically ill, (heart disease, high blood pressure, taking several medications, poor circulation).

Be wary and know the signs for heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash.

Call Joel at 281-598-6148 if you have questions or concerns, Jasmine- 281-991-4275 or 713-644-7535