

Team Freedom

A Non-Profit Group



TRIALS

FISHING

SKIING/TUBING

RACING/RALLYING

WHALE WATCHING

Team-Freedom.org

email Dale@Team-Freedom.org

Trials Event Reminder List

These are just *suggestions* to consider
Consider our MS Word version at fishingcoaches.org/trials.doc to *tailor* your own list

*Check web site/forum: is trial still on?

BIKE PREPARATION



(Finish bike preparation 4 days prior to event, to allow time for unexpected mechanic's repairs/parts arrival?)

*New spark-plug for event?

*Oil changed?

*Air filter cleaned?

*Chain lubed?

*Pivot-points lubed: foot pegs, clutch and both brake levers, kick-starter, throttle assembly, chain tensioner's spring.

*When needed: drag brakes to get them real hot, then immediately douse with lots of water from garden hose. Repeat if needed.

*Manual's suggested maintenance items?

*Set tire pressure.

- *Enough gas in portable gas-container?
- *Switch worn practice tire(s) for event tire(s)?
- *All bolts/nuts/spokes tightened?
- *Do final short inspection ride.
- *Fill motorcycle's gas tank? Petcock "off"?

PACKING, ETC.



- *Weather/rain forecast?
- *After-ride (and/or next-day) bag filled w/clothes?
- *Jackets.
- *Loop's drinks (electrolytes & carb-energy-mix) mixed and in vehicle. Put one in BELT-pack?
- *Hat.
- *Driving directions to trials area?
- *Multi-day trials: motel/camping reservations and directions and phone number?
- *Powerbars?
- *Food for morning, and after ride.
- *Sunscreen for observing/riding?
- *Insect repellent (when observing, especially)?
- *Spare gas can for on loop, or attach extra strap-on gas tank if possibly not returning to vehicle on loops?
- *Cross US/Canada border: 1. motorcycle registration in? 2. NEXUS pass in wallet?
- *If possibly "cross-checking" (cross-observing): BACKpack in: water & food.
- *Air pump.
- *Tool kit. Spare-parts box.
- *Helmet, gloves, boots, knee-pads/brace, elbow-pads? Goggles, if long or "brushy" loop likely.
- *Trials riding gear: jersey, pants, socks, wicking underwear, rain jacket, vest?
- *Cell phone.
- *Enough gas in vehicle?
- *Cap to wear on head?
- *Keys to partners who'll want to get in vehicle?
- *Team Freedom's loop-time-schedule laminated card, in BELTpack.
- *Tell morning leave time to partners?
- *Do a "once-around" garage/house, to see if missed anything.
- *Trials clothes *out*, for morning?
- *Determine arrive-at-site time (include 20 minute extra fudge/cushion?) Set wake-up alarm?



OVERNIGHT TRIPS/EVENTS



- *How re-charge cell phone next day?
- *Pillow, sleeping bags, tooth-brush/paste, towels, soap, deodorant, razor, etc.?
- *Chain/lock/key for motorcycles overnight?
- *Enough gas for all motorcycles for all days?
- **Spare*s, since might get rained on/sweaty the first day: jersey, riding pants, gloves, riding socks, boots, head-bands, etc.?

MORNING OF EVENT



- *Check web site/forum: is trial still on?
- *"Do your business" in the morning, so don't have to go in the woods like a bear during the loop? ☺
- *Cell phone in.

AT EVENT



- *Motorcycle's petcock on "reserve"?
- *Sign up to ride:
 -ask time ride morn/afternoon & meeting time.
 -find out if group or cross check.
 -ask time-limit
- ...Ask: back-to-pits between loops? Where gas/drink/pack drop spot if no back-to-pits between loops?
- *Headband on? Spray anti-perspirant on forehead if headband usually not enough (especially during hot weather)?
- *Give water to partner to keep at his section for you when he observes, so you carry less water during ride?
- *If observing: 1. hat in BACKpack if observing?
 - 2. Plastic bag in backpack to put section's tape, when done?
 - 3. Rain jacket in backpack?
- *Sunscreen on?
- *Insect repellent on (for observing)?
- *Loop riding stuff out and ready: gas, drinks, Powerbars, air gauge/pump, etc.?
- *Set watch: 1. to eat & take water 1.2 hours before competing?
 - 2. energy drink (16 oz.) 20 minutes before ride?
- *We've seen tons of lost scorecards: most secure way is what many world-champions do: duct-tape back of "name area" (not "punch area") of scorecard; punch ¼" hole in middle of duct-taped area; loop neck-cord through this hole; keep under jersey/jacket/bib.
OR just keep in a *zipped* pocket.

BEFORE COMPETING



- *If observed in morning: return punch?
- *Cell: ringer off before compete?
- *Score-card info is sometimes incorrect: check it.
- *Top off gas-tank (if observed in morning)?
- *Tire pressure still ok (sun/weather can drastically change it in a few hours)?
- *Set "countdown" on watch?
- *To save some lever-finger strength: on *loops* (riding and observing), consider *middle* finger on clutch & brake. Also ride loop on arches, not balls, of feet?
- *"Do your business" in the morning, so don't have to go in the woods like a bear during the loop? ☺
- **Stretch* before riding (world riders do.)
- *Warm-up ride for 5-10 minutes (can make a big difference.)

DURING YOUR RIDE



- *Hydrate every 20 minutes, as feasible.
- *Section ____ (½ way through loop): see time on "countdown" vs. Team Freedom's loop-time-schedule laminated card in BELTpack.
- *If time allows: 1. look at every section every loop...especially problem areas. Or at least ask observer "any changes"?
2. ask observer: best line (still).
- *Consider, before each section while sitting on motorcycle: 4 deep, slow breaths, while picturing a successful ride through that section, as you look at the section.

AFTER EACH LOOP



- *Drink 16 oz.
- *Gas-up? Consider: start of 3rd loop: 20 seconds worth of gas.
- *New score-card?
- *Check tire's air pressure?
- *See time on "countdown" vs. Team Freedom's loop-time-schedule laminated card in BELTpack.

AFTER LOOPS ARE DONE



- *Count scores/cleans/time and compare to trials official's tally (discrepancy 15-30% of the time.)
- *Refill motorcycle's gas-tank.
- *Check cell voice-mails, & turn ringer back on.
- *Also drink water right after ride.
- *Wash motorcycle.

*Lube chain.

*Replenish toilet paper supply in belt/back packs & vehicle?



NEXT DAY?

*Replenish Powerbars & mixed drinks?

*BACKpack: replenish: water & powerbars/food in it?

*Fix damaged motorcycle/gear?

*Switch back to worn practice tire(s)?

*Best way to determine what type of sections to practice the most: see other riders in your class's per-section scores (on web site) vs. yours?

*Consider emailing dale@team-freedom.org with your suggestions for improving this. ☺

See us at <http://team-freedom.org>

For an *MS Word* version of this trials event reminder list, that you can easily *tailor* (first, "Save As" with new name), see: <http://fishingcoaches.org/trials.doc>

For our *fishing* reminder list see: <http://fishingcoaches.org/reminderlist.html>

Photo credits: Ian at trialscentral.com, Serge

END

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Team-Freedom.org

email Dale@Team-Freedom.org

