

# OMRRA

Oregon Motorcycle Road Racing Association

## Instructors Guide To Novice Racers Program



# NOVICE SCHOOL RACING INSTRUCTORS

## School Objectives

This course is designed to introduce the new rider/racer to the basic elements of racing in general, and in OMRRA (Oregon Motorcycle Road Racing Association) events at PIR (Portland International Raceway) specifically. To give the new racer tools so that they can safely compete in events and develop their racing skills. The course will consist of classroom instruction, and on track instruction consisting of tests and supervised drills.

### *Novice Instructors - See notes in bold italics*

*The novice instructors will make themselves available to act as mentors for the assigned novices for the remainder of the season. At any time a mentor may recommend to the Head Novice Instructor or the OMRRA board that a novice is granted an expert license based on the student's ability. A novice may also petition the Head Novice Instructor or the OMRRA Board, for early graduation. Consideration to the recommendation will include, other events completed by the novice with other race organizations, completion of volunteer time, the space available in the novices intended expert grid, or other such conditions, as may be present in the novice's target class.*

### On Track Instruction

Students will be divided amongst instructor pairs, attempting to match students with instructors who ride similar types of bikes. During the course of the on track session the students will work with their assigned instructors. Students experiencing difficulty may be reassigned to another instructor pair. Both assigned instructors must agree to graduate a student and issue a novice license. While crashing is not an automatic fail, it is not likely to encourage the instructors to recommend graduation. The circumstances of a crash will be reviewed by the instructors and the Head Novice instructor to determine if the student should continue. If one or more of your instructors becomes disabled during the on track instruction, return to the hot pit lane to be assigned a replacement instructor.

**\*Do Not Stop on any portion of the track, unless directed to do so by a safety worker!\***

**The following are the drills that your students will be tested on during the OMRRA Certification Ride. Before "signing off" on the track day Novice School Certification it is your responsibility to ensure your students can comprehend and complete these drills.**

## 1. Drills

*For all drills, maximum speed at any point on the track should not exceed the highest corner entry speed. By setting the speed at a speed where you will not need to brake, and you students should not need to brake, you will allow your students time to regroup after each series of corners. This also allows the following instructor will also be able to watch for students who separate from the others by rolling off the gas early or by not being able to drive out of corners at the relaxed pace. Those will be the students most at risk of not getting the full message from the drills and will also be the students whose riding skills will need to be monitored, and who you may want to give a little extra room during the drills.*

### **A. Follow the leader and close quarter riding**

This drill will be performed at reduced speed. The leading instructors for each group will ride at a moderate pace while the students follow in single file. After one lap the student immediately behind the leading instructor will raise their hand while on the front straight and move to the right. The second student will then become the first student following the leading instructor. The student who pulled out will become the last student in the line.

*The following/observing instructor should watch for students that short cut the correct race line or who have ride with poor position on the bike, such as sitting bolt upright, or not turning head in to look through the corner so as to be able to see safety workers or to have limited peripheral vision. Watch for poor throttle use or general choppy control of the bike.*

After all students have been immediately behind the lead instructor for a lap, the trailing instructors will begin riding along either side, and between students. During this portion of the drill students are directed to hold their line and keep their interval. The objective is to desensitize the students to other riders being close, and to identify those students who are not able to maintain their line and proper focus.

*While riding through and amongst students, the student should not roll out of the throttle or modify their line. Do not do anything that would require a novice to compensate for you in order to avoid an accident. Consider riding two wide in corners or into corner entry from outside to see if they yield the corner while holding the controlling position. Be prepared to out brake them to drop in behind.*

## **B. Using alternate cornering lines**

This drill will be performed at reduced speed. One instructor from each group will act as a pace bike, and ride the standard racing line at a modest pace. Students take turns, one lap each rotating as in the first drill. For one lap each the student will attempt passing the instructor on the pace bikes, but only in corners. Students are not to attempt to pass other students who are passing pace bikes.

*Remind the students that they are not to speed off down the straights after a successful pass. In fact they should not ride any faster during this drill than they did in the first drill. The student should allow the instructor to pass them back on the straights. Note the student's willingness to commit to a pass and any tendency to cut in too soon or to put themselves in a bad position for completing the corner. Note if they leave enough room or too much room.*

## **C. Corner Speed Drill**

The objective of this drill is to focus on turn points, throttle control, and corner speed. The riders will not use their brakes while lapping the track. This drill will be performed at reduced speeds on the straight sections of the track. The students and instructors should by now, be somewhat able to order the students such that the faster riders are at the front of each group. While in such an order the leading instructor will demonstrate the drill. After 1 lap the students will work the drill on their own for the rest of the session while the instructors observe and demonstrate as needed. The students are not to pass their lead instructor or leave their group.

*The students should not become too strung out, so the lead instructor may need to slow enough to allow the students to gather back up. The students do not need to rotate to the front as they should be able to put themselves in a reasonable order so that the faster students are towards the front. The objective is to allow the students explore at what speeds they should enter each corner, so as to have a good target speed for their braking when they are running full speed into the corners. Note those students who begin to change their corner entry points or pull in their lines.*

## **D. Student/Instructor Practice NV1/2/3**

Students will have the opportunity to practice what they have learned in the previous skills at increased speeds under the supervision of their instructors. This practice will be for Novice 1/2/3 students only and instructors.

*Students will be able to ride at their own increased speed in a safe manner. Instructors should observe students and give them feedback at the end of the practice session.*

## **E. Student/Instructor Practice NV4/5**

Students will have the opportunity to practice what they have learned in the previous skills at increased speeds under the supervision of their instructors. This practice will be for Novice 4/5 students only and instructors.

*Students will be able to ride at their own increased speed in a safe manner. Instructors should observe students and give them feedback at the end of the practice session.*

## **F. Practice Starts**

Bikes will grid up and practice a start on grid row at a time. The second row will remain empty as in a wave start, and students will form into rows from the third on back. Those waiting in rows behind the first row will hold a hand in the air as is done for wave starts, and will move forward to replace the first row when directed.

After accelerating away from the starting line, the riders will complete a single “no brakes” lap and return to the starting grid to reform in rows on the starting grid. Students may participate in as many practice starts as time allows, but must perform at least one practice start to their instructors’ satisfaction.

*Share starting techniques that are appropriate for the type bike the student is riding. Observe students who wheelie off; who leave their feet off the pegs too long; who do not track straight; stall at the line.*

## **4. Practice and evaluation**

Prior to receiving your OMRRA Novice License, all riders will be required to complete a check off ride with OMRRA instructors. During this practice session, novice students will be observed by their instructors and OMRRA safety workers to insure that they have retained their training and are able to properly adhere to OMRRA racer conduct. Novice candidates will wear the OMRRA Novice green shirt over their riding gear so as to be visible while on the track.

*When instructors agree that a student is ready to graduate, instructors need to sign the diploma and present it to the student. The student will take the Certificate of Completion from the NSR School and apply to OMRRA to be granted a certification test and license.*

## **Course End**

At the end of the Novice School, students are encouraged to mingle with their mentors and other racers, along with safety workers and official OMRRA volunteers.

NO STUDENT may practice or participate in any OMRRA event until they have received their license.