



# Rider Self Tech Form

Ride•Race•Shop™  
Motorcycle Track Days & School of Speed  
TrackAddix MotoCup Challenge  
Online Store & Trackside Support  
[www.TrackAddix.com](http://www.TrackAddix.com)

**It is your responsibility to have yourself, your riding gear, and your bike ready for the track.**

## Riding Gear Requirements

Don't be "cheap" when it comes to your riding gear, it's the only thing between you and the pavement!

- Full face helmet.
- Leather gloves.
- Leather boots that cover the ankles.
- 1 piece or 2 piece leather suit. Two piece suits MUST have a full circumference zipper. (Aero-stitch, Cordura, and Nylon suits are also acceptable).
- We strongly recommend wearing a suit that contains a back protector and protective body armor in impact areas.

## Motorcycle Preparation Requirements

We reserve the right to refuse any motorcycle we deem not fit for our events. If you have any question as to the suitability of your ride, please do not hesitate to contact us.

While fluids may be your bike's best friend, they are everyone's worst nightmare if they get on the track. At a minimum you must check that the oil drain plug, oil filter, and oil filler cap are tight, and that all cooling system, hoses, clamps, and pumps are tight and in good condition.

We strongly recommend that you safety wire the oil filter, oil drain plug, and oil fill cap as well as drain any Ethylene Glycol fluid from your cooling system and replace it with a mixture of distilled water and Water Wetter or other race approved coolant. This is a good idea whether you ride at the track or on the street. Imagine if you are out on a group ride with your friends and someone near the front of a group begins to leak oil or anti-freeze on the road surface in front of you.

### Safety Wire is Your Friend!

- Your motorcycle must be clean with no dripping or leaking fluids.
- You must remove or completely tape mirrors. We want you watching what's in front of you, not worrying about what's behind you.
- You must completely tape over your headlight.
- You must tape over or remove your turn signals.
- Your tail light must be disconnected and completely taped or removed. We want you using your own brake markers, not reacting to someone's brake light.
- Make sure all nuts and bolts are tight and secure.
- Your tires must be in good condition with plenty of tread left, no flat spots, no cracks, no cord showing.
- Set tire pressure. Tire pressures used in track riding are much lower than pressures for street riding. Check with your tire dealer to determine what pressure they recommend for your tires when used at the track.
- Chain is in good condition, lubed, and of proper tension.
- The throttle must be self-closing.
- Front brakes must be in good working order with at least 50% of life left on the pads.
- Wheel weights must be taped. Use duct tape on these.
- License Plate removed. This is a flat piece of metal with sharp edges, and that's a bad thing at the track.

Here's a hint about taping: Tape does not stick very well to a surface that has been waxed or polished. Before applying tape, use a cleaner that will remove all polish from the surface. Use the blue painter's masking tape you can buy from most home improvement stores such as Home Depot. We have found that this tape is much easier to remove than some duct tapes.



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**You must complete this form and give to registration when you arrive at the event!**

(Check each box indicating that you are in compliance with our technical requirements)

## Rider Equipment

- Full face helmet
- Leather gloves
- Leather boots that cover the ankles
- 1 piece or 2 piece leather suit. (2 piece suits must have full circumference zipper)  
(Aero-stitch, Cordura, and Nylon suits are also acceptable)
- Suit contains a back protector and/or protective body armor in impact areas.

## Motorcycle Preparation

- Oil – drain plug, filter, and filler cap are tight. (We strongly recommend safety wiring these items)
- All cooling system hoses, clamps, and pumps are tight and in good condition. (We strongly recommend draining any ethylene glycol based coolant and replacing it with a race approved coolant)
- Motorcycle is clean with no dripping or leaking fluids.
- Mirrors removed or completely taped over.
- Headlight removed or completely taped over.
- Turn signals removed or completely taped over.
- Tail light disconnected and completely taped over or removed.
- All nuts and bolts are tight and secure.
- Tires are in good condition with adequate tread life, no flat spots, no cracks, and no cord showing.
- Tire pressures are set for track riding.
- Chain is in good condition and of proper tension.
- Throttle is self-closing.
- Front brakes are in good working order with at least 50% of life left on the pads.
- Wheel weights are secure and covered with duct tape.
- License Plate is removed.

TrackAddix reserves the right to refuse any motorcycle or riding gear we deem unfit for our events.

**I understand that it is my responsibility to have myself, my riding gear, and my bike ready for the track. I certify that I have inspected my motorcycle and equipment and that it is in compliance with the TrackAddix technical requirements listed on this form.**

Rider Signature: \_\_\_\_\_

Track: \_\_\_\_\_ Date:  /  /