

WDTC Summer Twilight Practice Sessions 2013/14

Traditionally the club has taken a summer break, with no organised events between the Twin Shock Masters at the start of November and the first club day in February. Organising opens, interclubs and even club days is draining on our workers and they need a well-deserved break. But many riders want to train and improve, and many members miss that social side of trials. MQ offers the option of supervised practice sessions, with reduced official and reporting requirements compared to competitions, but still with necessary landowner/rider/official protection and indemnity. With this as a starting point I reckon we might be able to organise something

Rob Wager, "Rockatoo"

It is often said that **time on a trials bike** is one of the best ways to improve your riding skills. But free-riding is forgiving; riding between tapes is more challenging because there are boundaries to obey and obstacles that must be attempted in order to continue. A taped section can be walked before attempting it, which is also a skill that needs to be developed. Another way of improving is to ride a difficult section over and over until you can clean it, or at least not five it. With these points in mind, I am proposing a series of practice sessions structured as follows.

Riders will **attempt taped sections**. The sections will be defined by tapes about 2 m apart and will guide all riders over a series of obstacles of increasing difficulty. Obstacles near the start of the section will be easy. As a rider progresses through the section the difficulty of obstacles will increase. Ideally the section will progress from one grade to the grade above (with the proviso that we all know how hard it is to reliably set sections to a specific grade). The sections will be long.

The aim is to **ride as far as possible without footing**. The rider should attempt each section multiple times until the section can be ridden cleanly three times in a row. Riders may re-attempt each section immediately or move to another section and return later. I reckon two or three sections will give us about 2-3 hours riding time.

There should be sections for Intro/Clubman, Clubman/C, C/B, B/A, A/Expert, and maybe Expert/Legend if needed!

At the event do this:

1. See the Practice Supervisor and sign the Indemnity form.
2. Show your licence (MA competition licence or recreational licence (prearranged with MQ – Day licences will NOT be available).
3. Pay \$2.00 (Covers MQ rider levy)
4. Ride to sections
5. Walk each section and decide on best route
6. Ride each section. When you foot, take note where you are. Keep going if you can, or bail out over the tape.
7. Return to start and try again.
8. Try again, get better.
9. Don't forget to have a rest now and then and drink plenty of water.

Practice days are mainly Weekends and holidays in December from 2pm to 8pm. But if you can get a small group together we can ride weekdays too. For day to day updates see the WDTC Facebook page. Or email rob@roka2.com or phone 0438195882.