



Riders Forum



4th Annual Recreational Safety Rodeo MAY 12, 11am – 2 pm

JSO Motorcycle Team will lead a group motorcycle ride from Target on Roosevelt Blvd to the Commissary Parking Lot, to kick-off this year's event. Sign in starts at 10 am; kick stands up at 10:30. All participants must be fully licensed, trained, PPE and have base decals. More information can be found in the Jax Air News, Thursday May 7. NS Mayport and NSB Kings Bay are encouraged to attend.

The Rodeo will include vendors, motorcycle schools, DMV & state motorcycle reps, wildlife safety, bicycle safety, boating safety, Jax Flying Club, Mayport Dive Shop, traffic safety home safety and much more.

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"The purpose of this newsletter is to share the critical knowledge and skills to be a safe motorcyclist for ourselves, our families, friends and our country. We will reduce mishaps, one person at a time"

To submit information to this newsletter or receive these newsletters electronically send an email to:

Consuelo.policastro.ctr@navy.mil

or

cpolicastro@capefoxit.com

Information provided in this newsletter may or may not have been verified. We are not responsible for its content. When possible, sources have been cited.

Four training bikes, **Hyosung Comets**, have arrived at NAS Jax. RADM Johnson, Naval Safety Center, had a chance to try out one of our bikes, after he met with over 30 riders from Jax and explained where the Navy's Motorcycle Program is and where it is headed. You can read the details about his visit in the Jax Air News http://www.jaxairnews.com/stories/041609/mil_motorcycles_001.xml.shtml . NAS also has a newly surfaced range. No more chunks of rock and cracks. If you are active duty (priority) and would like to take the BRC on a training bike, call safety @542-3082/3332



CAPE FOX EMPLOYEES, WHO RUN THE MOTORCYCLE TRAINING AND RECREATIONAL SAFETY: CARL BENNETT, CONNIE POLICASTRO AND TIM JEROR WITH CAPT SCORBY AND RADM JOHNSON.

GEICO POSTER CONTEST

May is Motorcycle Safety Awareness Month. To enhance awareness to motorcycle safety issues, Geico insurance company is sponsoring a poster contest. All Navy and Marine Corps active duty personnel are encouraged to submit their creative offering designed to educate, enlighten and/or entertain certain motorcycle risks. Poster entries must be:

- ** sized at 11 inches by 17 inches
- ** a resolution of 300 DPI
- ** Mail a CD & Paper Copy of poster to:
Geico Powersports
One Geico Landing
Virginia Beach, Va 23454
Attn: Sarah Weaver
- ** Received no later than 22 May 09

1st PLACE WINNER may choose 1 of these:
2-2009 National Hot Rod Assoc Tickets
2-tickets to 1 of several NASCAR Races
\$300 Visa Gift Card

2nd PLACE WINNER
\$200 Visa Gift Card

3rd PLACE WINNER
\$100 Visa Gift Card



The posters will be judged by staff member of the Navy Safety Center and Geico Powersports. The winners will be announced in another ALSAFE MESSAGE on 1 June 09.

(ALSAFE 025/09 DTG: 301359Z APR 09)

MYRTLE BEACH BIKE WEEK MAY 8 – MAY 17, 2009

New Ordinances inside of the city of Myrtle Beach has caused some controversy. Although tourist are still welcome, there are no bike events (vendors) inside the city limits of Myrtle Beach. All events (vendors) are outside the city in Horry County, Murrells Inlet or North Myrtle Beach. Visit the following web site for more details:

http://www.myrtlebeachbikeweek.com/city_myrtle_beach.html

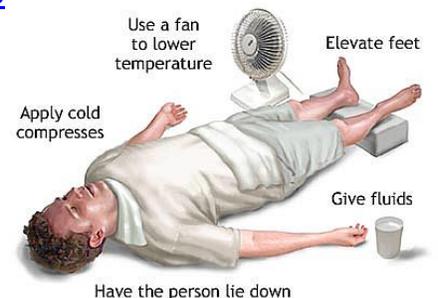
TIPS FOR RIDING IN THE HEAT

The Facts:

- Hot weather drains your energy, so you will become fatigued more quickly
- Exposed skin will cause you to dehydrate more quickly than covered skin
- Fast moving air that is hotter than your body temperature will not cool you down
- Heat cramps, heat exhaustion, and even heat stroke are real possibilities and can be life threatening
- When a rider overheats, they start to lose both the mental AND physical skills they need to identify and deal with hazards

The Strategies:

- Take breaks frequently so you (and your passenger) can cool off in the shade or in an air conditioned room - and drink plenty of fluids
- Wear riding gear that covers your skin to reduce dehydration
- Consider wetting down your shirt under your riding jacket – this can work like a “swamp cooler” and keep you more comfortable. *These tips came from:* http://www.smsa.org/Article_Resources_Started_April_2009/Riding_in_the_Heat_and_Cold.php



ADAM.

Other suggestions:

- Hydrate the night before you ride.
- Wear a camel back.
- Buy a mesh jacket with body armor.
- Pack/bring frozen water or sport drinks.

SUGGESTED PLACES TO GO RIDING

SR13 about 2 miles South of 295 is a beautiful, partially shaded road. A must for summer riding.

SR 21 South of Keystone, turn left on Baden Powell Rd to CR 315, to 20 East, to Palatka (caution, sand on some turns.)

9A Heckscher Drive East along A1A (North and East.) Several Round-a-bouts.

A1A towards Fernandina Beach toward Amelia Island Parkway. Dead ends at A1A, make a left.

NAS JACKSONVILLE MOTORCYCLE ANNOUNCEMENT

Capt Scorby would like to ensure that the people riding motorcycles at NAS Jacksonville are fully trained and doing the right thing. He has asked that we conduct occasional spot checks to ensure all riders have current and required training. You must carry on you, your MSF completion cards as well as Motorcycle Drivers License, registration and insurance. If you cannot provide proof of all requirements, you may have your base decals scraped. Here is a reminder of training requirements:

-BRC, ERC or MSRC MSF card within 3 years for active duty or DoD civilians.

-MSRC (Military Sportbike Riders Course) for all active duty sport bike riders.

BRC or ERC for all motorcycle riders on base. That includes retirees, dependants and contractors **(training is not provided on base for civilian contractors.)**



THANK YOU MWR FOR THEIR SUPPORT IN THE MOTORCYCLE PROGRAM AT NAS JAX

When our region received 3 separate shipments of 4 training motorcycles each shipment, MWR stepped up to help out. First, the bikes were all in crates, with "SOME ASSEMBLY REQUIRED." The auto skill center opened their door and gave us a place to work. Over a period of a couple of weeks, we assembled 12 bikes (4-Jax, 4-Kings Bay and 4-Mayport.)

Thanks again to Phil Collins and MWR staff for your assistance in getting the job done.



Ride your motorcycle or scooter on this day to demonstrate:

- The number of motorcyclists to the general public and to politicians.
- That motorcyclists are from all occupations and all walks of life.
- That motorcyclists can reduce traffic and parking congestion in large cities.
- That motorcycles are for transportation as well as recreation.
- That motorcycling is a social good.

SPORT BIKE CLASSES * 1 DAY vs. 2 DAY

Many have noticed that some MSRC's (Military Sportbike Riders Course) are 1 day and some are 2 days. Let me explain. During the colder months and now approaching us are the hotter months, we try to break up the class into 2 days for many reasons. Weather being one of the reasons as well as classroom, and RiderCoach availabilities. The course can be completed in one day, however it is a very long, exhausting day with a minimum of 4 hours classroom and 4 hours riding. That doesn't allow for bike maintenance issues (which arise quite often), additional breaks for hydration etc. and sometimes interference on the range. Once the class becomes a 9-10 hour day, it becomes a safety factor for the riders and RiderCoaches. Our goal is not to rush the classes, but to provide quality training. We will continue to schedule 1 and 2 day classes to try and accommodate the needs of the students for work schedules. Some students travel on TAD orders to conduct training. Please enroll in the appropriate class for your needs and the needs of your command. Any questions, contact base safety @542-3082 or 542-3332.

TO ENROLL, LOG ONTO ESAMS or VISIT:

<http://www.navymotorcyclerider.com>

BASIC RIDER COURSE (to get a license)

May 13-15, May 13/19-20, June 10-13, June 24-26

EXPERIENCED RIDER COURSE (refresher)

May 21, May 27, June 4, June 17, June 18

MILITARY SPORTBIKE RIDERS COURSE

(all active duty sport bike riders)

May 7, May 18, June 9, June 29-30, June 29-July 1

Bike Nights / Events

- | | |
|---------------------------------------|-------------|
| *Jax Ale House - Regency | Tuesday's |
| *Hooters - Wells Road | Tuesday's |
| *Buffalo's - Orange Park | Wednesday's |
| *Dave and Busters - Jacksonville | Thursday's |
| *The Wing House - Tinsel Town | Thursday's |
| *Ronnie's Wings & Oyster - RT. 17/295 | Thursday's |
| *SoHo's - University | Thursday's |
- If you know of other bike events email: CPolicastro@capefoxit.com

NAS JAX CLASSES						
MAY 2009						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/ 31	25	26	27	28	29	30
JUNE 2009						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	July 1			

To reserve one of the training bikes for the BRC call Base Safety 542-3082/3332 or talk to your Command Motorcycle Rep. We only have 4 training bikes per class and priority goes to Active Duty Navy.

We do not endorse any products or promote any specific web sites. These links are only provided as a means to share motorcycle information with the public for your comfort and safety.

<http://safetycenter.navy.mil/ashore/motorvehicle/motorcycle/default.htm> Navy Safety Center

<http://www.msf-usa.org/> Motorcycle Safety Foundation (MSF)

<http://www.nhtsa.dot.gov/> National Highway Traffic Safety Administration (NHTSA)

<http://casey.hsmv.state.fl.us/intranet/ddl/motorcycles/> Florida Rider Training Program (FRTP)

<http://www.amadirectlink.com/index.asp> American Motorcyclist Association (AMA)

<http://www.smsa.org/> The National Association of State Motorcycle Safety Administrators (SMSA)

<http://www.nasjax.navy.mil/> NAS Jax Base website. Click on *Safety* then *Motorcycle Safety*

<http://www.webbikeworld.com/> Multipurpose website with information, gear and reviews

<http://ridesafer.com/> RideSafer Motorcycle Safety Products

<http://www.navymotorcyclerider.com> Enroll in Motorcycle Classes on the base of your choice

<https://www.hqwillc.com/NavyDocs/November%202008%20E-Newsletter.pdf> Safety Center Newsletter