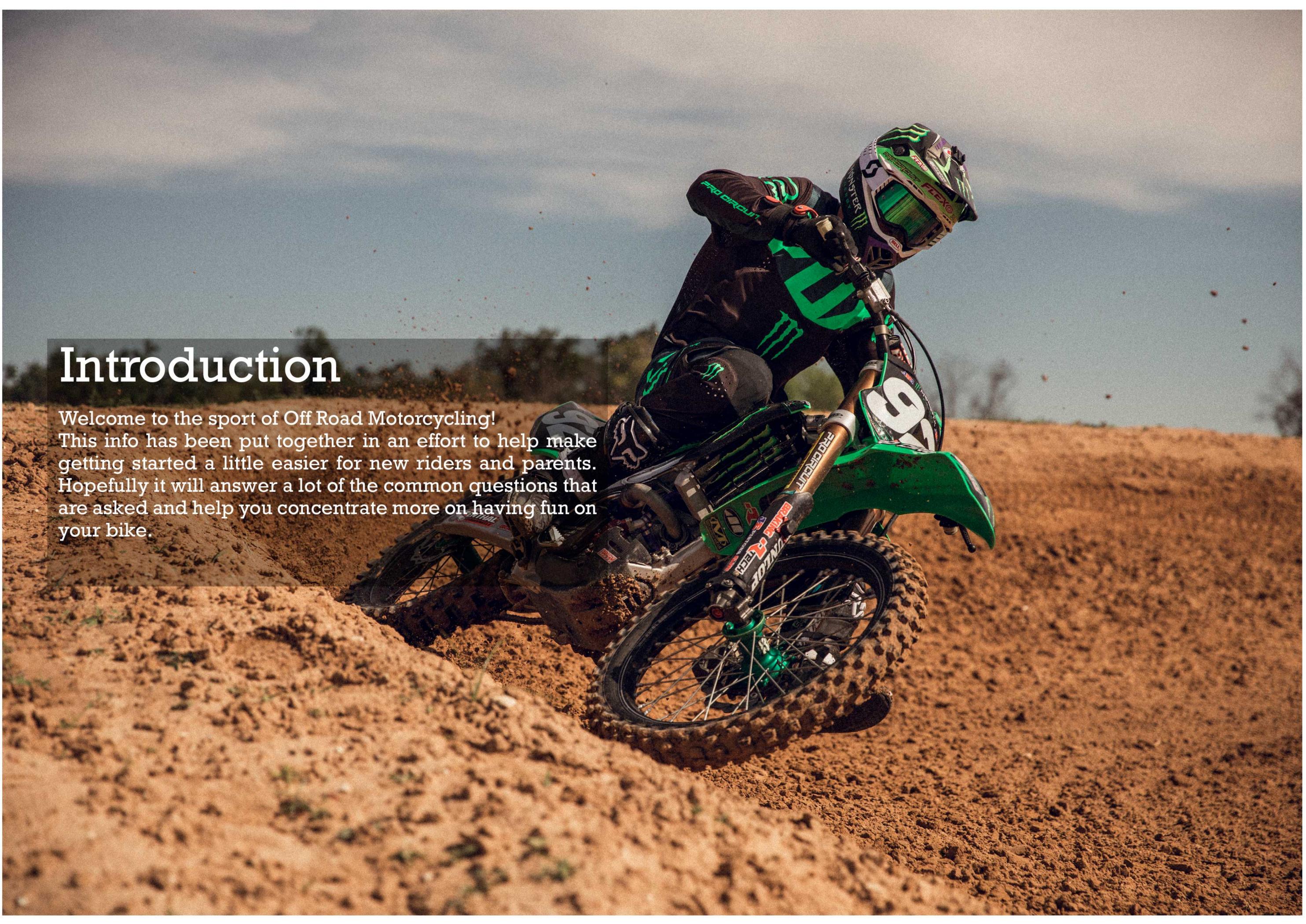


Off Road Motorcycling Guide in Ireland 2019

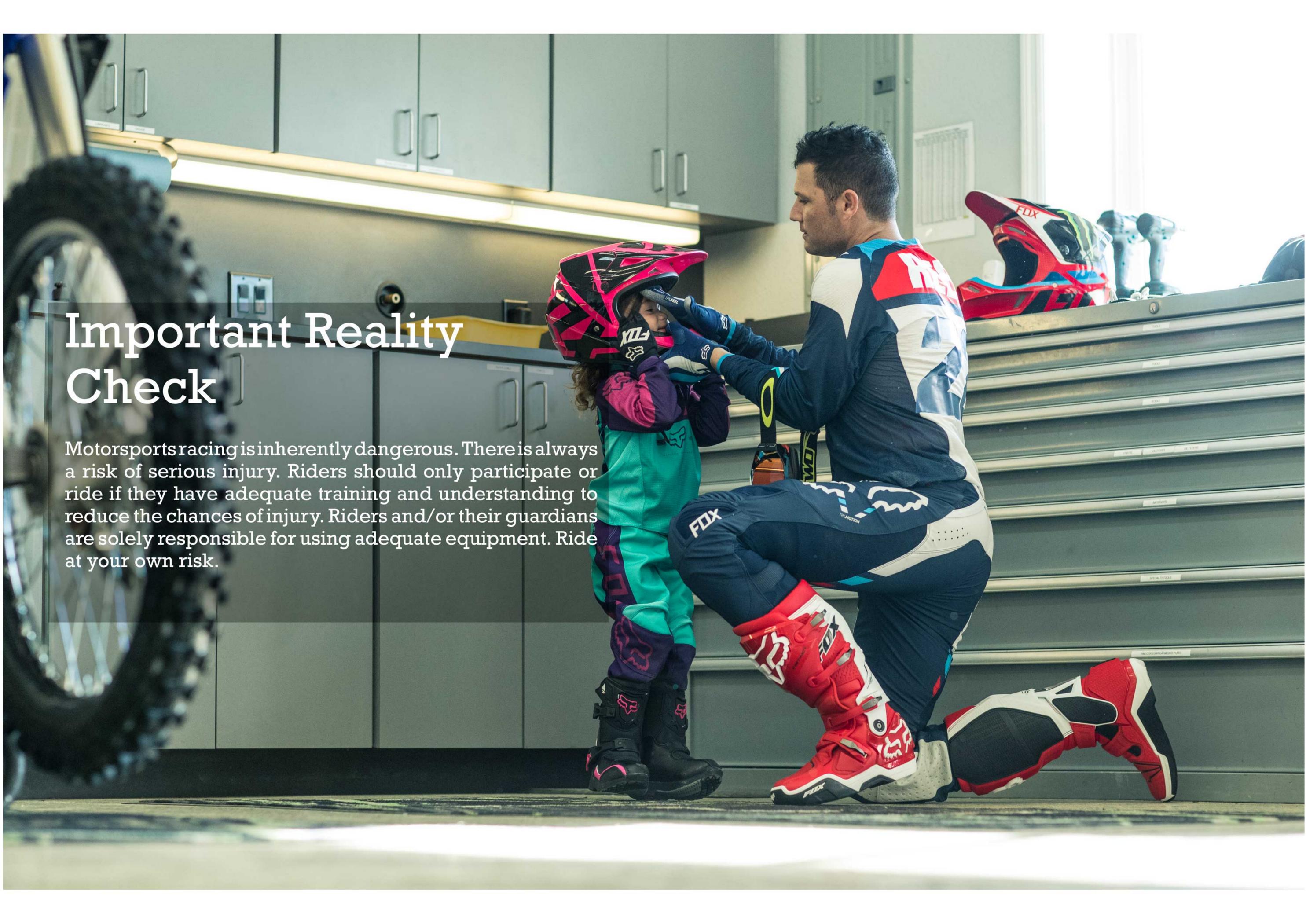




A motocross rider in a green and black suit is riding a green and black dirt bike on a dirt track. The rider is wearing a helmet with the number 9 and is leaning forward. The bike has 'PRO CIRCUIT' and 'MONSTER' branding. The background shows a dirt track under a cloudy sky.

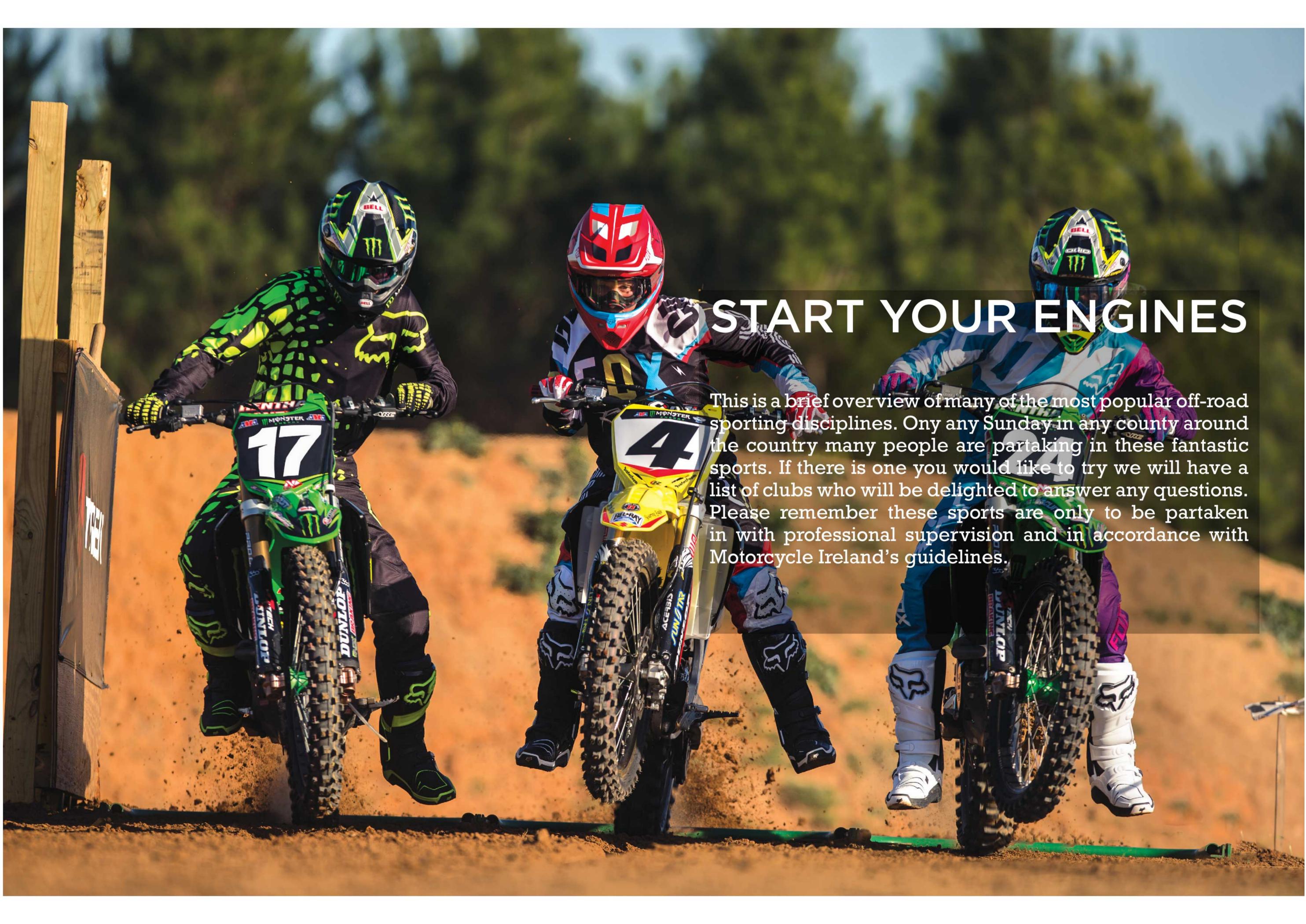
Introduction

Welcome to the sport of Off Road Motorcycling!
This info has been put together in an effort to help make getting started a little easier for new riders and parents. Hopefully it will answer a lot of the common questions that are asked and help you concentrate more on having fun on your bike.



Important Reality Check

Motorsports racing is inherently dangerous. There is always a risk of serious injury. Riders should only participate or ride if they have adequate training and understanding to reduce the chances of injury. Riders and/or their guardians are solely responsible for using adequate equipment. Ride at your own risk.



START YOUR ENGINES

This is a brief overview of many of the most popular off-road sporting disciplines. On any Sunday in any county around the country many people are partaking in these fantastic sports. If there is one you would like to try we will have a list of clubs who will be delighted to answer any questions. Please remember these sports are only to be partaken in with professional supervision and in accordance with Motorcycle Ireland's guidelines.

Grasstrack

A grasstrack can be the first competition experience that many riders have, held in a large grass or stubble field each track is created from scratch there are no jumps in grasstracks which makes them an ideal introduction to the sport.

Races are short and action packed where high speed battles are the order of the day. The skills acquired in grasstrack racing are a fantastic fundamentals for young riders development.





Enduro

Enduros run on a challenging route that includes wooded and mixed terrain, more difficult “test” sections are connected with roads, fire roads or easy two-track trail. Enduros can vary greatly across the country. They are one of the most enjoyable, thrilling and fulfilling forms of motorsports competition.

Small rows of riders are flagged off in 1 minute intervals. Aided by a route sheet that includes mileage, riders follow a marked course. Scores are collected at checkpoints along the way. Once all riders have finished, scores are compiled and results are posted.



Trials

Trials is not only one of the oldest forms of motorcycle competition. It also is one of the best disciplines for developing safe, well-rounded riding skills that can make you a better racer in everything from motocross to road racing.

Trials puts no premium on speed whatsoever. The winner is simply the most skilled rider on a particular course. The format is relatively simple. Trials competitors must negotiate individual sections of extremely difficult terrain without putting their feet down. Penalty points are assessed for mistakes, and the rider with the lowest overall score at the end of the day wins.



Motocross

Motocross is the most popular form of motorcycle racing in Ireland, and with classes for machines from 50cc to more than 450cc, and riders age 4 to 50-plus, it's a sport for the whole family.

Motocross races are run over natural- and man-made terrain courses with hills, jumps and tight turns, typically with two races -- or motos -- in each class. A combined score from each moto is calculated to determine the overall placing. Recognized as one of the most strenuous sports in the world, motocross is also one of the most fun.

Hare and Hound

The name derives from its namesake in hunting the original H and H events largely in the USA set off a fast rider for the rest of the riders to catch. Generally, that took a long time, if ever as the lead rider was nearly always faster than the perusing bikes. Such events concluded after 3/ 4 hours unless the lead rider was caught before then. The winner was the first catching rider or the leading chase rider when the time permitted was up.

Today, there are very few of this type of event which now changed to a straight race format lasting 2.5 to 3 hours duration over a course of 10 to 30 minutes long of enduro type terrain, mixed going of forest, lanes and/or road. Split classes starting 1 minute apart. The race concludes after the designated time is up. 3 hours requires refueling and race strategy.



Longcross

Similar to a Hare and Hound but generally with easier and more flowing terrain. Part Grasstrack, part enduro and part MX with a lap of 6 to 12 minutes. Unlike H and H the LX event runs in two or three legs of 1.15 to 1.30 H duration. This tends to increase the “ race” mode as against the H and H where the pace may be less . Split classes still apply with the chequered flag dropped at the end of the time duration. Each leg is scored individually and totaled for a series.

Finding land for any of the above disciplines is difficult Hand H use more forest, LX use private lands. The lap time required needs a considerable acreage to facilitate all modes.

Both Mx and enduro bikes are used



Protective Clothing

There is a simple rule in motorsport racing: Dress for the crash, not for the ride. Crashes happen. The more gear you have on, the more likely if an accident happens you go home sore then something serious. In the past decade, the technology in motocross safety gear has grown significantly, allowing racers to feel more comfortable and have more fun.

Motocross racing is not a fashion show. Amateur riders, especially young beginning riders, should be more concerned with wearing as much protection as possible, then with looking like their favorite pro racer. Buying safety gear is something that a good dealer can really help with. It's extremely important to get sized correctly for motocross safety gear.



Helmet

This is the single most important piece of protection you will buy. It is mandatory for all participants taking part in practice and competition to wear a protective helmet in Motorcycling Ireland-sanctioned events. The helmet must be properly fastened, be a good fit, and be in good condition. The helmet must have a chin strap type retention system. When you strap on the helmet, make sure the strap is snug so if you do go down it will come off easily and you lose your protection. The helmet needs to conform to either the recognized standards of Snell M2010, DOT or ECE 22-05. A certification sticker will be on the back of the helmet.

Goggles

These should always be worn while on a bike. Make sure the lenses are shatterproof. Try on different brands while wearing your helmet to find the best fit (flush to your face) and most comfortable. It's critical to protect your face and eyes from roost and debris on the track at all times. Using a tear-off system is a great way to clear your vision while on the track during the race.



Clothing

Protective pants made of a durable material and long-sleeve jerseys are required to race. We do recommend buying some sort of kneepads. Kneepads or knee braces are designed to fit under your gear. Gloves are also recommended. Elbow pads are optional, but also a good idea for beginners.





Body Armor

Also known as chest, back or roost protectors. You should learn to ride with these from the beginning because they can take some getting used to later. Body armor can help protect your core from an impact injury by spreading the impact over a wider area. It also protects you from roost (hard clods or small rocks thrown up from tires). There is a huge variety available in different colors in both body armor (front and back) and chest-only protectors.



Boots

To race Motorcycle Ireland events, boots with a steel toe must be at least 8 inches high, and a combination of buckles and/or laces are required. When you buy motocross boots, take the time to break them in properly until they are comfortable. Racing with boots that are not properly broken in can restrict movement and restrict your ability to use the foot controls. If you are buying for your child get them a little big, but not too big, to allow for growth. Motocross boots can take a pounding. Cleaning and maintaining your boots, can help them last a while.



Practice Makes Perfect

Motocross racing is a great sport. It teaches discipline, maturity, the importance of preparation, goal setting and the satisfaction that comes from reaching your goals as well as dealing with the disappointment of working hard but coming up short. Motocross differs from a lot of sports because unlike team sports like baseball, football, soccer, etc. Motocross is an individual sport. This can be helpful in teaching young people personal responsibility.

As in any sport that involves young people there are parents that sometimes push too hard for success. It is the classic "Little League Parent Syndrome." However, pushing your child too hard in motorsports can result in your rider and possibly other riders getting injured. Motocross is not as easy as the pro riders make it look.

There are skills that will develop only with time and practice. It is a good idea to step back occasionally and look at racing through your child's eyes. Remember that the most important thing in racing is to have fun and to spend time with family.

The best thing that can prepare you for racing is riding. When you go out to ride, don't just ride in circles all day. There are different things you can do to improve basic riding skills. Concentrate on using different controls like the clutch, front and rear brakes, etc., so that you will know your machine's limits. Using the clutch will help you attack corners harder. Proper use of the brakes will shave seconds off your lap times. While jumping is important in motocross, motocross races are still won and lost in the corners. Practice corners by doing circles or figure eights to improve your riding skills with leaning and bike controls, including clutch, brakes and throttle control. This will make you faster and make you a safer rider.

Motocross is kind of like golf and tennis. Learning proper form early will make it easier in the long run. Keeping the elbows up and learning to stand up on the bike are very important. Learning proper body position will help you save energy and make you a safer rider. Having better control of your machine will allow the rider to be able to respond easier to what the bike does when it hits ruts, bumps and holes on the track.

Working with an experienced riding coach is recommended to master your riding skills.



Top of the World

The Motocross des Nations is an annual team motocross race, where riders representing their country meet at what is billed as the “Olympics of Motocross”. The event has been staged since 1947, where the team of Bill Nicholson, Fred Rist and Bob Ray, representing Great Britain, took home the Chamberlain Trophy for the first time. This race is the largest in the calendar for the sport and is watched globally by over 4 million people.

Ireland has been consistently in the top 15 of the competition which fields up to 50 teams each year taking the best riders from all around the world. coupe de l’avenir (under 21 des



nations) this event like the mx des nations brings the best riders from around the world to compete against each other in teams of three.

Ireland at this event has had great success over the years which culminated in 2018 with the under 21 team taking home the win for Ireland.

Generation Game

Motocross is a sport that can be enjoyed by all ages with many youth classes for all and in recent years there has been a rapidly developing classic or “Evo” racing scene this has resulted in many riders returning to the sport to race the motorcycles of their youth.

A great example of keeping it in the family is Irish 65cc Champion Jake Farrelly and his father Mark who was the man to beat throughout the 1980s and 90s



Interested in Finding out more?





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