

LONG DISTANCE RIDING TIPS

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Over the years, members have asked me about riding from coast to coast, particularly tips on preparations and travel recommendations. The following tips are what I use in my travels throughout the United States and Canada. Official guidelines published by the Motorcycle Safety Foundation (MSF), can be obtained at www.msf-usa.org. The MSF has detail information covering our sport, which will assist you in having a safe ride. Although there are a number of additional tips available, the following are the basics that I presently use.

MOTORCYCLE PREPARATION

TIRES

Check **Tire Tread** (established your tire wear mileage, and ensure you have enough tread to complete your trip, and/or establish a location to purchase replacement tires during your trip. To establish tire wear, log your mileage when you purchase your tires, and log your mileage when your tires wear down to the wear marks), **Tire Conditions** (inspect tires daily for cuts and punctures by rotating both tires) and **Tire Pressure** (establish the rate of pressure loss in days and check your tire pressure at the establish intervals). Ensure you have a tire plug kit, and air compressor for emergency repairs.

OVERALL MAINTENANCE

Check maintenance schedule and plan your maintenance repairs prior or during your trip (oil added/change, tune-up, brake pads, etc).

EMERGENCY TOW SERVICE

Ensure you have emergency road service either through your insurance company, and/or a separate plan.

RIDING ATTIRE

I use the following riding apparel for various temperatures and weather conditions.

RAIN

Frog Toggs
Tour Master Rain Gear
Olympia Rain Gear
Gerbings heated jacket and pants
Gerbings waterproof gloves
Tour Master Solution Waterproof Boots

COLD WEATHER

Gerbings heated gear (Jacket, Pants, Jacket Liner, Pants Liner, Socks, Inner Soles, and Gloves).
Eclipse Chaps
Widder Vest
First Gear Leather Jacket
First Gear Leather Over-Pants
Tour Master Solution Waterproof Boots

HOT WEATHER

First Gear Mesh Jacket and Pants (tank tops and shorts underneath)
Long Sleeve Shirts (cover arms to protect against sun burn)
Tour Master Summer gloves
Jeans
Compression garments under black jeans to reduce direct heat from sun
Boots

HELMET

Nolen Flip-up Full Face with integrated sun shield (helmets are between 15 to 20 degrees cooler on the inside, a tinted face shield prevents direct sun light on face, and any face shield protects face from wind/rain).

RIDING TIPS

TIME

Ride during daylight hours only, to clearly see and avoid obstacles (recap tires, animals, etc.) in the roadway.

MILEAGE

Ride up to a gallon of your gasoline reserve. (Learn your mileage per gallon in various road and wind condition to estimate the miles you can ride up to a gallon of your tank. Most bikes can get at least 30 miles a gallon) When riding in a group, estimate your mileage with the motorcycle that has the smallest gas tank and riding distance.

FUEL STOPS

When stopping for fuel, pump gas, use restroom, hydrate (water only), and get on the road.

PREPARATION AND BREAKS

Ensure you are rested before starting out, stop for a lunch break, have dinner, and have a good night's sleep (if you only ride during daylight hours, you can get plenty of rest, which will help you stay alert).

WEATHER MONITORING

Monitor weather conditions on the weather stations during your lodging, and on line at www.weather.com (check interstate conditions if roads are travel).

While riding, tune to Weather Band (if you have available) if you observed clouds in the direction of travel, and/or ask Truckers traveling in the opposite direction, for information on conditions they just traveled through.

Note: Please review the **Library/Safety Tips** section, provided by the Motorcycle Safety Foundation at www.msf-usa.org for an extensive listing of articles that will assist you in riding safely.