

Kyle Petty Charity Ride
New Rider Skills Exercises

Cone Weave

The new rider skills exercises include two basic rider skills. They are 1) **Cone weave** and 2) **Braking exercise**. The courses will involve seven cones or a similar device. Helmets shall be worn and any other riding safety gear preferred by the rider can be worn. This exercise should not be completed in an area with loose material (sand, gravel, etc.) in area traveled by motorcycle.

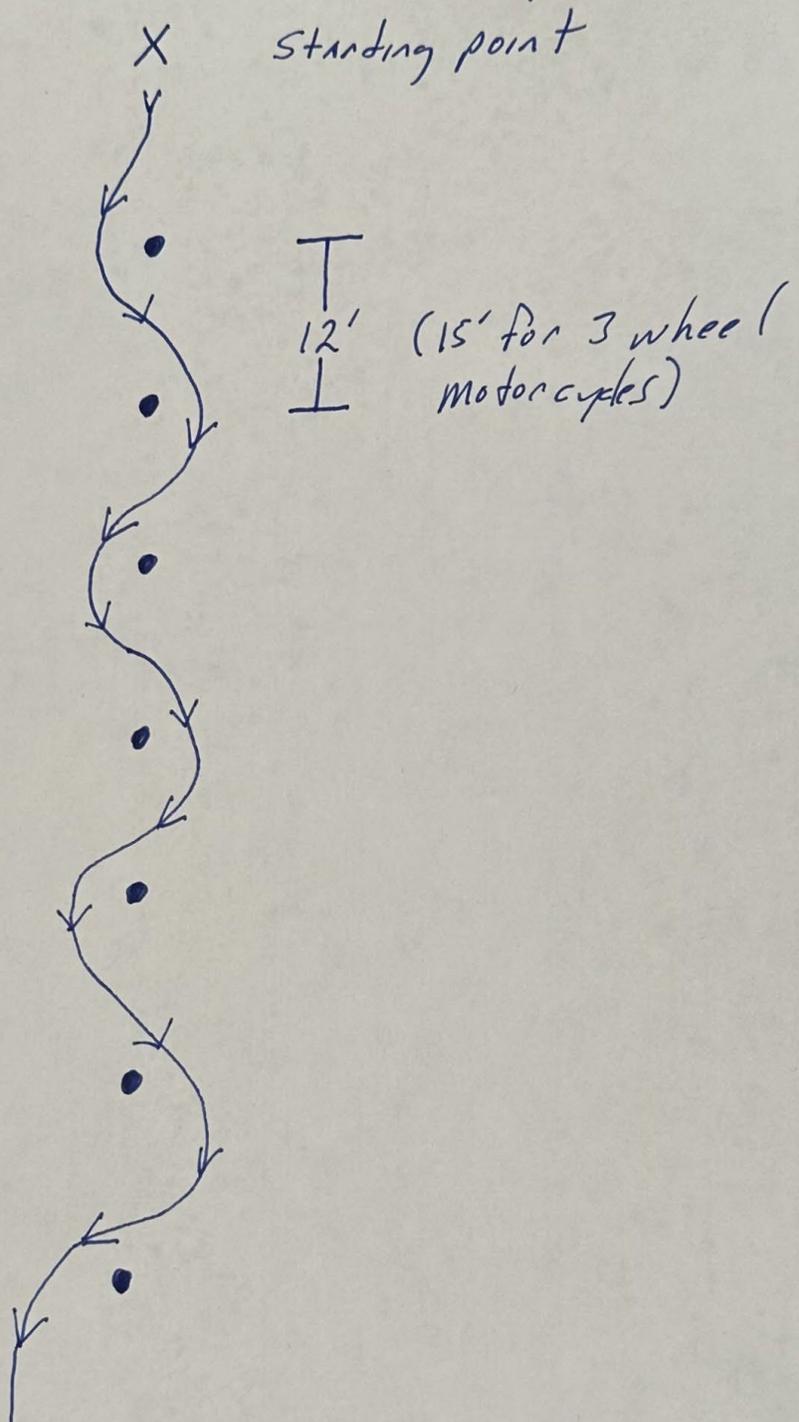
The cone weave can be set up by placing seven traffic cones in a straight line. The cones should be placed twelve (12') feet apart in the straight line. Note: Three-wheel motorcycles cones should be placed fifteen (15') feet apart. This exercise is slow speed coordinating clutch and throttle. Rear brake can be used independently to maintain low speed. Due to low speed, motorcycle will never come out of first gear during this exercise.

Beginning on either end of the line of cones, ride to the right side of the first cone, to the left on the second, and so on.

Weave past all seven cones without touching or skipping a cone or putting a foot down.

****Videographer should stand at one end of the exercise**

Skills Exercise ① Cone Weave



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Braking Exercise

The braking exercise involves stopping a motorcycle traveling in a straight line. Helmets shall be worn and any other riding safety gear preferred by the rider can be worn. This exercise should not be completed in an area with loose material (sand, gravel, etc.) in area traveled by motorcycle.

This exercise only involves two cones placed eight (8') ft apart. These cones designate the area to begin braking and the motorcycle will ride between the cones and begin braking the motorcycle to a stop.

To begin the exercise, accelerate the motorcycle to 15 mph. At this speed depending on motorcycle model, the motorcycle could be in first or second gear. Riding in a straight line at 15 mph, pass between the two (2) cones and begin braking. Stop the motorcycle safely as quickly as possible. Motorcycle tires should not skid during exercise.

****Videographer should stand at one end of the exercise**

Braking Exercise

X - Starting Point

