

How to Prepare to Compete in a Motorcycle Road Race

Motorcycle road races can be very fun to participate in. However, you need to take the proper steps to prepare, legally and by developing your skills, or they can be very dangerous. Anyone can become a licensed rider and compete in a race...

Part 1 of 3:

Obtaining the Proper Racing Equipment

1. **Decide which class of motorcycles that you want to race in.** The racing classes include light weight, medium weight, and heavy weight. Most beginners usually begin in light weight racing class because it is an easier bike to handle due to it not being as heavy and not having as much horsepower as a medium or heavy weight motorcycle. An example of a light weight motorcycle is a 400 cubic centimeter (cc) engine displacement.

2. [Picture 1 of How to Prepare to Compete in a Motorcycle Road Race](#)

Obtain a motorcycle and racing gear that meets the regulations for that racing class. A rule book will be sent to you by the racing organization that you choose that describes the regulations for all racing gear. Gear must not be scratched up or damaged and should function properly. There are additional things that need to be done to the motorcycle before racing, which will be covered in a later step.

3. [Picture 2 of How to Prepare to Compete in a Motorcycle Road Race](#)

[Picture 3 of How to Prepare to Compete in a Motorcycle Road Race](#)

Secure the proper racing gear. This gear includes leather boots, a full-length leather racing suit, leather gloves, a Snell-approved racing helmet with an attached visor, and any other optional equipment that you would like to use. Racing gear can be purchased at motor sports stores or online.

Part 2 of 3:

Applying for Your Road Race License

1. **Fill out the required forms, including general information, from the organization that you decide to race with.** You should choose a racing organization based on what region you are a part of and where the races are located. You are allowed to race for more than one organization if there are multiple races and organizations that you are interested in. These organizations will require you to sign these forms assuming the risks and possible dangers that can occur.

2. **Complete and submit a full health physical to the racing organization as part of the application.** Completing a physical is very important not only to receive your motorcycle racing license, but also in case there is a medical emergency.
3. **Read the rule book that is sent to you by the racing organization that you sign up with.** This rule book includes all of the regulations that your motorcycle and gear must meet. Important regulations for motorcycles include: removing any glass from the motorcycle (including headlights and taillights), removing kick stands, safety wiring all bolts containing fluid, as well as those on tires to prevent them from coming loose, removing anti-freeze, applying a number plate, and applying racing tires. Breaking any of these regulations can result in removal from the race, or in some cases, losing your road race license.
4. **Attend a 1-2-day riding school.** This schooling includes several hours of classroom instruction and a race. Racers will also work at different corners of the track to learn what each of the different race flags mean. A tech inspection will also be performed to check that the motorcycle and racing gear meet the regulations.

5. Picture 4 of How to Prepare to Compete in a Motorcycle Road Race

Receive your novice (beginner) road racing license. This license must be renewed annually, but you do not have to complete more schooling. For your first 2 road races after receiving your license, you must wear an orange shirt over your leathers to let other racers know that you are a new racer.

Part 3 of 3:

Signing Up for a Race

1. **Send an email to the specific race that you want to participate in.** You must be accepted into the race to compete. Some races are first come, first serve, and some accept racers based on their statistics.
2. **Perform a safety inspection on your motorcycle to check that all parts are secure and safe.** Racing gear must also be checked, and both the gear and motorcycle must be approved by the race officials to compete.
3. **Complete several practice sessions before the race.** This will help you get a feel of the course. These practice sessions are optional, but most riders take advantage of them so that they can warm up and test out their motorcycles as well as memorize the course.
4. **Go to the riders meeting that occurs before the race begins.** During this meeting, racers will go over the race rules to make sure that everyone is on the same page. Other things that will be discussed include the meaning of each flag, where any dangerous parts of the race course are located, and any other general rules involving the weather conditions.
5. **Figure out where your individual racing grid (starting position) is and gather all of your equipment at the grid.** All riders will take a warm up lap together to warm up their tires. Once the warm up lap is completed and all racers are ready at their grids, the race will begin.

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