



COUNTRY TRAX WESTERN CAPE:

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ESSENTIAL INFORMATION

>>>> COUNTRY TRAX WEEKEND OFF-ROAD COURSE

DATE	1 - 3 April 2011
DURATION	3 Days. Friday @ 9:00 sharp – Sunday @ ±12:00.
VENUE	Klipbokkop Private Mountain Reserve near Worcester - see <i>Map&Directions</i>
FEE	See <i>Payment Sheet</i>
INCLUDED IN FEE	Tuition, accommodation Friday to Sunday, all meals from Friday lunch to Sunday brunch, drinking water, use of facilities and loads of fun!
EXCLUDED IN FEE	Fuel, insurance, use of bike, Thursday stayover (optional), Friday, fee for pillion rider & non riding companions (optional) and anything not stated as included above.
LEVEL OF TUITION	This is the intermediate level training course. Previous attendance of the <i>Introduction to Off-road riding course</i> is highly recommended but not essential (depending on your riding experience). This course is ideal as an annual refresher course. A discounted rate applies if you attend this training within 12 months of the previous course.
INTENDED FOR	dual purpose/adventure bikes, although this course is valuable for pure off-road/Enduro/Dirt bikes (typically <550cc) as preparation for the <i>Dirt Bike Fundamentals Training</i> .



INTRODUCTION

We look forward to welcoming you to one of our training venues which has been selected to comply with the high standards of County Trax, considered to be the benchmark of off-road motorcycle training in South Africa.

The national academy is headed by Jan 'Staal' du Toit who started the academy in 2000 and who has since developed a curriculum for courses which is adapted for our South African off-road conditions.

Country Trax offers its training to all off-road riders, irrespective of what brand of bike they ride and aims at making a positive contribution to the development of off-road riding in South Africa.

ABOUT THE COURSE

The extremely competent and qualified instructors of Country Trax will be responsible for the training and they comply with the national high standard of the academy. They guarantee that you will double your skills and halve your fears in one day. Surely something to look forward to!

After meeting everyone over a nice cuppa, the course kicks off with some necessary theory, thereafter practical tuition and plenty of riding on this beautiful farm with well prepared training facilities to safely teach you different techniques in a safe environment.

Master a new set of skills, build confidence and be comfortable on gravel.

This three-day course is aimed at the seasoned road rider who is new to off-road riding (see 'level of tuition' below), and/or the off-road/dual sport/adventure rider of some experience, who has not yet had formal training in the specific skill set required for off-road riding. It is a very intensive course, which will not only help you build your confidence to take to off-road riding at any time, but also to help eradicate the bad habits of self taught riding and in general become a safer rider.

If a weekend of thrills, of learning and laughing, whilst building yourself as an off-road rider, is what you expect, you will not be disappointed.

Some key elements covered in the course

- * Theory of motorcycle dynamics in off-road conditions - understanding why and how the motorcycle responds to rider input.
 - * Being 100% in control of your motorcycle in all situations
 - * Practical exercises in a wide range of terrain conditions, but in a safe and controlled environment.
- and lots of riding during the weekend!

Our training method makes it possible to accommodate riders with various skill levels, so anybody is welcome. We strongly recommend that you have attended our entry level course *Introduction to Off-road Riding* (offered at Nelsons Creek near Paarl) as we continue to build on the basics in this course but it is not essential. We believe that only when your basics are firm, will you be able to really excel and develop into a good rider.



Pictures not necessarily taken at this venue.

BRING THE FAMILY!

You are welcome to bring your friends and family with for the weekend. It's the perfect place to relax, bring your mountain bike or go for long walks. Trying your hand at motorcycle photography remains a favourite! We have meals together. No children allowed if there's not full time supervision (safety precaution).

WHAT TO BRING *keep in mind that the academy is quite remote. The closest towns are Worcester & Villiersdorp.*

1. Your own motorcycle
 - Any make of dual purpose bikes are permitted.
 - Tyres: for better & easier performance on all terrain and in all conditions, it is essential that you have off-road tyres ('knobbles') fitted to your bike. Call one of the instructors if you have queries about this.
 - Tyre pressure gauge (optional)
 - Full tank of petrol. Please fill up at Rawsonville/Goudini, Worcester or Villiersdorp, depending on where you are arriving from.
 - Any spares and tools (for possible adjustment or two) that you might need like tubes, puncture repair kit, etc.
 - Important: please remove handle bar raisers if fitted to your bike unless you are taller than 7ft. They interfere with the overall balance of the bike & rider.
2. Full protective gear.

Please ensure you bring adequate protective clothing with you to the course. Riding has its inherent risks and we believe in prevention rather than cure!

 - Helmet (plus goggles if using open visor helmet)
 - Off-road boots. Remember that 90% of off-road injuries are to the feet and the lower legs and can be prevented by wearing proper boots. Good off-road boots are therefore as indispensable as good helmets. And it's not about brands or fashion statements - it's about medical bills and pain and arthritis when you're old. Army boots and hiking boots are NOT off-road boots and will NOT be allowed on the course. Savanna's and Santiago boots are NOT off-road boots and are NOT recommended, therefore.
 - Gloves
 - Protective trousers and jacket or motocross protectors with shirt. The more the better!
 - Neck brace (optional)
3. Other gear
 - Soft cloth/chamois for cleaning visor
 - Cap & sunscreen
 - Camel back is recommended to make sure you do not dehydrate. Optional: rain gear
4. Personal
 - Warm informal wear for the evening. Keep in mind that it might be chilly at night.
 - Insect repellent (summer)
 - Basic first aid kit – plasters, antihistamine for odd gogga bite, etc.
 - Any personal medication that you might need;
 - Cash. For any extras at the bar etc

TIPS TO ACHIEVE THE MAXIMUM FROM THE COURSE

1. Although we strongly recommend that you have attended the *Country Trax Introduction to Off-road riding* course as it teaches you the basics, it is not compulsory. This course builds on the basics and are intensive training.
2. A high level of fitness is recommended as training can be both physically and psychologically intensive.
3. Drink plenty of water before and during the training.
4. It helps to carry small packets of raisins, jelly babies or energy bars in your pockets - it helps to boost energy if you get tired.
5. Especially in the colder months, wear layers of clothing which can be peeled off as it usually gets warmer in the day.
6. Get a good nights 'sleep on Thursday night.
7. If you drink alcohol, we recommend that you minimize your intake of alcohol before and during the course. It influences your body's ability to balance and focus. This is essential for safety reasons.
8. In case of rain, consider yourself lucky as you will have the opportunity to play with your bike in wet conditions!

The team is looking forward to welcoming you to Country Trax Off-road Academy! Please feel free to contact us should you have any questions.



COMMENTS FROM A FEW PREVIOUS STUDENTS

Ons het ongelooflik baie geleer en is ons vandag gewapen met 'n bedreweheid wat van onskatbare waarde gaan wees op ons beplande roetes. Dit was lekker om julle almal te ontmoet en dit sal lekker wees om julle weer te sien - dalk met die opvolg kursus. Ons gaan dit definitief weer doen. Dankie vir die vriendskap en kameraadskap wat julle ons gebied het en dankie aan Country Trax vir 'n waardevolle en ongelooflike kursus. Dit was pret en beste waarde vir geld. **Casper Bierman Des 2010**

Die naweek was 'n onvergeetlike ondervinding, en ek het verseker my vaardighede BAIE verbeter – al gehoor van 'n 'vertical learning curve'? **AUG 2010**

Die beste R 3,500 wat ek nóg belê het. **JULIE 2010 (en dit nogals van 'n finansiële beplanner....)**

Ja dit was 'n heerlike naweek gewees en almal het hulself gate uit geniet. Ons was almal poot uit en baie styf gewees en het met 'n glimlag op ons gesigte daar weg gery.

Vir ons was dit belangrik om ons motorfiets-ry ervaring te verbeter maar ook om ander mense te ontmoet en om sosiaal te verkeer in die aande met die ander ouens op die kursus. Dit het ons alles gedoen en die kombinasie van 'n klomp dinge (opleiding, sosiaal, nuwe mense ontmoet, inligting uitdeel, opleiding ontvang, ens) het die naweek 'n sukses gemaak. **AUG 2010**

Ek het die kursus geniet en het baie geleer. Ek was baie op my senuwees dat die instruksieers ongeduldig en moedeloos met my sal raak, maar was vinnig gerus gestel deur Marchant en Herman se vriendelikheid en geduld. Hulle was deur die hele dag baie opbouend en ek het nie een keer gevoel ek wil moed opgee nie. Ek het hierdie naweek so paar roetes offroad gedoen en was baie verras met die verskil in my ry vermoë en selfvertroue. **JUNIE 2010**

Môre almal,soos ons almal reeds herhaal het(met rede) was alles uitstekend-die kos, akkommodasie, instruksie, omgewing, kursusinhoud en selfs die weer het saamgespeel. Beste van alles was om 'n klomp 'sout van die aarde' mense te ontmoet. **JUNIE 2010**

It was FUN and I don't think one can quantify the value of the skill that was passed on to us. The instructors were excellent teachers...their demonstrations and coaching (while we were trying to repeat what he made look so easy) will definitely stand us all in good stead for many more (and safer) miles. The camaraderie and support between all the guys made the weekend special. My almost vintage '88 GS and I both regret not doing this course many moons ago! **JUNIE 2010**

The best prepared course that I have been on so far that taught me skills in off road riding that increased my confidence and safety as a ride 100 time! The accommodation and food is of extremely high quality and is nothing better after a long day of training to relax in the great atmosphere. If only the marketing material had described what a great experience it would be I would have gone earlier. Must say I was at first scared of doing the course as I thought it is only for experienced riders and soon realized that it is done in such a structured manner and gradually providing you with the required skill and knowledge to ensure you are safe at all times. As you get to towards the end of the course you realize why you had to first master certain skills to move to the next level. Once again a well balanced course and will be doing it again! **JUNIE 2010**

For someone like me who has never really done the adventure bike thing, I am now so amped to do some adventure riding and get out there. The course was absolutely fantastic, I have learnt more this last week end about riding than in the past 5-6 years that I have been riding, I think it is invaluable knowledge and something that you can use in every day riding as well as off-road/adventure riding. **JUNIE 2010**

Many many thanks for an awesome weekend. I have not stopped telling everyone about it. The way the course is set up is perfect, not once were we pushed into doing something we didn't want to do. As I mentioned no-one was frowned upon laughed at we all felt comfortable, I am over the moon now that I have overcome that fear of the bike is to big and heavy. All I want to do is upgrade and start enjoying another side of life. To the lodge - fantastic knowing everything is safe, awesome food, friendly staff. The venue is perfect!! To the instructors, job well done!!! will def be back with a heap of riders from our end of the world!! The course material and knowledge passed onto us words cannot explain. **MAY 2010**