

# 21 FOR SEPTEMBER

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## Check your helmet

Check the expiry date. If it's 5 years or older, it's time for a new one.

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## Know your ride

Check your bike for wear regularly, so problems can be found and fixed early.

3

## Remaster the classics

Ease into the riding season and refresh that riding feeling by practicing your technique.

4

## Own your safety

Take action and always look out for yourself.

5

## Ditch that scratched visor

Make sure you can see clearly.

6

## Set up your bike right

Adjust your bike for a more comfortable ride.

7

## Check your brakes

Relax into your ride knowing your brakes are working.

8

## How safe is your gear?

Check out MotoCAP to see if it's up to scratch.

9

## Brush up on the road rules

Respect the rules so you arrive safe every ride.

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## Know your tyre pressure

See how it feels and adjust no more than 2psi at a time.

11

## Fine tune your skills

Check out Ride Forever's Online Coaching to nail your core riding skills.

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## Get a pre-ride service

It's time to clean, check and service your bike.

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## Be the best rider you can be

Keep improving and enjoy every ride.

14

## Never forget your head checks

Know how to spot a blind spot.

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## All the gear, all the time

Cover up on every ride with a helmet, boots, gloves, armour, leathers and visor.

16

## Ride like you're invisible

Position yourself in traffic so you can always be seen.

17

## Have a pre-ride chat

Get your riding buddies together and make a plan.

18

## Plan your route

Take a look to see where the best place to stop is.

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## Don't chase your mates

Catch up with your mates at the next stop.

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## Raise your sights

The further you look ahead, the more time you'll have to react.

21

## Book a Ride Forever course

Bike and gear sorted? Don't forget your skills.

