



Southland Honda Track day information guide.

Hi Girls and Guys,

We are holding a motorcycle track day on Wednesday February 4th 2024 at Teretonga Raceway

The idea of this day is blow out some cobwebs and have some fun in a safe environment.

We will have Southland Honda's own Jeremy Holmes on hand to give out pointers and help with bike setup if required.

Riders will be split into 4 classes, novice, intermediate, expert and race, depending on numbers we may have to split these on the day.

We plan to be on track from 9:30am till 4:30pm with sessions in 15 minute blocks, only stopping for lunch.

The price for the day is \$130 (late entry before close off is \$30). Pre entry to the event is essential as there will be no entries on the day (we will be too busy, and the groups will be sorted!). All brands and riders are welcome!

If this sounds like a piece of you, fill out the track day entry form at burtmunrochallenge.co.nz/southland-honda-track-day

As a rough guide the day will go as follows:

8-8:30am arrive at track/sign in

9:15 Introduction and briefing

9.30am Track time begins.

12.30pm Lunch Break

1pm back on track

4.30pm finish up.

The morning sessions will be focusing on track orientation and getting a feel for the lines.

We will have food trucks on site with food and drink available for purchase, we can't guarantee that all dietary requirements will be covered so if you do have specific requirements it is recommended to bring your own food.

Let us know if there is anything you would like to work on, whether it is braking, cornering, bike setup, simply more track time, whatever!

If you have any questions throughout the day, please let us know as you only get out what you put in, we are more than willing to help!

Riding gear requirements

- Full face helmet good condition with NZ approved standards. (no more than 7 years old)
- Eye protection Visor or goggles
- Purpose built riding gloves
- Boots offering ankle protection and sturdy construction, preferably purpose made motorcycle boots.
- Leathers, one or two-piece zip together is preferable, but we will also accept Kevlar or Cardura riding jacket and trousers with armour. (No Jeans).
- All items need to be in good condition.
- It is important to think that if you come off will the gear you have on save you?
- Camera mounts on helmets will not be allowed.

Motorcycle requirements

It is your responsibility to ensure your motorcycle is in a safe working condition prior to the day. Remember if your bike has a problem, this can potentially cause problems for everybody on the track.

A good place to start is to check the following.

- Tyres (pressure and wear)
- Brakes (condition and available pad material)
- Chain (lightly lubed and adjusted)
- Coolant (make sure there are no leaks or even better, change it for water and rust inhibitor – leaking coolant is deadly slippery)
- Bodywork (secure)
- Engine oil (no leaks, sump plug tight, oil filter tight and preferably hose clipped and wired)
- We would prefer glass headlights to be taped up, and mirrors to either be taped or removed. You really don't need them on the track as you are always looking forward not behind.

Preparing for a track day, what do I need to do or bring?

Apart from the obvious things like Riding gear and the bike itself, here are a few little ideas that may make your day a little nicer.

Try and have a good night sleep prior to the track day.

Avoid a drinking session the night before! Not only will you be dehydrated, but you will need your head working at 100% on the track. Not only for your own benefit but remember you are sharing the track with others.

Make sure you bring food and bring refreshments for rehydrating through the day.

Avoid caffeine or high sugar drinks.

A few basic tools, tyre pressure gauge is always handy. (we will more than likely have some basic gear around)

Cable ties

Duct tape for mirrors or headlights.

Camera (if you're mounting it on the bike make sure it is securely fastened, we advise against fastening cameras to helmets)

Ear plugs, Sun block (hopefully you will need it!)

If possible, try to have a little extra fuel at the track. You will go through more fuel than you think.

Remember, riding a bike around a track is a quite a physical activity, it pays to warm up into it. Don't try to break lap records in the first session, ease into your day.

Hopefully the weather plays ball, and we can have a great day at the track, I am really looking forward to putting this day on and hope to see you all there!

We will hopefully have some demo bikes on hand for you to try out, so let us know if you would like to have a go.

If you require any further information, please don't hesitate to contact us.

Phone Jeremy on 03 2144254, email jeremy@southlandhonda.co.nz or just call into the store.

Regards

Jeremy Holmes

Southland Honda