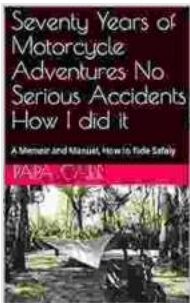


# Seventy Years of Motorcycle Adventures: No Serious Accidents - How Did I Do It?

I've been riding motorcycles for over 70 years, and in all that time, I've never had a serious accident. I've had a few close calls, but I've always managed to stay upright and keep riding.



## Seventy Years of Motorcycle Adventures No Serious Accidents How I did it: A Memoir and Manuel, How to Ride Safely by Kay Banks

★★★★☆ 4 out of 5

Language : English  
File size : 1342 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
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I'm often asked how I've managed to stay safe on the road for so long. There's no one secret, but there are a few things that I've always kept in mind.

### 1. Ride defensively

The most important thing you can do to stay safe on a motorcycle is to ride defensively. This means being aware of your surroundings and anticipating what other drivers might do.

Always ride with your headlights on, even during the day. This will make you more visible to other drivers.

Stay in your lane and avoid weaving in and out of traffic. This can make you more difficult to see for other drivers.

Be aware of your blind spots and check them often. This is especially important when changing lanes or merging into traffic.

Never ride under the influence of alcohol or drugs. This can impair your judgment and reaction time.

## **2. Wear protective gear**

Wearing protective gear is essential for motorcycle safety. This includes a helmet, eye protection, gloves, long pants, and a jacket.

Your helmet is the most important piece of protective gear you can wear. It can protect your head from serious injury in a crash.

Eye protection is also important. It can protect your eyes from the wind, dust, and other debris.

Gloves can protect your hands from injury in a crash. They can also help you keep a grip on the handlebars.

Long pants and a jacket can protect your skin from road rash in a crash.

## **3. Be aware of your surroundings**

It's important to be aware of your surroundings when you're riding a motorcycle. This includes paying attention to the road, the traffic, and the

weather.

Always scan the road ahead for potential hazards. This includes looking for potholes, debris, and other obstacles.

Be aware of the traffic around you. This includes watching for other vehicles, pedestrians, and cyclists.

Be aware of the weather conditions. If it's raining, snowing, or foggy, be extra cautious.

#### **4. Practice, practice, practice**

The best way to improve your motorcycle skills is to practice. The more you ride, the more comfortable you'll become on a motorcycle.

There are many different ways to practice riding a motorcycle. You can ride in a parking lot, on a quiet road, or even on a track.

No matter where you practice, focus on improving your skills. This includes practicing braking, cornering, and accelerating.

#### **5. Never give up**

Riding a motorcycle can be challenging, but it's also a lot of fun. If you're ever feeling discouraged, just remember why you started riding in the first place.

Keep practicing and never give up. With time and effort, you'll become a safe and skilled motorcyclist.

I've been riding motorcycles for over 70 years, and I've never had a serious accident. I've shared some of my secrets for staying safe on the road, but there's no substitute for experience.

The best way to become a safe motorcyclist is to ride often, practice your skills, and always be aware of your surroundings.

If you follow these tips, you'll be well on your way to a lifetime of safe and enjoyable motorcycle riding.



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