



Saddle-Up, Grab Life by the Handlebars!®

Motorcycle Riding Concepts Course Offerings

Motorcycle Riding Concepts (MRC) offers courses to fit any and all riding skill levels. For those who have never ridden a motorcycle before **Headstart** and/or the **Basic RiderCourse** (BRC) would be the place to start. Riders seeking their motorcycle license would certainly benefit from the BRC.

We find that many students who successfully complete the BRC but don't begin riding right away like the **Seat Time** course to maintain and even hone their skills. BRC graduates who have ridden at least 1,000 to 1,500 miles on their own motorcycle should return to the **Basic RiderCourse 2**. The BRC 2 is an intermediate level course and uses many of the same exercises from the BRC. The big difference is that the exercises are ridden on the student's bike, speeds are higher and new skills are introduced to build confidence.

The next logical progression is the **Advanced Skills Course** (ASC). Much like Seat Time and the BRC 2, ASC is a course that can, and probably should, be taken every year. Unlike Seat Time and the BRC 2 ASC exercises takes the rider to new skill levels using many techniques used to train motorcycle police officers. ASC is both physically and mentally demanding, but definitely rewarding.

The **Expert Skills Course** (ESC) stands alone. You don't have to be an expert to take the ESC, but you will be an expert by the time you finish the three day course. The ESC is not geared to the casual rider. It is perfect for the serious rider – the rider who is committed to riding excellence. This course goes beyond the ASC and builds confidence in expert riding techniques that will make any rider stand above the crowd.

Many riders are not comfortable in a class setting or have needs that cannot be satisfied by one of our course offerings. We offer them our **Individual Skills Course** (ISC). Each ISC is different because each student's needs are different. The ISC is truly customized for each student after an extensive interview and evaluation.

Complete descriptions of each course offered by MRC are in the following paragraphs. Times listed for each course are approximate and may change depending on student need. Costs are subject to change, but are fixed at the time of registration.

We offer special discounts for group classes and discounts for military, police, fire and EMT veterans. Special customized courses are available for corporate or organization team building.

Headstart

1.5 – 2 Hours - \$89

For the rider who has never ridden before or may be wondering if motorcycle riding is for them should take advantage of our Headstart course. Headstart lets you find out if motorcycling is for you. Or the experience will give you a leg up before starting the *Basic RiderCourse* (BRC). Either way it will definitely be worth an hour and a half of your time.

This can be a stand-alone training opportunity. If you have no experience, Headstart is a valuable opportunity to familiarize yourself with motorcycle riding at a slower, less stressful pace than the larger class setting. We familiarize you with the motorcycle, friction zone, shifting and get you started on riding exercises. Our Headstart students claim this icebreaker did much to boost their confidence and get them off to a good solid start for the BRC.

Headstart may be taken independent of the BRC and more than once. If you are not sure if Motorcycling is for you? Try Headstart and find out!

Many students sign up for Headstart just prior to their Basic RiderCourse. This gives them some advance preparation for the Basic *RiderCourse* a day or two, or even a week or more, before the full course.

Basic RiderCourse

2 or 3 Days - \$329

If you want to learn to ride or already ride and want to get your Virginia Class "M" Endorsement then the Basic *RiderCourse* (BRC) is the right place to start. This course is geared to the beginner, but also offers plenty of information and skill development for the experienced rider looking to improve their riding abilities. The BRC will prepare you for the street.

This course offers 15+ hours of classroom and riding instruction based on the Motorcycle Safety Foundation (MSF) curriculum.

This course is specifically designed for the novice/beginner rider. Students learn about components and controls of a motorcycle, riding gear and preparing for the ride. The risk of riding and managing that risk are studied in depth to better prepare the student for "real life" riding. Strategies are investigated that will prepare each student for riding on the street in traffic. Whether you want to learn to ride for pleasure or basic low-cost transportation or both, this course is perfect for you.

Many students are returning riders. They rode a motorcycle in their youth, but haven't ridden in several years. This is a perfect reintroduction to riding. Experienced riders will break bad habits and gain new skills.

Graduating students receive a Motorcycle Safety Foundation completion certificate and a Virginia Class "M" endorsement (motorcycle license).

We offer both weekday and weekend classes throughout the year. Class sizes are typically 10 - 12 students facilitated by two professional RiderCoaches.

Basic RiderCourse 2 (Coming this summer)

8 Hours - \$199

For riders who already have basic skills. It is similar to the BRC except the speeds are higher and riders should be riding their own motorcycle. It is an excellent refresher course for practicing and renewing basic riding skills. There is an informal classroom component that discusses safety concepts based on past riding experiences and current knowledge.

Seat Time

2 – 2.5 Hours - \$149

This just might be the most valuable two hours you will spend in a long time. The Seat Time course is just that - "Seat Time." You're on a motorcycle - yours or ours for two hours of riding time. You are under the watchful eye of a professional. You rediscover the basics and add to them. You challenge yourself to try new techniques and improve on the skills you already have. Seat Time is the perfect next step or a periodic tune-up.

Are you a newer rider that just took a basic course? Or has it been a while since you have ridden? Haven't bought your motorcycle yet? Need to drill and practice?

Be a student of the sport, get valuable "SEAT TIME!" With so many variables out on the road, getting better and safer is not just simply logging miles, it's also about practicing and honing your skills. However, it does no good to practice if you're not doing it the right way or practicing the right things. This is your chance to get the right practice under the watchful eye of a professional.

You may choose to ride your own motorcycle after a safety review.

Our 2-hour multi-course range drills will:

- Reinforce proper technique
- Build, and sharpen skills and confidence

Advanced Skills Course

7 - 8 Hours - \$400

Have you ridden a motorcycle for a few, or many, years? Either way we have your next step. Don't stop learning. Don't stop challenging yourself to improve your skill level. If you have a day to devote to motorcycling that day should be spent in the Advanced Skills Course. This is a demanding course - both mentally and physically. It will take you to the next level. This is one of those experiences you can't pass up. Many of our students take this course every year to maintain their skills.

This one-day course is designed for students who have successfully completed the Basic *RiderCourse*, Basic *RiderCourse* 2 or have riding experience and want to improve their skills. This is basically a "one-day" version of our Expert Skills Course.

So, what can you do in a day? The correct answer is "A LOT." This course is eight intense hours of drills and training designed to build your confidence at low speed, develop rapid maneuver skills through cone courses and prepare you for a variety of emergency situations including emergency stopping at higher speeds and hazard avoidance. Be prepared to become a much better rider no matter how good you are already.

This is a course you won't want to experience just once. It's a perfect spring time tune-up or brush up later in the riding season. Many of our return students sign up every year.

You will be riding under the direct supervision of a professional motorcycle instructor with years of riding and teaching experience. There will be one instructor for every two to three students. You will get a lot of personal attention so you can work at your own pace. This is a physically and mentally demanding course so we encourage you come fresh and ready to ride.

We encourage you to bring a bag lunch because we gather at lunchtime to discuss riding techniques and motorcycle dynamics. You won't want to miss this. This is a tremendous opportunity to "pick the brain" of a professional to answer all of your questions.

We offer this course several times each year (check the schedule). You can ride your motorcycle or ours. We prefer that you ride ours so you won't be afraid of damaging your dream machine. You can ride our Harley-Davidson Police Road King or Dyna (cost is extra) or a Buell Blast, Suzuki TU250 or Yamaha V-Star 250. We'll help you choose the right ride for you.

Expert Skills Course

3 Days - \$1,200

Have you ever seen a motorcycle police officer riding so confidently, so expertly and envied their skills? That motor officer may have many years of experience riding on duty and certainly that adds to their skill set. But, they probably started at a skill level similar to yours. Do you want to become an expert? The three-day Expert Skills Course was designed by motorcycle police officers using techniques and drills used to train motor officers. Three days of motorcycle training. What more could you ask for?

Here's your opportunity to raise your skill level several times over. It really doesn't matter if you consider yourself a fair rider, a good rider or even an experienced rider. This course will take you to a new level - much higher than you can imagine.

There is nothing like this in the area. This course is designed for the serious student who wishes to raise their riding skills significantly. Taught by professional police motorcycle instructors, the student will have time to focus on perfecting fine motor skills to ensure the imprinting of habit, muscle memory and confidence. This course is physically and mentally demanding.

We offer this course several times each year (check the schedule) in two-day or three-day formats starting on Sunday. You can ride your motorcycle or ours. We prefer that you ride ours so you won't be afraid of damaging your dream machine. You can ride our Harley-Davidson Police Road King or Dyna (cost is extra) or a Buell Blast, Suzuki TU250 or Yamaha V-Star 250. We'll help you choose the right ride for you.

This is a very personal course. There will be one instructor for every two to three students. You will get the personal one-on-one attention that you need or want.

If you don't have three days free, check out our Advanced Course. Are you just a bit jittery taking riding instruction with others? Would you rather have one-on-one instruction from one of our instructors by yourself? Take a look at our Individual Course.

We do Special Requests (weekdays/weekends) - minimum of 2 students

Individual Skill Course

3 Hours - \$500

Are you are not satisfied with your riding abilities and want to improve them, but want a special one-on-one experience? Our Individual Skills Course is a good fit for you. One of our professional instructors will customize a class just for you. You'll experience three hours working on exactly what you need - no more - no less. This is your perfect opportunity to get the training you want and need one-on-one. It doesn't get any more personal than this.

Imagine three hours of one-on-one time with a motorcycle training professional. You'll get expert instruction on exactly what you want to work on. If you don't know what you want to work on we will determine what you need by interviewing you and then assessing your riding skill level.

If you're just now starting your motorcycle riding life, we can raise your skill level significantly through this personal learning time. We will work on what you want and need to work on. You'll get life-saving training and raise your confidence level.

If you are an experienced rider there is always something you can learn to make you a better rider. We will assess your abilities and tailor the session just for you. You will leave this class a much better rider with a higher level of confidence in your abilities.

We can schedule this course when you have the time. Weekdays or weekends - it's up to you.

To schedule an assessment interview call 703-491-9102. We will connect you with one of our motorcycle training professionals to tailor the course to your needs and make the appointment.