



Take Care... the comment that we say as we leave people who are important to us! Now let's apply this to the Motorcycle season. Take Care... we left the 2025 season behind, so as we move beyond the riding, let's 'take care' of the important things so that we are ready for the next riding season.

There are three main things that need our attention during the 'off season'. Our Bike; Our Bodies; Our Gear! There is so much valuable information on all of these areas and in our group... so much valuable experience. I'll mention the usual information on the bike and body... but want to focus on gear for this article.

The Bike

- **Fuel System:** Fill the gas tank to 90-100% full to prevent moisture buildup and rust, adding a fuel stabilizer and running the engine briefly to circulate it.
- **Battery Maintenance:** Remove the battery or use a trickle charger/battery tender to maintain voltage throughout the winter.
- **Engine Protection:** Change the oil and filter to remove contaminants, and optionally remove spark plugs to add a small amount of oil to the cylinders.
- **Cleaning & Lubrication:** Wash and wax the bike to protect the finish from rust. Lubricate control cables, chain, and pivot points.
- **Tire Care:** Inflate tires to correct pressure and use front/rear stands to lift the bike, preventing flat spots.
- **Storage Environment:** Store in a dry, climate-controlled space (garage or shed). Use a breathable cover, avoid plastic tarps, and cover exhaust pipes to prevent rodents from entering.
- **Corrosion Protection:** Apply anti-corrosion products like ACF50 to exposed metal parts, avoiding brakes.

That was a quick look at the general 'care' needed for the bike.

The Body

- **Strength Training:** Focus on compound movements to build stability and control. Key exercises include deadlifts, squats, lunges, and push-ups for core and upper-body strength.
- **Cardiovascular Endurance:** Aim for 3-5 sessions a week of 40-60 minutes of moderate-intensity cardio like cycling, running, or swimming to increase stamina.
- **Balance and Flexibility:** Use balance boards or yoga to improve coordination and joint mobility.
- **Specific Muscle Areas:** Strengthen the neck, grip, and legs (using wall sits or calf raises) to handle bike weight and braking.

You can google more details on each of these areas and here is a link (copy and paste) for a quick video to guide you on 'taking care' of your physical readiness!

<https://www.youtube.com/watch?v=DQVO4LnbkDy>

AND NOW...The Gear



Proper off-season motorcycle gear requires cleaning, treating and storing items in a cool, dry and ventilated space. This area is sometimes left till the spring, and then hurried through or sometimes just left for after that first ride that is so exciting! But if we take a good look at these things now, and check on our gear while we have plenty of time to 'let it soak in', our gear will last longer and serve us better over our motorcycling lifetime.

Cleaning Textile Gear: Wash textile gear (machine or hand) using gentle, specialized cleaners. Line dry and store in breathable bags.

What is textile gear?

Key features and Benefits:

- **Weatherproof:** Often features waterproof, breathable membranes to keep riders dry.
- **Versatile & Comfortable:** Lighter than leather and typically offers better airflow or, conversely, thermal protection for cold, wet, or varying weather.
- **Protection:** Equipped with armor (CE-certified) in key areas like shoulders and elbows, and built from durable materials to provide good abrasion resistance.
- **Functional:** Often includes more pockets and storage options for daily use or long trips.

Types of Textile Gear

- **Standard Textile:** Durable, often waterproof, for three-season riding.
- **Mesh:** High-airflow textile for summer, offering maximum breathability.
- **Waxed Cotton:** A heavier, water-resistant, and classic-styled alternative.

Leather Cleaning: Clean leather with leather cleaners and avoid soaking. Here is a quick video that is actually an advertisement for Masterson's... but it is a fun to watch video... especially if you love to clean! :) **"Treat Yo Leather!"**

<https://youtube.com/watch?v=Mh9zplDirY>

Conditioning: Apply leather conditioner to prevent drying and cracking during storage.

Storage: Store in a cool, dry, and ventilated area. Use padded hangers to prevent deformation.



Inspection: Check all armor, zippers, and seams for wear and make a plan for any repairs...

Helmets: How to wash a helmet!

- **Disassemble:** Remove the visor, breath guard, and all removable cheek pads and comfort liners.
- **Wash Liners/Pads:** Soak pads in warm water with a small amount of mild soap or baby shampoo for 3-4 hours, then hand wash gently.

- **Clean Shell:** Use a damp, soft, non-abrasive cloth to wipe down the exterior. For stubborn debris, place a wet towel on the helmet for a few minutes to soften dirt before wiping.
- **Clean Visor:** Use warm water and a microfiber cloth to clean the visor. Avoid harsh cleaners like Windex, which can damage the visor coating.
- **Vents:** Use a soft bristle toothbrush or low-pressure compressed air to clear out debris.
- **Dry:** Let all parts air dry completely before reassembling. Clean with water/mild soap, remove inner liners to wash, and store in a breathable bag.



A good quick video to help! https://www.youtube.com/watch?v=9YH9_skNX08



Gloves/Boots: Clean, dry thoroughly, and apply leather conditioner if applicable. Use the details above if you are cleaning leather gloves/boots.

Bored this winter? Looking for something to do? Hope this gives you some direction and helps you to find some motivation to get that gear ready for our next very important riding season! Meanwhile...

Take Care....