

Mental Motorcycling

Being in the Right State of Mind

Marine Corps motorcycle safety messaging has focused on policy, training and mentorship. While those aspects of the program are important, I am going to kick off this spring with what has been referred to as “Mental Motorcycling.”

Career’s, relationships, finances and peer pressure have a way of creating stress in our lives; not to mention the pandemic we have been dealing with over the past year. How we deal with those stressors can affect our mental state. As a motorcyclist, these everyday stressors can influence how we ride. Like cell phones, stress can be distracting and cause you to lose focus of what’s important, the ride.

What are some of the life stressors you should consider before riding?

Many riders will tell you that riding provides stress relief. However, your mental state at the beginning of the ride can ultimately determine how you end. For example, consider the differences in mindset and focus for the following people: someone who hops on the bike to relax after a long week and a person who embarks on a ride after a family dispute.

Peer pressure can also add an incredible amount of stress, leading you to go against your better judgment. Have you ever done something on your motorcycle because your friends were doing it, and you did not want to be left out? Please do not kid yourself; we have all done it. One way to deal with peer pressure is to choose your fellow riders carefully.

Riders who have the same interests and skill level may provide a more enjoyable riding experience.

Mentally prepare for your ride regardless of the skill level of the riders in your group. Please do not overdo it, and let riders know at what riding level you are comfortable. Having an honest conversation goes a long way in preventing mishaps.

Mental preparedness is as essential as a well-maintained motorcycle and good personal protective equipment.

As a rider, you have to be alert and ready for just about anything. Going for a ride without mental focus can be a recipe for disaster.

Before you embark on your ride, inspect your motorcycle, check your gear and ask yourself, “Am I mentally ready?”



Contact your installation safety office if you would like additional information on improving your unit’s motorcycle safety program.



Ride Safe!