

A Minute For Safety – Am I too old for this?

I get a lot of riders asking me how they will know when it may become a good idea to stop riding because of age, physical or mental limitations. A lot of Blue Knights also believe they must give up their membership when they can no longer ride.

The most important thing to remember is the safety of you and others.

Second, once a Blue Knight brother/sister, always a brother/sister. You must own a motorcycle and have a license to operate to become a member. Upon completion of those membership requirements, if at some point you can no longer ride because of a disability, you will be allowed to continue your membership. If anyone ever tells you different, please contact your chapter president, your conference officer or an International officer.

I read a recent article that points out you do have to be in decent shape to ride a motorcycle, but you don't have to be an athlete. The author suggests that if you can ride a bicycle, you are probably fine to ride a motorcycle. That can be one good indicator since in the new rider classes I teach, you must be able to ride a bicycle beforehand.

We haven't found the fountain of youth yet, but we may have some control over our own aging process.

So, eat reasonably, walk, ride a bicycle or do whatever that will keep you in decent physical shape. Riding motorcycles is a joy that we don't want to give up unless we have too.

Expect more articles on this subject in the future.