



Potomac Vintage Riders

www.potomacvintageriders.com

Getting started in Cross Country with PVR

The Potomac Vintage Riders will be starting a new Cross Country series in conjunction with the current schedule of Vintage and Post-Vintage Motocross events. The American Historic Racing Motorcycle Association (AHRMA) describes Cross Country as an event of at least one hour in duration over a course that is at least three miles in length. Typically this course will include sections with woods, fields, streams and a short pass through the pit/motocross track area. Since it is a timed event, the winner is the person who completes the greatest number of laps in the prescribed period.

There are basically 5 different types of riders participating in vintage motocross:

1. The current rider who has ridden off-road and continued to ride since the 60's, 70's, or 80's. This type of rider usually has bikes that he has kept through the years and quite probably is currently riding modern events.
2. The returning rider who has not ridden in 20, 25, or 30 years and wants to find and ride the same bike they rode when they were young
3. The former rider who has not ridden in several years and wants to buy and ride the bike "they always wanted" when they were younger, but probably didn't have.
4. The new rider is a "novice" to Cross Country, having never ridden and is looking for information on not only "what" to ride, but "how" to ride as well.
5. The vintage racer that is currently participating in competitive motocross events but has not participated in Cross Country racing.

All five of these riders should do the following things to help make participating in vintage Cross Country racing fun, entertaining, and safe.

1. **Join the AMA**, which you can do on-line at: www.ama-cycle.com. *AMA membership is required for participation in AHRMA sanctioned events.*

2. **Join AHRMA** - Get a rulebook and READ IT! *AHRMA membership is required for participation in AHRMA sanctioned events.* This will save you a tremendous amount of aggravation by understanding class rules, bike eligibility, legal modifications, rider classifications, etc., etc. Decide what type of machine you wish to run and what group you would like to race with. The Potomac Vintage Riders is using a condensed class schedule from what AHRMA allows, any bike that is legal for AHRMA is legal for PVR Mid-Atlantic series races. The machine that you choose as a Cross Country racer need not be a purpose designed Enduro racer. Many motocross and trail bikes are perfectly adequate for Cross Country racing as long as they are in good mechanical condition. Please keep in mind that a Cross Country track is much longer than an MX track so reliability can be more important than overall power and speed.

Vintage – pre 1975 machines

- **Vintage 200** --88-200cc--Novice, Intermediate & Expert
- **Vintage Open** -- 201cc & Larger--Novice, Intermediate & Expert
- **Vintage Veteran**--Novice, Intermediate & Expert on any vintage-eligible machine with a rider of 50+ years of age..
- **Women** – Separate Women’s classes in Vintage for Novice, Intermediate, and Expert

Post-Vintage – 1975 – 1984 machines

- **Post-Vintage 200** --88-200cc--Novice, Intermediate & Expert
- **Post Vintage Open** --201cc & Larger--Novice, Intermediate & Expert
- **Post-Vintage Veteran**--Novice, Intermediate & Expert on any Post-Vintage machine with a rider of 50+ years of age.
- **Women** – Separate Women’s classes in Post-Vintage for Novice, Intermediate, and Expert

3. **Join a Local Club** such as the **Potomac Vintage Riders**. This is the best way to network from people who have already been through the “Learning curve” and can help you avoid the many obstacles. Also, since PVR is the sponsor of the Mid-Atlantic series you will be introduced to your fellow racers.
4. **Purchase quality safety gear:** Boots, helmet, gloves, pants, pads, chest protector, goggles, etc. Consider a “Camel-Back” type water pack; staying hydrated during a one hour race is very important. Also remember to buy a small toolkit or fannypack to carry small tools and spares for your bike.
5. **Choose your motorcycle carefully:** Some brands have a good following, which means better parts sources, aftermarket suppliers, and custom fabricators. These popular brands would include most CZ, Maico, Bultaco, Husqvarna, Honda, and Can Am. Some brands, such as Montesa, Ossa, and even Kawasaki, have very few parts suppliers and limited availability of NOS parts.

6. **Sign up for the proper skill level.** Assess your current riding skill level and sign up for the proper class. If you haven't raced in 25 years, don't try to come out and compete with the Expert riders (unless you have been trail riding regularly). Enter the Intermediate class and work your way back into shape and speed. Don't worry; your peers will let you know when it's time to move up. If you have never ridden before, feel that you are out of shape, or just don't want to ride too fast, enter the Novice Class.....that is what it's here for!
7. **Prepare your bike properly,** Remember, 25 year-old parts like chains, tires, shocks, carburetors, anything rubber, bearings, cables, and such should either be replaced, refurbished, or updated to save you from pushing your broken bike back from the far side of the course. This is especially important in Cross Country racing and as mentioned previously, you should make sure that you have some small amount of spares and tools with you. Also be sure that your machine can run for the prescribed amount of time on the fuel it carries or be prepared to pit during the race to refuel.
8. **Start an exercise program** at least 60 days prior to coming out for racing. If you haven't raced in ages, consult a physician before starting your exercise program. But remember, while cross country may not be as physically demanding as MX racing, it does require you to be in shape in order to be competitive and the event is substantially longer so it places a premium on endurance. Good cardio-vascular conditioning is very important. It is also important to stay hydrated during the event and many racers carry a Camel-Back type of drinking system with them.
9. **Practice on your motorcycle** prior to racing. Speak to Club members about local riding areas to refine your skills and set-up your bike properly. Make sure you take some rides of at least an hour in length to get a feel for how long a Cross Country event is and how your body reacts to spending that much time on your bike.
10. **Come out and have fun!** If you have aspirations of being World Champion, Vintage Motorcycle Racing is not the proper venue! For most of us, those days are long gone and probably never were. We are all here to enjoy old bikes, the sights and smells of friendly competition, to ride safe, and have fun !

Useful websites:

www.ahrma.org

www.ahrma-ma.org

www.potomacvintageriders.com