

A GUIDEBOOK FOR NEW MOTOCROSS AND DIRT BIKE ENTHUSIASTS!

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GUIDEBOOK FOR
NEW MOTOCROSS AND
DIRT BIKE ENTHUSIASTS

INTRODUCTION

Hi, I'm Coach Robb.

Hello and welcome!

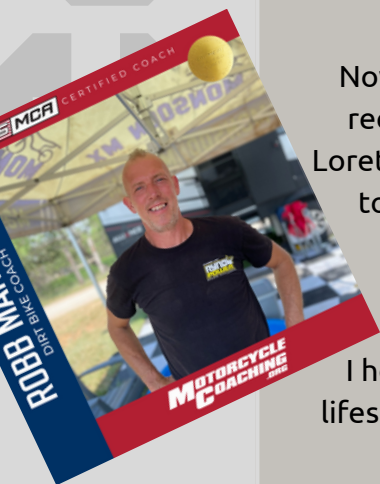
I'm thrilled to be sharing my decades of motocross experience with all of you here.

With over 50 years of riding, including a professional racing career from 1979 to 1989, I've had the privilege of competing at the highest levels and achieving some incredible milestones—like becoming the youngest rider in the NW region to earn the #1 plate at just the young age of 13 and placing 10th at Washougal in my first national event.

Now, as a USMCA Certified Coach and with recent experience qualifying and racing at Loretta Lynn's Amateur National, I'm excited to help riders at every level develop their skills and push their limits.

My mission is simple: *to uplift our moto community, one rider at a time!*

I hope you enjoy this incredible motocross lifestyle as much as I do and look forward to helping you ride with confidence and passion.



Getting Started as a Dirt Bike Rider



Introduction to Motocross: Safety First for a Strong Start

Motocross is an exciting and adrenaline-fueled sport, but it's also physically demanding and comes with real risks. That's why safety should always be your top priority from day one. Choosing the right bike for your skill level, investing in high-quality protective gear, and working with a certified coach are essential steps to building a solid foundation. A professional coach not only helps you master riding techniques but also teaches critical safety practices that can prevent injuries and boost your confidence on the track. Whether you're a complete beginner or looking to refine your skills, proper guidance ensures that you ride smart, stay safe, and enjoy the sport to its fullest.

Ready to get started?

Let's dive into the essentials.

Essential Gear for ALL Riders

BEFORE YOU EVEN THINK
ABOUT HITTING THE TRACK,
SAFETY IS KEY. HERE'S THE
GEAR YOU'LL NEED:

essentials
**CHECK
LIST**

1. Helmet: Your Most Critical Piece of Safety Gear

A full-face motocross helmet is the most important piece of protective equipment, designed to safeguard your head, face, and jaw from serious injury in the event of a crash. Unlike standard bike helmets, motocross helmets feature an extended chin bar for added impact protection and a visor to shield against roost, mud, and sunlight. When choosing a helmet, ensure it is DOT (Department of Transportation) and Snell or ECE-certified, as these safety standards indicate it has been rigorously tested for impact resistance. Fit is just as important as certification—a helmet should be snug but not uncomfortably tight, with no excessive movement when you shake your head. A loose-fitting helmet can reduce protection during impact, while one that's too tight can cause discomfort and fatigue. Additionally, look for lightweight materials, good ventilation, and moisture-wicking liners to enhance comfort during long rides. Always replace your helmet after a significant crash or every few years, as wear and tear can compromise its integrity.



2. Goggles: Essential Eye Protection for Clear Vision

Motocross goggles are a critical piece of gear designed to protect your eyes from dust, debris, roost, wind, and harsh weather conditions while riding. A high-quality pair of goggles ensures clear vision on the track or trails, reducing the risk of eye strain and impaired visibility. When choosing goggles, look for anti-fog and scratch-resistant lenses to maintain a clear field of vision in various riding conditions. A wide field of view is essential for better peripheral awareness, helping you anticipate obstacles and other riders. Additionally, opt for goggles with a strong, adjustable strap to keep them secure on your helmet, along with triple-layer foam padding for comfort and sweat absorption. If you ride in muddy or wet conditions, consider tear-offs or roll-off systems to quickly clear your lenses without stopping. Investing in the right goggles not only enhances your safety but also improves overall riding performance by keeping your vision sharp and unobstructed.

3. Gloves:

Essential for Protection, Grip, and Control

Your hands play a crucial role in controlling your bike, making a high-quality pair of motocross gloves an essential part of your gear. Gloves provide protection against blisters, abrasions, and impacts from debris or crashes while also improving your grip on the handlebars, even in wet or muddy conditions. When selecting gloves, look for a snug but flexible fit that allows full movement of your fingers without excess material bunching up. Key features to consider include reinforced palms for durability, silicone grip patterns for better throttle and brake control, and breathable materials to keep your hands cool and comfortable. Many motocross gloves also come with knuckle protection to absorb impact in case of a fall. Choosing the right gloves will enhance your grip, comfort, and overall riding control, allowing you to ride longer and more confidently.



4. Chest Protector & Shoulder Pads: Essential Upper Body Protection

A high-quality chest protector is a crucial piece of gear that shields your torso from roost (flying debris), impacts, and potential crashes. It helps absorb shock from falls, reducing the risk of rib fractures, internal injuries, and bruising. Many modern chest protectors also feature integrated shoulder pads, which provide additional protection for your collarbones and upper arms—two areas highly vulnerable in motocross crashes. When selecting a chest protector, look for a model that offers full coverage, impact-resistant materials, and a comfortable yet secure fit. Some options even include built-in back protection, further enhancing your safety on the track or trails.

5. Knee Pads & Knee Braces: Crucial Protection for Your Joints

Your knees endure constant impact and stress while riding, making knee pads and knee braces essential for injury prevention. Knee pads provide basic impact protection, shielding your knees from scrapes, bruises, and minor impacts during falls. However, for riders looking for maximum joint support and injury prevention, knee braces are the superior choice. High-quality knee braces help stabilize the knee joint, reducing the risk of hyperextension, ligament tears (such as ACL injuries), and twisting motions that commonly occur in motocross crashes.

When selecting knee protection, consider hard-shell knee pads with adjustable straps for a secure fit or rigid knee braces with reinforced hinges that allow controlled movement while preventing overextension. Proper fit is crucial—ill-fitting knee protection can slip out of place or restrict movement, negatively affecting your riding performance. Investing in the right knee protection not only enhances comfort and stability on the bike but also helps prevent serious, long-term injuries that could keep you off the track.

6. Boots: Essential Protection for Your Feet, Ankles, and Shins

Motocross boots are one of the most critical pieces of protective gear, designed to shield your feet, ankles, and shins from impacts, twists, and debris while riding. Unlike regular boots, motocross boots provide reinforced ankle support, impact-resistant shin guards, and durable soles to withstand the extreme demands of off-road riding.

When selecting boots, look for a rigid outer shell for maximum protection, a secure buckle system to keep them firmly in place, and a grippy, durable sole to provide traction on foot pegs. Ankle flexibility is also important—while you need support, a boot that allows controlled movement will help with shifting and braking. Additionally, heat-resistant materials can prevent burns from exhaust pipes, and waterproof or ventilated options ensure comfort in different weather conditions.

A well-fitted, high-quality motocross boot not only enhances control and stability but also significantly reduces the risk of ankle sprains, fractures, and other lower leg injuries, keeping you safe and confident on the track or trails.

7. Riding Pants & Jersey: Comfort, Protection, and Performance

Wearing durable, high-quality motocross riding gear is essential for both comfort and safety on the track or trails. Unlike regular clothing, motocross jerseys and pants are specifically designed to provide flexibility, protection, and breathability while riding.

Riding Pants

Motocross riding pants are made from abrasion-resistant materials, such as reinforced polyester or Kevlar, to protect your legs from roost, branches, and falls. They feature strategic padding in high-impact areas like the knees, hips, and thighs for added protection. Pre-curved designs ensure a natural fit when in a riding position, while ventilated panels help keep you cool during long rides. Some pants also have leather inner knee panels to provide extra grip and heat resistance from the bike's engine.

Riding Jersey

A motocross jersey is designed for breathability, comfort, and unrestricted movement. Made from lightweight, moisture-wicking fabric, it helps regulate body temperature while keeping sweat and dust at bay. A loose but athletic fit allows for the use of body armor, such as chest protectors or elbow pads, without restricting movement. Many jerseys also feature reinforced stitching and padded elbows for extra durability in case of falls.

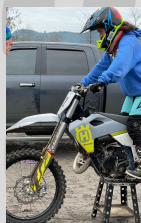
By wearing proper motocross-specific gear, you'll not only ride in comfort but also reduce the risk of injuries while maintaining full mobility and control over your bike.

Pro Tip:

***Check with your local dealership and/or coach
for proper fit guidance on all your riding gear.***

Tips For Choosing Your First Dirt Bike

As a beginner, choosing the right bike is essential to ensure a safe and enjoyable experience. On the next page are a few factors to consider...



Choosing the Right Bike for Your Riding Experience

Choosing the right dirt bike depends on a rider's height, weight, skill level, and the type of riding they plan to do. A bike that matches a rider's size ensures better control and comfort, while their skill level determines the appropriate engine size and power delivery. Whether it's trail riding, motocross, or racing, selecting the right bike for the rider's needs is crucial for both performance and safety.

Pro Tip:

Check with your local dealership and/or coach for proper fit guidance on all your riding gear.

Brand & Reliability

When it comes to choosing a bike, reliability and serviceability are crucial, especially for newcomers. Look for brands known for their solid performance and easy-to-find parts, ensuring that you can find the right bike to match your experience and riding goals. Many manufacturers offer a range of models that cater to different skill levels, so you can choose one that suits your needs, with an emphasis on durability, ease of maintenance, and reliability.

Selecting the right bike—the best way to find the right fit for you is to go to your local dealership and try them all on for size. Talk to your coach or your dealer about the kind of riding you plan on doing and the terrain you will be experiencing. This will ensure that you'll have a bike that suits your skill level and provides a reliable foundation for your motocross journey.

Basic Riding Techniques



Once you have your bike and gear, it's time to hit the track! The most recommended thing here is to research a motocross coach. Talk to them to see if there is a vibe/connection. Its much easier working with someone you trust and feel comfortable around. You can work on these techniques on your own but results come faster when you have someone to watch you and guide you in the right direction before picking up any bad habits. Here are some key skills to master:

Pro Tip:

Hire a professional motocross coach! They will save you time and money!

Starting and Stopping the Bike

Starting and stopping your bike smoothly is vital to mastering throttle control. To start, gently engage the throttle as you release the clutch, ensuring that your bike begins to roll forward gradually without stalling. Once you have the basics down, focus on finding that balance where the bike smoothly engages power without jerking or stalling.

When stopping, it's crucial to be able to perform a complete controlled stop using both front and rear brakes to stop swiftly and safely. Practice coming to a smooth stop, coordinating throttle release with brake application to ensure the bike comes to a complete halt safely. Make sure to use your left leg to stabilize yourself since your right leg will be using the brake.

Body Positioning: Stay Loose, Stay in Control

Body positioning is essential for maintaining balance, control, and comfort while riding. Whether you're navigating corners, jumping, or tackling technical terrain, your body position can make or break your performance. It's important to stay relaxed but engaged to allow the bike to move beneath you without losing control.



Relaxed Yet Engaged: The Key to Control

Keeping your body relaxed is essential. Tension will limit your movement and ability to react quickly.

Focus on staying loose through your arms, legs, and core. For instance, your arms should remain slightly bent, allowing you to react to the bike's movements without forcing it.

Keep your elbows up and out, which will help you keep better control of the handlebars, especially when the bike is bouncing or moving unpredictably.

Your legs should be flexed and ready to absorb impact. Avoid keeping them stiff, as they need to move with the bike's motion, especially when navigating rough terrain.

Knee positioning is critical: keep your knees slightly bent and close to the bike to grip the frame for added control.

Foot placement is crucial in keeping your toes off your controls. By keeping the balls of your feet on the footpeg and as close to the bike frame as possible, you eliminate accidental braking and/or shifting.

Your core should be engaged at all times, helping you keep your balance while staying centered over the bike.



Safety Tips & Maintenance

Staying safe while riding is crucial to prevent injuries. Here's what you need to know:

Ride Within Your Limits:

Don't push yourself too hard when starting out. Build your skills gradually and learn at your own pace.

Stay Hydrated & Rested:

Motocross is physically demanding. Take breaks, drink plenty of water, and avoid riding if you're feeling fatigued.

Nutrition is covered in another book of its own because it has such a huge impact on your riding ability and endurance.

Check Your Bike Before Each Ride:

Tires:

Make sure they are inflated to the correct pressure.

Brakes:

Ensure both the front and rear brakes are responsive.

Chain & Sprockets:

Lubricate the chain regularly and check for any wear.

Air Filter:

Inspect and clean as necessary after EVERY ride.



Know Your Track:

Study the layout of the track. Familiarize yourself with the jumps, corners, and straightaways to avoid surprises.

Pro Tip:

Always walk the track, check for rocks, holes and layout changes. As well as, looking at line selections and obstacles.

Training For Success



While you can learn a lot by practicing on your own, consistent training is key to improving your skills. Here are some ways to level up your riding:

- ***Work on Your Fitness:***
 - Motocross requires strength, endurance, and flexibility. Incorporate cardiovascular, strength training, and flexibility exercises into your routine.
- ***Practice Regularly:***
 - The more time you spend riding, the better you'll get. Practice at different tracks, work on specific drills, and challenge yourself.
- ***Take Coaching Sessions:***
 - Find a coach or experienced rider to guide you through specific skills. Having an instructor will accelerate your progress.

Track Etiquette & Rules



When you're on the track, there are certain **rules and etiquette** to follow:

- **Wait Your Turn:**
 - Find out if the track is having organized practice and know when it is your turn.
- **Respect Other Riders:**
 - Always be aware of the riders around you. If someone is approaching from behind, hold your line to let them pass safely. **Don't** pull off, stop, or change lines. Just keep riding in your line.
- **Keep Your Bike in Good Condition:**
 - Ensure your bike is running properly to avoid delays or unnecessary accidents for you and possibly other riders.

Track Flags & Signals in Motocross

Track flags and signals are essential for rider safety and race organization in motocross. Each flag conveys important information to riders, officials, and spectators:

- **Green Flag** – Track is clear; racing is in progress.
- **Yellow Flag** – Caution; slow down and no passing due to an obstacle or fallen rider.
- **RedCross Flag** – Medical flag; Slow down, keep wheels on the ground, no jumping due to downed rider with medical emergency.
- **Red Flag** – Race is stopped due to a serious incident.
- **Blue Flag** – Faster riders approaching; move over if being lapped.
- **White Flag** – Final lap of the race.
- **Checkered Flag** – Race is finished.
- **Black Flag** – Rider disqualified; must exit the track immediately.

Understanding these signals ensures rider safety, race fairness, and smooth track operations.

Embrace Your Journey

Congratulations! You've taken an important step in your motocross and dirt bike riding journey by arming yourself with the knowledge and insights shared in this guide. Whether you're just starting out or looking to refine your skills, remember that every great rider was once a beginner. The key to success in motocross is consistent practice, smart training, and a passion for learning.

Motocross is more than just a sport—it's a lifestyle. It challenges you physically, mentally, and mechanically, but it also rewards you with unforgettable experiences, personal growth, and a community of like-minded riders. Keep pushing yourself, stay safe, and most importantly, have fun!



COACH ROBB

WHAT'S NEXT?

Your journey doesn't stop here! To continue building your skills and confidence:

✓ **Join a Local Riding Group** – Surround yourself with experienced riders who can offer guidance and support.

✓ **Stay Fit and Fuel Your Body Right** – Nutrition and fitness play a crucial role in your riding performance.

✓ **Follow Us for More Tips & Training Programs** – Stay connected for ongoing education, riding drills, and nutrition strategies designed to help you perform at your best.

Let's Stay Connected!

We'd love to hear about your progress and answer any questions you have. Share your riding experiences, ask for advice, and connect with other riders:

Follow us on social media:



@monsoonmx

@dirtbikenation_official



@monsoonmx

@dirtbikenation_official

Drop your email in the link below to get your **FREE** nutrition guidebook: **Fueling for Performance: What to Eat Before, During, and After Riding**—so you can fuel smarter and ride stronger! Link: <https://dirtbikenation.com/mxfit>

Got questions? Need personalized guidance?
Contact us at: dbn8868@gmail.com

Thank You for Your Passion for Motocross!

I truly appreciate your dedication to this incredible sport and your interest in my guide. Your support means the world, and I hope this resource has given you the confidence to take your motocross journey to another level. If you found this guide helpful, please share it with fellow riders and leave a review—it helps us continue creating valuable content to support your progression on and off the bike.

Now that you've got the basics down, you might still have a few questions or need some fine-tuning before hitting the track. That's where I come in!

If you're ready for a personalized, in-depth coaching session, reach out to me at Robb@monsoonmx.com, and I'll get you signed up for one-on-one training tailored to your goals.

Now gear up, hit the dirt, and ride with confidence—your motocross adventure is just getting started!

🏁 See you at the track!

~ Braaaap!



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