

OMM INFORMATION BULLETIN JANUARY 2002

NUMBER 29 OF NEW SERIES

From Paolo Volpara on Tuesday, January 15, 2002

Visit OMM site at: www.ommriders.com

The OMM Web Site is the virtual meeting point of all Riders interested in Turkey. Updated every month, it offers suggestions for rides in this part of the world, advises on the way to ride in the Country, offers reading material on the Technique of Motorcycling and reports on group activities. The OMM Riders Group is committed to serve the Turkish Biking Community and to help in any form Clubs, Associations and Groups in this Country.

Join us as [active OMM member](#) and become part of the legal Association: Tuncel Alacayir is at disposal of all riders planning to join the Association to facilitate the legal procedures. Information on OMM Group spirit, organization, financial policy and history can be found on the section ["Meet One More Mile Riders"](#).

A View from the Cockpit

Concentration (the capacity to focus on the task at hand) is the primary mental tool for good and safe biking. We can (although we should not) ride a car while chatting with passengers, phoning, contemplating the panorama, eating and drinking, planning the day ahead; riding, on the other hand, demands our total concentration. At any speed a momentary distraction on bike has always a high price tag attached. Bike is for biking and nothing else: if you want to enjoy the scenery around you... stop the bike and walk. If you want to talk to passenger... stop the bike and talk. If you want to enjoy music... stop the bike, sit down and turn on your stereo... if you want to think about your problems... yes you guessed ... stop the bike and think.

It is the in-built instability of our vehicle that imposes total concentration: on two



Kerem Unal at Nurburgring

wheels we do not have a fix stable point, on two wheels elements ignored by other road users become major obstacles in our progress. Only bikers "know the road" in full intimacy: no driver will ever register changes in the asphalt composition, small gravel on the edges, minor bumps in a corner. "The millions of ever-changing messages that the bikers

receive impose a total focus of mind to select, analyze, discard, absorb, anticipate and finally act."

Concentration can be achieved with two easy steps: Mental Relaxation and Meditation. **Mental Relaxation.** No good to start a ride with your mind full of problems. Leave on the left side of the bike your business problems, your family preoccupations, your financial worries, your Ego and all your negative attitudes. An empty and relaxed mind is the best introduction to a food and safe ride. Just take the

time, before mounting, and isolate yourself from the rest of the world: focus on your companion, the bike. This will be your partner for the hours, your only companion for the days ahead.

The pre-ride check can work as a good “gate” to separate your personal problems from the problems of riding, a real boundary between occupied and relaxed mind. Tires, wheels, cables, electrics, controls, oil & liquids, luggage, helmet and clothing are the steps of a pre-ride checking routine. *You are moving into an infantile period where learning by playing is the status of life: you are the student, the bike and the road are your teachers. They demand, as all good teachers, fanatic attention and absolute dedication. They demand an open mind and a strong attention.*

Basic Relaxation. *After you got your lid and your gloves on, and before you fire the bike up, hang your hands by your sides, close your eyes and concentrate for a minute on slowing down your breathing and emptying your mind. Once you are happy, off you go, but keep monitoring your state of mind as you ride.*

Advanced Relaxation. *(As suggested by H.D. Dilthey at Nurburgring training Courses) On your bike with the engine off, hang your head, shut your eyes, hands by your sides. Starting with your feet and working up through every major muscle as hard as you can, hold for 10 seconds, then relax it. By the time you’ve finished, you’ll be completely supple and relaxed, and the concentration will have cleared your mind.*

Further Relaxation. *Consider that if you fall off ten times only one of those crashes will be a genuine, unavoidable accident and the rest will be down to varying degrees of poor planning, slow reaction and inattention. Next time your friend complains that someone pulled out of him, put him to the test: car driver didn’t see him? Fine, but if he’d seen the car driver he should have plotted all the likely scenarios and had an answer prepared for each one. Looking and planning ahead is the best policy.*

Tension is the number one enemy for Meditation and Concentration. Tension is also the number one enemy while riding. If you are tense you over react, your movements are "against" the bike and the road. You fight with your teachers. When tense every single action is hard, jerky, and unnatural: you feel away from the machine and from the road and you become more tense and the negative spiral progresses without end ("that" accident is around the corner). To release tensions use the system you prefer combining mental and body techniques. You may stretch legs, arms and shoulders, you may focus on a sunny day on the beach, you may perform isometric movements or you can picture in your mind your favorite beauty. Just make your muscles loose and your mind happy: above all place a great smile on your face.

Meditation. The moments preceding the ride must be used to clear the mind and to meditate about the task ahead. These are moments for “personal space” where the “Ride to Learn” attitude is gained or lost. As in any act of meditation it helps to fix a routine (sequence of acts) helping the connection between body and mind. Do not allow the surroundings, your friends and your worries to interfere with this important moment. Look at any serious athlete before the start of a race (take K. Robert J. as example) and notice the focusing technique; from this learn to repeat in sequence and in silence the same gestures. The routine will create the "space" you need for meditation. Take time and move slowly. Meditation requires patience:

- Move around the bike and do the pre-ride visual check. Check luggage locks and straps
- Place the bike’s key always in the same pocket as soon as you turn off the engine.

- Start the engine for warm up.
- Fix jacket, pants and boots. Close all zips and check collar opening.
- Check helmet, wear it and secure strap. Glasses, lenses on
- Gloves on and signal to partners that you are ready to move

If this routine is constantly repeated in “mechanical” sequence it will clear your mind giving time to meditate the road ahead and the situations you are going to face. Now it is time to introduce the “Ride to Learn” attitude by fixing an objective for your riding time. **Keith Code** in his book *“The Soft Science of Road Racing Motorcycles”* writes: *“It the thought that counts. Your idea of how the turn should be ridden determines how well it all works out. You turned your thoughts and ideas into motion”*

The rider must use this meditation moment to fix a Plan for the Ride in the mind. Again **Keith Code** helps in defining the five sense of riding contributing to the creation of the plan: Speed, Traction, Location, Timing, Lean Angle and Body Position-Control Operation. Each ride must take all this elements into consideration and it must focus on improving one single aspect of biking skills. It is important to fix “one single objective” for each period of riding in order to experience the results of one single modification of our habits. Changing too many elements at the same time does not permit a correct post-ride analysis and, at the end, it reduces the learning experience. So, go out for a ride to improve your cornering, to reduce your braking space, to verify your position or to experience body movements. Fix the Objective and Plan that you prefer but do not ride without learning. **The previous article of OMM Advanced Riding Academy Course and a full version of this one are available on web site.**



OMM Rides & Travels

The morning of January 1st is dedicated to a short ride: an ancient legend tells that what you do on the first day of the year, you’ll do it all year around and respecting old traditions, OMM riders have been out every morning of January first facing sometime really inclement weather. This year it was really hard: Turkey was under severe weather condition since December 20 with heavy snow and low temperatures disrupting all communications. Still OMM placed seven bikes on the road in a day when the couch in the living room had an irresistible appeal. **Read the full report on web site with route and map.**



With the snow heavy on the road, it was time for party... and six of the

original founders of OMM met at Berke Motor for a New Year Celebration. From Left Cemil Turker, Kerem Unal, Levent Baki, Paolo, Sinan Sezer. The two bikes: Honda VFR from Cemil and Honda Gold Wing SE 1500 from Paolo (now on sale). [Read the story of OMM \(updated to 2001\) on web site.](#)

One More Mile Riders Group invites all of you, Riders and Friends living in Turkey, to enter the **OMM YEAR ON THE SADDLE AWARD**. The Award (an old OMM tradition revived after two years of silence) is designed to support the use of motorcycle “all year around” and it will be given to the Riders covering in the year 2002 the highest number of kilometers on bike.

The rules for this award are very simple:

1. Register now your bikes and indicate the number of kilometers in the clock (odometer) at the first day of the year. You can register as many bike you want providing each one carries Turkish registration.
2. At March, June and October 30 – 2002 you will receive a form for declaring you total mileage for each quarter.
3. At December 30, 2002 you will receive the final form for declaring the total mileage covered in the year.
4. By January 20 2003 OMM will nominate three winners: the Riders who covered more kilometers combined on bike during the year. The first three riders will receive gift from OMM and the Year on The Saddle cup and award.

It is fun and it is easy: just fill the form below and mail it to Murad Acar at muradacar@superonline.com

Name and e-mail address		
Bike Model	Registration N.	Km at 1st January 2002

Rides and Events Ahead



Doctors at Tumer Eğitim Kurumları Bahçelievler Şubesi and OMM Riders designed the **First Aid Course** specially conceived for people moving around on two wheels. The first Course took place on January 12 and 13 2002, at E-5 İncirli Kavşağı

Mehmetçik Sk. No:6 (Kadir Has Centre Yanı), İstanbul. New courses are planned for the next months. **Enquiries and reservations can be made directly at +90 0212 258 60 11 / 0212 258 59 79 or by e-mail at tanercelik@hotmail.com**

The first lesson of the **new OMM ARA Course** introduced the need of a mental attitude for achieving a better riding performance. On the second session **Timur Schindel** summarized the elements of this attitude and conducted a discussion with the group of attendees. “How to gain time for reaction and how to acquire tools to apply in emergency situations” will be the subjects of the final two meetings and all of you are invited to attend. Each meeting is opened by a summary of the previous lessons. As usual we will start at 18:30 planning the closing at 20:30.

**THURSDAY 17 OF JANUARY 2002 AT BOXER Café KURUCESME
THURSDAY 24 OF JANUARY 2002 AT BOXER Café KURUCESME**

OMM Calendar Update

This is the tentative calendar approved by the OMM Riders Group for the year 2002.

From	To	Description	Itinerary
Jan-01	Jan-01	Mad Run	Ist-Sile-Ist
Jan-12	Jan-13	First Aid Course	Istanbul
Jan-17	Jan-17	ARA Theory Lesson (3)	Istanbul
Jan-24	Jan-24	ARA Theory Lesson (4)	Istanbul
Feb-22	Mar-03	Star Ride	Italy and France *
Apr-19	Apr-21	ARA Course MW	Bursa circuit
Apr-19	Apr-20	Iron Butt Cert.	500/1000 miles circuits
May-10	May-12	OMM Rally	Aphrodisia
Jun-01	Jun-11	Four Corners Ride	OMM circuit & Bonus
Jun-21	Jun-21	Sunrise to Sunset Ride	Amasra - Anamur
Jul-17	Jul-17	Ride to work day	Turkey
Sep-20	Sep-22	ARA Course JT	Kas Circuit
Oct-25	Oct-29	OMM Ride South East	Urfa, Van
Nov-16	Nov-17	OMM Rally	Assos

Riding the Web

“Are you a TRAVELLER? Are you interested in kidnappings in Colombia, Brighty's dead goat, nuclear meltdown in Jakarta, house arrest in Ecuador, barbecued bones in Burma, a white Christmas in Goa, kamikaze drivers in Lima, checkpoints in Baluchistan, sundae night in Mumbai, dodging land mines in Cambodia, a motorcycle riding an escalator from China to Hong Kong, Maoist attacks in Nepal... and much more?” Do not miss the 27th edition of [Horizons Unlimited Motorcycle Travellers' e-zine](#). Probably the best reading for bikers on the planet.

Joe Berk, photographer and biker was I was in Turkey a few months ago. If you go to the albums side of his web site website ([Joe Berk Photography](#)) you will find several good photographs from Turkey, including a section on Turkish motorcyclists. Some of the photos on the police motorcycle, BMW, and Triumph pages are of motorcycles in Turkey.



[Henry Kruijjer page](#) is not only a good source for R 1100 GS bikers but also contains a brief report of Henry's ride to Turkey with interesting pictures

Check the articles on the "[New York City Motorcyclists](#)" page. You will learn where to park a bike in New York and more important you will get a good list of good riding on Safety and Touring. (Check the Hurst Report here).

For BMW riders a source of good tips at the home page of [BMW South Africa](#) one of the best beemer pages around.



www.motorcycle-madness.com is an intelligent site managed by Camille Gagnon Camille@motorcycle-madness.com. If you are looking for good reading Camille's selection is very eclectic and some of the pieces are worth printing and framing. Read the "59 Rules of Motorcycling" and you will be surprised. Also available here is a selection of free downloads, bike-related graphics for your web site and mail. Check (and order) the sticker "A woman's place is on the road" and the Motorcycle Madness catalogue. We will set up a permanent link with this site and we hope to see Camille in the future riding with us in Turkey. She wrote to us "Someday, maybe I will have the opportunity to take a motorcycle trip through Turkey - you have a beautiful country and I would love to do a trip which tours some of the older monuments and other historical sites. Take care and keep the rubber side down."

OMM Ring of Riders

Several riders took advantage of the decent weather on December 31 to bring the bikes out: **Omer Koker** rode his BMW R1200C and **Kenan Vural** (kenanvural@ixir.com) writes on his solo ride of the day: "I woke up around 8.00 am to check the weather and there was... the sun. I got myself ready to ride with you to Sile (we rode that day with Cemil to Kandira) Then I decided to change my route because I could not reach you and I decided to go to Kilyos a nice ride without traffic, Belgrad forest, Bosphorus and with all the curves. From Bebek and along the Bosphorus I rode to Sariyer climbing up the hill to Uskumrukoy and finally Gumusdere. I was expecting to see some moto-cross riders on the sand but there was nobody. The beach was completely dead. I was the only one there with a local old dog. Parked my bike for a while to contemplate the Black Sea and to meditate in this peaceful atmosphere. The wind was unbelievable: blowing from the south with a force capable of putting me off balance. It was magical. On the way back home I changed my route and hit Uskumrukoy (stopping at Belgrad Forest) to Zekeriyakoy, to Maslak and from Barbaros Blvd. I ended up in Taksim. In Zekeriyakoy I saw another R 1100 GS red while from the opposite direction there were two other riders, one with an R 1150 GS and a K 1200 RS. It was a perfect day for motorcycling."

Follow here the ride of **Rik Blocksidge** (ride_of_a_life_time@hotmail.com). **Rik** is riding from UK to New Zealand on BMW 1983 R80 and raising funds for N.A.B.D the only bike charity in the UK helping bikers with disability to go back on the road. He picked up the wrong time of the year (or the hard one) to cross Greece and Turkey: he stayed in a village around Ipsala cut out by snow then he reached

Istanbul just before Christmas: “Do not tell me about the weather! It rained of Motorway in Greece and it was dark so had to make Athens by Tuesday. Than day after got snowed off again at night very badly. Made GR / TR border Saturday and stopped because cold some ice & again getting dark. Made TR Sunday 16th Dec toward motorway for 100 meters but snow and packed ice! Reached Ipsala at 15:00 had lots of fun with deep snow but village people very helpful! Found the Hotel, but no heating & no water! I have camp stove so can make hot food & drinks & heats room a little! So, for the moment, I don't need to fly the BMW to India but a truck to bring the bike to Istanbul would be very helpful or I will see Christmas here. The BMW has been moved from the road to the floor t of the lobby, after I removed the frozen front calipers. I have found this small Internet café but they keep loosing the electric power. Have you ever tried to put snow chains on a motorbike? I am having loads of fun with these Turkish keyboard different keys Ride free, Ride safe, It rained of Motorway in Greece and it was dark so had to make Athens by Tuesday. The day after got snowed off again at night very badly. Made GR / TR border Saturday and stopped because cold some ice & again getting dark. Made TR Sunday 16th Dec toward motorway for 100 meters but snow and packed ice! Reached Ipsala at 15:00 had lots of fun with deep snow but village people very helpful! Found the Hotel, but no heating & no water. I have camp stove so can make hot food & drinks & heats room a little. Have you ever tried to put snow chains on a motorbike? ... (from Ipsala) Loaded up had much fun on road from Hotel to main village and then to Motorway. Got very hot for some reason: **Changeling** (this is the name of **Rik** bike well deserved for the unmentionable changes done to the original BMW Police Vehicle) lay down a few times to the main road but people stopped to help us. I removed the chains at the side of mw tollgate and the gate man feed me lots of hot tea. On the motorway I reached 130kph and other vehicles still passed me with snow chains on ... mad, mad people! Then I found parts with still ice packed hard: when they announced that the road was open they forgot to say ... to four-wheel drive vehicles only. It took two days to make Istanbul with little traffic: this is because all cars of Turkey seem to be in Istanbul taking part in some race I don't know. I am in a “four stars” hotel, that's because in Turkey three of the stars do not work and the other has had a bad repair made to it. Seriously the hotel is very warm & clean with running water and good foods: Changeling has a little home in the garden. I meet up with Paolo from OMM bike club: I think my generator has give u, and Paolo has arranged for me to use BMW workshop later in the week, as this will be last service to Singapore. Will be here till the first week of January, and then fly to Deli. Borders with Iran are open but I believe that Pakistan at this time of the year is too hard.” **Yakup Icgoren and Orkan Erhan** gave OMM support, helping Rick to crate the bike and flight to India.

Harvey Gordon Sawyers and Lisa Roberts at <http://www.chasingthesun.org>

“... We left the UK on 23rd September 2001 to travel the world for a year or so. (Harvey on a BMW R100GS and Lisa on a BMW R80ST). Our route currently looks something like this: overland through Europe, Turkey and the Middle East, on to India through Pakistan and Iran. Then fly to South East Asia taking in at least Thailand, Malaysia and Vietnam. Then over to South Africa and all the way up the east coast into Egypt and, visas permitting, across the Northern coast to Morocco. Finally we plan to spend next summer in South America”

Watch That Corner

The glorious name of Indian rides again and it rides in Turkey. **Avi Salmonovic** just imported from USA a brand new bike from the “resurrected” Company. In pure retro style but with all the new technology it could be a good challenge for all choppers.

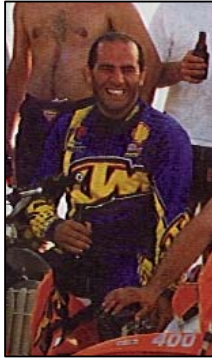


Ride in Gear

Go to **AMA** (American Motorcycle Association) and check **Bill Andrews** article [“Keeping Warm. How to do Winter Riding Right.”](#) A good source of information and advises for fighting the cold weather.

Store your bike right this winter - For many motorcyclists, the arrival of winter means nothing more than layering-up before a ride. But ice, snow and cold weather often force those who live in the northern reaches to park their bikes until spring. Unfortunately, many riders discover later that their trusted mounts weren't too happy about being abandoned over the winter months. Dead batteries, gummed-up carbs, and internal corrosion can all plague improperly stored bikes. If you know you're not going to ride your motorcycle for more than a month, you can help it get through the frigid weather by taking a few precautionary steps. If at all possible, store the bike inside a garage. It's amazing how much damage can be done by exposure to the elements, even in a few months. But before you put it away, take a little time to check the following: **Gas:** Top off the tank and add the recommended amount of a fuel stabilizer such as Sta-Bil. This additive will keep your gas from breaking down and leaving a gunky brown “varnish” on your carb's parts. Then start the engine and run it for several minutes to make sure you get the treated gas into the carbs. **Oil:** Oil starts out golden and clean, and winds up black and dirty. This is bad. The contaminants in the oil can be corrosive, and you don't want your engine parts sitting in a corrosive bath all winter. So do yourself a favor and change your oil just before the bike goes into storage. **Coolant:** Since most motorcycles don't get a lot of use in sub-freezing temperatures, many riders overlook the importance of checking their coolant for protection against winter freeze-up. Use one of those floating-ball testers to make sure your coolant will resist freezing in the temperatures you experience. If you need to add any, make sure you use the type of coolant recommended by your manufacturer. **Battery:** Some modern motorcycles can put a slight drain on a battery to run a clock, maintain radio presets or operate an alarm system. If you're in this situation, make sure you have a charger system in place to keep your battery alive. Otherwise, at least make sure it starts the winter with a full charge, and give it a recharge every month or so. **Other stuff:** Purists will tell you to store your bike with the tires off the ground. This is a great idea, if you can arrange it. If not, inflate both tires properly, put the bike on its centerstand, and every few weeks rotate the front tire to avoid flat spots. Also, a good coating of wax will help preserve your paint and chrome, and a breathable cloth cover can keep off dirt, dust and other garage effluvia. Do it right, and all you'll have to do come spring is turn the key, press the starter button and start racking up the miles again.

Ride and Think



SAMI

Two years ago on February 12 Sami Peker was killed by an irresponsible driver while riding in Istanbul. Great Friend, Competent Mechanic and Exceptional Riders Sami will be always in our Memory. Stop a second on the 12th to remember Sami and all riders' friends we left on the road.

Kerry Willey (kwilley@ilstu.edu) AMA Motorcycle Safety Education Program Officer and LD Rider (he will probably take part on the Four Corners of Turkey 2002) writes to us:

"I'll be happy to pass on anything that may be of interest to you and to OMM riders, in relationship to minimizing the risks we on two wheeled machines encounter. Based upon your recent 'editorial' comments to your readers about interest (or lack thereof) in a training session, I believe you were 'on the right track' in politely, but firmly, reminding riders that safe riding starts with a proper ATTITUDE. I attempt to ride with the idea that I WILL be involved in a wreck/crash. As long as I have that scenario in mind, I tend to be as alert as possible. And I dress for a crash. One of the freedoms we have in the USA is the freedom to be stupid! Many USA riders don't think they will be in a crash, so that's why you see many USA riders dressed in regular clothing and no helmets! Guided PRACTICE sessions are very important, even for the most experienced rider. Even if an experienced rider "knows it all", a Practice session may remind them of something they have 'temporarily forgotten'. Practice of GOOD RIDING HABITS is valuable. Practice of the same old BAD Habits is a waste. So, guidance or observation of riding practice is worth while"

OMM Riders Help Book

The list of Riders willing to help on the road will be published on the web site by the end of February 2002. Still time if you want to be included in the "OMM Help Book" or if you have friends (non bikers are accepted) willing to help a rider in need. Just fill the request of information and mail it to volpara@homemail.com

- | | |
|------------------------------|--------------------------------------|
| 1. Name | • Assistance by Phone |
| 2. Family Name | • A space to park the bike |
| 3. Address | • A workshop to repair the bike |
| 4. Home Phone Number | • Hospitality in emergency |
| 5. Work Phone Number | (food) |
| 6. Mobile Phone Number | • Hospitality in emergency (bed) |
| 7. E-mail | • Bike recovery (trailer or pick-up) |
| 8. Bike(s) owned or no-biker | |
| 9. Help offered | |

More information about Turkey can be found at these selected web sites:

<http://www.turkey.org> A complete Country's profile containing essential notes on government, education, tourism and consular services.

<http://www.kultur.gov.tr/english/main-e.html> This is the web site of the Turkish Ministry of Culture covering historical places, museums and events.

<http://www.mfa.gov.tr/GRUP/gg/default.htm> The Ministry of Foreign Affairs offers a list of Embassies and Consulates of Turkey combined with useful information for border crossing.

http://www.focusmm.com/index_03.htm “Focus on Turkey” is one of the best sources of information for travelers in this country.

<http://www.twarp.com/turkwarp.htm> A well informed site that offers a list of virtual traveling options. You may want to move in time to the prehistory of Anatolia for a walk into the land of the legends and a multitude of civilizations. Or you may want to visit the top 10 natural beauty of Turkey. Or you may explore the Jewels of Anatolian history.

http://www.csd.uu.se/~pierref/travel/turkey_guide.html Mr. Pierre Flener maintains a “travel guide to Turkey intended to show foreign would-be travelers and residents what Turkey is really like, unbiased by glossy brochures or homepages by Turkish authorities or individuals”. This is essential reading for the preparation of a ride.

<http://www.hitit.co.uk> This is a good place for advises to independent travelers

<http://www.naturekey.com> The place for a valid list of outdoor places (and activities) in Turkey

<http://www.worldexecutive.com/cityguides/istanbul> A practical guide about Istanbul with city map, restaurants and hotels.

<http://www.osmanli700.gen.tr> A site dedicated to the Ottoman history.

<http://www.exploreturkey.com> A commercial site offering Hotel reservations, information about important tourist places and good pictures.

<http://www.beyogluweb.com/istanbulshit/core.htm> This is the site of the alternative magazine for Istanbul: Istanbulshit. Go there for something different.

<http://www.ptr.co.nz/turkey> A photographic essay about Turkey with hot spots map of Turkey.

<http://www.ideamerge.com/motoeuropa> This site offers a summary of information for road users in Turkey.

<http://www.great-adventures.com/destinationss/turkey/turkey.html> is the place of Adventures Great and Small offering a well prepared selection of activities in the Country and a large list of links.



Serex generously supports the OMM web site and some of OMM activities.

Information about this Company can be found at:

<http://www.seratarim.com.tr/>

<http://www.seratarim.com.tr/>

[Please contact the Webmaster Bora Sezer for any comment about the OMM site](#)