

Gloves

Hands and wrists tend to get an awful doing in any off. Good gloves these days are easier to come by and more affordable than ever. We really like Knox's Handroid offering. They come with SPS, a clever palm slider system which helps protect the scaphoid from damage as well as clever details such as the BOA closure system which closes the glove to the perfect fit every time. The wrist and cuff armour earn their keep if things go a bit 'wrong'. Best of all are the way they look and feel. **This amount of comfort and protection can be found on www.planet-knox.com**



Undersuit

There probably are worse things than sweating so much that you stick to the inside of your one piece suit. Right now, however, we can't think of anything as bad. An under suit made from a CP-U type fabric wicks away the moisture, regulates your body temperature which keeps you, the rider, dry and comfortable. There are a whole host of companies offering similar products, the one pictured is made by RST and is available from Bike World in Dublin as well as all RST dealers nationwide. This is the one piece of kit that's going to add the most comfort to your day. **Prices start at as little as €65.**



Make Some Noise

Unlike our friends in the UK, we've yet to be exposed to noise restrictions here in Ireland at trackdays. Putting an aftermarket end can on your bike saves weight, can improve fuelling and help the motor to deliver more power to the back wheel. Best of all it allows your bike to sing the way it was built to. The can pictured is from Slovakian exhaust experts, Akrapovic.

Call Brendan Doyle Motorcycles on 0906492733 to price.

Handling

If your bike is a little older you may find that its handling is, perhaps, somewhat off. Don't worry race specialists NDM can tune your suspension, fit Bridgestone race tyres and most helpfully attach a steering damper to the front end. This should stop that unpleasant wobble. Prices start at €375 for an Ohlins unit. **Call Kevin on 018496806.**

Tyres

Bridgestone's new RS 10 sport tyres offer all we need for trackdays. Using all that knowledge and know how from years in the Moto GP paddock Bridgestone have created a tyre with new formula compounds and a re-engineered tread pattern that improves acceleration and braking to the point of making them addictive! The best grip a set of boots can offer for a little over €300. **Call Steve at Cotters on 01460 3807.**



Training

Can't tell the difference between a quick turn and a high side? Do you think it's just your tyre pressures that are keeping you from getting a respectable lap time or are you aware of your limitations? Specialist on track training is available from The California Superbike School. Unfortunately we have to go to the UK to get this training these days. Fortunately they use Ducati's as training bikes. See their site, superbikeschool.co.uk, for prices and dates. These guys will make you a better, safer and faster rider.



Lunch

If there is food, chances are that it'll be awful. Bring your own food if making your own food sounds like too much hassle. The way down and pick up a wrap and a juice, so much better. Crisps and a mars bar... **www.avoca.ie**

