



PAC # 00019

Thank You Chair Prozanski and members of the committee, for letting us bring this bill forward for discussion today.

My name is Paula Leslie, Executive Director for BikePAC of Oregon, Inc. BikePAC represents A.B.A.T.E. Of Oregon, and ALL of Oregon's motorcycle riders. We attend and participate with Oregon's Transportation Safety advisors, to help us further our mission statement, promoting motorcycle safety, awareness, education, and liberty, through legislative action.

BikePAC is here in support of SB694, which allows a motorcycle rider to ride between lanes of traffic during traffic jams and slow downs.

Historically BikePAC has attempted to bring a lane sharing bills forward, but the education of this concept, and the concerns of our traffic safety experts, needed careful consideration, before we could address the unique safety needs of motorcycle riders on Oregon's roads.

I'm not only here as Director of BikePAC, but also as an expert on physical and mental fatigue. As a Master's level educator in the Science of Health Education, human performance, and sport psychology, I taught at OSU for 10 years, and am now employed as a personal trainer.

Mental and physical fatigue causations

Motorcycle riders are exposed to the elements, leaving them vulnerable to cold, heat, dehydration, vibration, wind, constant use of our **S.I.P.D.E skills** (situational awareness), poor weather conditions, poor road conditions, heavy highway traffic, frequent and constant gear changes, and the physical fatigue of operating a motorcycle for long durations, with the absence of sufficient breaks.

Wrist exercisers close here.

Impact of physical fatigue on the rider

Tiredness or cramping in our hands/arms, neck, back, legs, feet, eyes, or whole body.

If you're in a car, you can more easily move around for relief. On a bike, you just have to endure it.

Impact of fatigue on riding, (impaired riding)

slower reaction time.

difficulty maintaining speed.

difficulty breaking and shifting.

losing control of the bike

Running off the road

BENEFITS OF THIS BILL

*** This bill puts riders in charge of their own safety, and removes them from a possible health emergency, as well as many other benefits, our witnesses here today, will explain in their testimony.**

Thank You again for allowing us to discuss this bill, as experts, seeking to educate the public, and this committee on the unique safety needs motorcycle riders require, to keep themselves safe, during less than ideal conditions.

With that, Chair Prozanski, and members of the committee, I'll entertain any questions you may have.

Research resources

<http://www.irmrc.unsw.edu.au/documents/Fatigue%20on%20motorcycle%20day%20rides%20Report.pdf>

<http://jap.physiology.org/content/106/3/857>