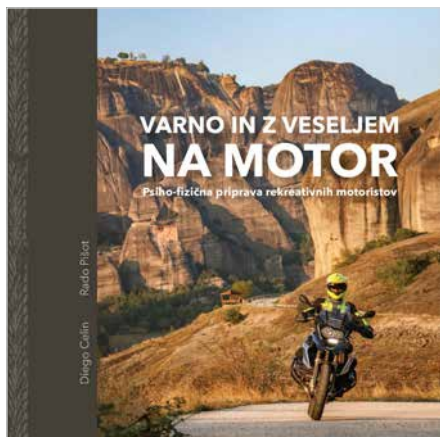


**Diego Celin, Rado Pišot:**  
**SAFE AND WITH JOY ON A MOTORBIKE.**  
**Psychophysical preparation for recreational motorcyclists**

Annales ZRS, 2021, 152 pages.



Many recreational motorcyclists are lured onto the roads by warmer days, but often forgetting the importance of psychophysical preparation after the winter break. This can lead to dissatisfaction, fatigue and feeling unwell after the first trips, and can also contribute to unforeseen incidents, accidents and injuries.

The importance of psychophysical fitness for the safety and enjoyment of recreational motorcycling is discussed in the handbook *SAFE AND WITH JOY ON A MOTORBIKE* by Diego Celin and Rado Pišot, both experts in the field of sports and kinesiology and both motorcycling

enthusiasts in spirit and experience. The handbook is published by Annales ZRS, the scientific publishing house of ZRS Koper.

While the first, theoretical, part of the manual summarizes important information on the movements and stresses of motorcycling and the importance of motorcyclists' motor skills, the second part is purely practical and designed to help every motorcyclist physically prepare themselves before the season. We cannot ignore the fact that the good physical fitness of the rider is paramount to master riding and thus to ensure greater safety on the roads and racetracks.

The first part of the book analyzes the movement and psychophysical stresses placed on the body while riding a motorcycle and provides guidance on how to properly prepare for the road, including in terms of diet and fluid replacement and their influence on the physiological responses of the body while riding. The second part is devoted to general and specific sports training for recreational riders of all types of road motorcycles. These guidelines will also be useful for young motorcycle riders.

“We start from the fact that recreational motorcyclists usually take to the roads with long gaps between rides, forgetting the importance of psychophysical preparation for such a demanding task. This manual fills a gap in the comprehensive treatment of psychophysical preparation of motorcyclists, on which there is a lack of adequate Slovenian literature,” said Rado Pišot.

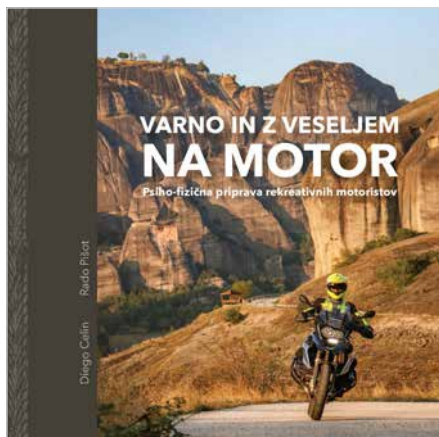
The book was accompanied by experts from the world of motorcycling:

- Brane Legan, Safe Riding Course instructor at the Slovene National Automobile Association (AMZS) “When I became actively involved in motorcycle safety more than 20 years ago, I was also learning about this important element, good psychophysical condition to control and operate a motorcycle. At some points, it was the only thing that allowed me to be able to work with a motorcycle or just ride without any problems or dangers...”
- Andrej Jereb, multiple rally champion: “I notice that drivers in general do not put enough emphasis on this important area, which not only helps us to be safer, but above all to achieve better control and therefore more driving satisfaction...”
- Miran Stanovnik, multiple Dakar Rally participant: “It is necessary to take the first step and realize that we can only enjoy driving if we are psychophysically fit for it and have at least the basic skills necessary, which we can build on with proper practice... My sporting career might also have been more successful if I had been introduced to the contents of this book some three decades ago...”
- Miodrag (Mišo) Kralj, a long-time recreational motorcyclist: “I would definitely have been spared a lot of trouble if I had taken some time to prepare for the new season. I’m sure the first and all the following kilometers would have been much more relaxed...”
- Niko Peroša, professional motorbike tour guide: “Even when riding touring motorbikes, you need to know your body’s reactions, take them into account, prepare for them and then maintain the condition you’ve acquired. That’s why I think this book is the ideal winter read for anyone who considers themselves a serious motorcyclist. Finally, one practical book for motorcyclists in Slovenian.”

Nika Štravs

## **Diego Celin, Rado Pišot: VARNO IN Z VESELJEM NA MOTOR. Psiho-fizična priprava rekreativnih motoristov**

Annales ZRS, 2021, 152 str.



Toplejši dnevi zvabijo na ceste številne rekreativne motoriste, ki pa velikokrat pozabijo na pomembnost psiho-fizične priprave po zimskem premoru. Zadnje v najboljšem primeru vodi v nezadovoljstvo, utrujenost in slabo počutje po prvih izletih, lahko pa tudi pripomore k neželenim dogodkom, nesrečam in poškodbam.

O pomenu psiho-fizične pripravljenosti za varnost in užitke v rekreativnem motociklizmu sta v priročniku Varno in z veseljem na motor spregovorila avtorja, strokovnjaka s področja športnih in kinezioloških ved, Diego Celin in Rado Pišot, ki sta po duhu in izkušnjah tudi sama ve-

lika ljubitelja motociklizma. Priročnik je izšel pri Annales ZRS, znanstveni založbi ZRS Koper.

V prvem delu priročnika so povzete pomembne informacije o gibanju in obremenitvah motorista med vožnjo ter pomenu gibalnih sposobnosti motorista, drugi del pa je praktične narave in je nastal za to, da se lahko motoristi pred sezono samostojno ustrezno pripravijo. Ne moremo namreč prezreti dejstva, da je predvsem dobra fizična priprava voznika nepogrešljiva za obvladovanje vožnje ter s tem za večjo varnost na cestah in dirkališčih.

Knjiga se tako v prvem delu posveča analizi gibanja in psiho-fizičnih obremenitev na telo med vožnjo motocikla ter daje napotke za dobro pripravo na potovanja tudi z vidika prehrane in nadomeščanja tekočin ter njenega vpliva na fiziološke odzive telesa med vožnjo. Drugi del je namenjen vsebini o splošni in posebni športni vadbi za rekreativne voznike vseh vrst cestnih motorjev. Napotki bodo uporabni tudi za mlade voznike koles z motorjem.

»Izhajamo iz dejstva, da se rekreativni motoristi običajno podajo na ceste z velikimi časovnimi razmiki med vožnjami in pozabljajo na pomen psiho-fizične priprave na tako zahtevno nalogo. Priročnik zapolnjuje vrzel na področju celostne obravnave psiho-fizične priprave motoristov, o kateri primanjkuje primerne slovenske literature,« je povedal Rado Pišot.

Knjigo so na pot pospremili tudi strokovnjaki iz motorističnega sveta:

- Brane Legan, inštruktor varne vožnje AMZS: »Ko sem se pred dobrimi 20 leti začel aktivno ukvarjati z varnostjo motoristov, sem spoznaval tudi ta pomembni element, dobro psiho-fizično pripravljenost za obvladovanje in upravljanje motorja. V nekaterih trenutkih je bilo le to tisto, kar mi je omogočalo, da sem lahko opravljal delo z motorjem ali pa le vožnjo brez težav in nevarnosti ...«
- Andrej Jereb, večkratni prvak relija: »Opažam, da vozniki na splošno dajemo premalo poudarka temu pomembnemu področju, ki nam ne pomaga samo pri večji varnosti, ampak predvsem pri doseganju boljšega obvladovanja in s tem večjega zadovoljstva v vožnji ...«
- Miran Stanovnik, večkratni udeleženec Relija Dakar: »Treba je storiti prvi korak in se zavedati, da lahko uživamo le tedaj, ko smo za vožnjo psiho-fizično primerno pripravljeni in obvladamo vsaj osnovne veščine, ki so za to potrebne in jih lahko s primerno vadbo nadgradimo ... Tudi moja športna kariera bi mogoče lahko bila uspešnejša, če bi se z vsebino knjige seznanil pred kakšnimi tremi desetletji ...«
- Miodrag (Mišo) Kralj, dolgoletni rekreativni motorist: »Veliko tegob bi mi bilo vsekakor prihranjenih, če bi si vzел nekaj časa za pripravo na novo sezono. Prepričan sem, da bi bili prvi in vsi nadaljnji kilometri veliko bolj sproščeni ...«
- Niko Peroša, profesionalni turistični vodnik na motorju: »Tudi pri vožnji potovalnih motorjev je treba poznati odzive telesa, jih upoštevati, se nanje pripraviti in pozneje pridobljeno stanje vzdrževati. Prav zato mislim, da je ta knjiga idealno zimsko branje za vsakogar, ki se ima za resnega motorista. Končno ena praktična knjiga za motoriste v slovenščini.«

Nika Štravs