



ADDICTED TO SPEED



By Ron Melton

Addictions don't have to be bad things – controlling them is the key! As racers, our common addiction to adrenaline and controlled chaos is actually very organic. When we turn the throttle on very hard, our brains go into “pharmacy mode”, synthesizing and secreting some pretty amazing substances. Our adrenal glands turn into virtual street thugs, hanging out on the street corners of our minds, laughing and digging in their pockets at our increased stress, rate of blood circulation, heavy breathing and carbohydrate metabolism as our bodies prepare us for muscle exertion.

Turn the throttle on again...it feels good! The start and the first turn of a race always push the pharmacy hard. We have all heard the story of a single person being able to lift a car, due to an adrenaline rush. Adrenaline can heighten senses – from vision to touch – giving us

super powers; this all combines to make an amazing first lap...

The rush of endorphins is what gives us a queasy, nervous feeling in our stomachs at the starting line. At first, there may be a bit too much, but we finally arrive at Nirvana.

We each have a different level of how much controlled chaos is acceptable, and all is regulated with how far the throttle is twisted. The more we twist, the wilder the ride – and some of the rides can become



quite hair-raising! Like an animal whose fur bristles to make it appear larger to its enemy, very organic.

Adrenaline junkies: We can either have a big smile on our face or two black eyes and a broken nose, it just depends on the day... either way, we always come back for more!

To a true adrenaline junkie, a crash can be

as thrilling as the racing! A get-off can be a pretty wild ride, and some have crashed perhaps hundreds of times during their career, thus perfecting the "art of the crash". Once perfected, this madman is no longer a passenger; while it's all happening, he is controlling the chaos in a heightened state. Having done this hundreds of times, he already knows what's going to happen next; he can virtually tell the future and actually respond to circumstances that haven't yet happened! Yeah, in terms of excitement, motorcycle sport is the closest thing you're going to get to living in a "Grand Theft Auto" video game.

Having such a common bond with our fellow racers can be scary at times. Some haven't quite got a handle on managing the addiction, leading to uncontrolled chaos...and that leads to very dangerous situations.

It all boils down to this: The throttle controls the chaos, the chaos controls the pharmacy, and the pharmacy controls the mind and body.

So, the key is throttle control. Be smooth out there on the track, twist that throttle judiciously, and don't hurt anyone (including yourself)... Enjoy!▲

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