

SB574 Lane Sharing rather than riding impaired

Thank You Chair Beyer and co-chair Mclain, for allowing me to submit testimony on SB 574. My name is Paula Leslie, and I am a health coach that rides a motorcycle and advocates rider fitness and safety. There are many health risks associated with motorcycle riders sitting in traffic that are comparable **to impaired riding**. *SB574 will allow us to continue moving, and if necessary, find a safe place to pull over to prevent a serious health emergency, created by simply sitting in stop and go traffic on a motorcycle.*

Physical and psychological risks of sitting in traffic.

There is more to riding impaired, than being under the influence of intoxicants.

Motorcycle riders are exposed to the elements, leaving them vulnerable to the heat, cold, rain, dehydration, and wind. All these external factors require an expenditure of physical energy. Physical energy is expended with constant mental processes used while practicing what Team Oregon calls S.I.P.D.E. Skills.

These are constant mental processes, that expend physical energy. Constantly using our S.I.P.D.E. MENTAL SKILLS help us with crash avoidance (**Scan** for hazards, **Identify** hazard, **predict** worst case scenario, **Decide** what to do, **execute** plan), poor weather conditions, poor road conditions , frequent repeated, gear changes, and general fatigue of operating the motorcycle for long durations with little rest, all add up to expend a considerable amount of physical energy.

Risks associated with physical fatigue to the rider:

I am physically unable to hold my clutch in for more than 10 minutes at a time.

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

In a car, you can move around and stretch. On a motorcycle, you just have to endure it

Risks associated with mental fatigue to the rider:

Slower reaction time

Difficulty maintaining speed

Difficulty braking and shifting

Losing control of the bike

Running off the road

If that's not enough, my motorcycle exhaust burns my leg when my feet are down for more than a couple minutes. Even with all the protective gear. All my riding pants have burn holes on the right side, because of this. See pictures and references below.



References <http://roadsafety.mccofnsw.org.au/a/50.html>

<https://webarchive.nationalarchives.gov.uk/20090510225831/http://www.dft.gov.uk/pgr/roadsafety/research/rsrr/theme2/riderfatigue.pdf>