



VRRR Sidecar Race School

Sidecar School is a unique and specialized training program designed for both prospective sidecar drivers and passengers who wish to learn the art of racing sidecar motorcycles. The school is focused on vintage and classic racing machines, and offers hands-on instruction in an exhilarating and dynamic motorsport discipline, while emphasizing safety, techniques, and the deep and meaningful partnership between driver and passenger..

Date and Location

The Sidecar School will be held at Shannonville Motorsports Park, 7047, Old Highway 2, Shannonville ON K0K 3A0 on May 22, 2025. The school starts with a classroom session at 8:00 a.m. sharp at the RACE facilities building.

Cost

\$250

Age Requirement

Students must be 18 years old or older. Riders under 18 must contact the VRRR registrar (vrrear REGISTRAR23@gmail.com) to obtain an underage consent form prior to application. Underage riders must be at least 16 years old to apply.

Who Can Attend?

The VRRR Sidecar School is open to anyone interested in sidecar racing, whether you're a seasoned rider looking to expand your skill set, or a complete newcomer intrigued by the world of racing sidecars. However, there are some important prerequisites to ensure safety and maximize the learning experience:

Sidecar Drivers:

Students wishing to drive a racing sidecar must meet the following requirements:

1. **Own or Arrange for a Racing Sidecar:** To participate in the school, students must either own their own racing sidecar or have made arrangements with an owner to use a racing sidecar for the duration of the course.
2. **Motorcycle Riding Experience:** While not a required prerequisite, ideally students should have some experience with motorcycle riding or racing. While the school will provide foundational training on handling a sidecar, the basics of motorcycle control will be assumed, so it's recommended that drivers are comfortable on two-wheeled machines before attempting to race with a sidecar.

Sidecar Passengers:

Passenger in a sidecar requires a unique skill set, as passengers work in close harmony with the driver to maintain balance, speed, and control throughout the race. For those wishing to learn the skills of sidecar passengering, the following applies:

1. **Arrangement with a Driver:** Students learning to be sidecar passengers must have a pre-arranged agreement with a driver who will provide a sidecar and ride with them during the school. Passengers should be physically fit and prepared for the rigors of working as part of a team with the driver.
2. **No Need to Own a Sidecar:** Passengers do not need to own a sidecar, but they must ensure that a sidecar and experienced driver will be available to them. If you don't have a specific driver in mind, the school will assist in making connections with potential racing partners, though it's highly recommended to make your own arrangements in advance. Contact Mike Vinten at vrtechchair@gmail.com.

Logistics and Equipment

- **Safety Gear:** All students must bring or arrange for their own racing safety gear. The gear should meet VRRR racing standards.
- **Track Time and Schedule:** The school is scheduled to coincide with the opening round of VRRR race weekend meaning students will have ample track time to hone their skills. Track sessions are structured to allow for one-on-one instruction, followed by practice laps to build confidence.

Course Structure & Training

The VRRR Sidecar School is designed to be comprehensive, progressive, and tailored to the specific needs of each student—whether you're piloting or passengering. Training is typically divided into several phases, which may include classroom sessions, practical demonstrations, and extensive track time under the guidance of experienced instructors.

Students who have not previously acquired a racing license will need to take the classroom session of the Stage 1 race school.

1. Introduction to Sidecar Racing

- a. **Classroom Instruction:** Students begin with a thorough overview of sidecar racing, including the unique challenges posed by a three-wheeled racing machine, and safety protocols.
- b. **Sidecar Basics:** Topics covered include the design and mechanics of racing sidecars, understanding the role of the passenger, and how to work effectively as a team.

2. Sidecar Handling and Technique

- a. **For Drivers:** Instruction focuses on mastering the art of controlling a sidecar, which requires different skills than traditional two-wheeled motorcycle racing. Topics include managing throttle, braking, cornering techniques, and understanding the unique physics of racing with a sidecar.
- b. **For Passengers:** Passengers are trained in how to position their body for maximum stability, learning when to lean, shift their weight, and when to assist the driver with control. This is a highly physical skill, as passengers must respond to the rig's movement by adjusting their body position in a split second.

3. Track Sessions

Both drivers and passengers will spend considerable time on the track, practicing what they've learned in a controlled and supervised environment. This is where theory meets practice, and students will experience firsthand what it's like to navigate corners, accelerate, and brake at speed with a sidecar.

- a. **For Drivers:** You will learn how to control your sidecar during high-speed turns, braking zones, and quick changes of direction. Learning to trust the passenger and working together as a team will be a major focus.
- b. **For Passengers:** Passengers will practice techniques for shifting weight, maintaining balance, and keeping pace with the driver's movements. Passengers will also learn how to communicate with the driver during the race to maintain optimal coordination and safety.

4. Safety and Communication

One of the cornerstones of sidecar racing is teamwork between the driver and passenger, and clear communication is key. Throughout the school, both students and instructors will emphasize the importance of signals and an overall understanding of each other's movements. Safety equipment, including racing

suits, helmets, gloves, boots, and body armor, is also a major focus, and students are required to wear the appropriate gear at all times during the course.

Terms and Conditions

- We will only accept pre-entry for the school. Applications will not be accepted at the track.
- The Sidecar School is limited to 10 students. If more than 10 riders sign up, a reserve list will be created in case any rider withdraws.
- The schools will operate rain or shine.
- If we have a full Sidecar School (10 riders) and for any reason you cannot attend, we will attempt to fill your seat. If the school is not full, no refunds will be considered
- Sign up for the school at www.vrra.ca/school-2

The VRRRA Sidecar School is an exciting, hands-on way to dive into the thrilling world of sidecar racing. Whether you want to become a skilled sidecar driver or learn the crucial art of passengering, the school provides expert instruction, valuable track time, and the opportunity to develop the teamwork and coordination required to excel in this unique motorsport discipline.

As previously mentioned, remember that drivers must either own or arrange to use a racing sidecar, and passengers must ensure they have a driver and sidecar available to them. Advance planning is key, so make your arrangements early to ensure a smooth and successful experience at the VRRRA Sidecar School.