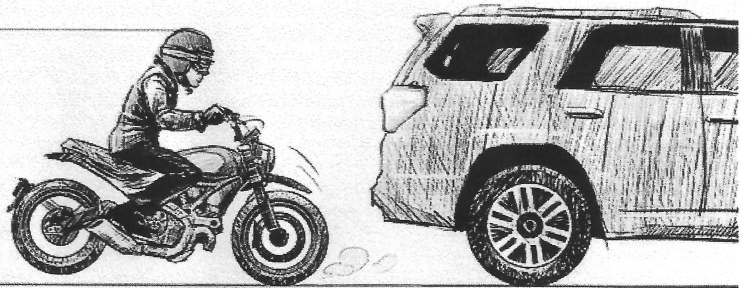
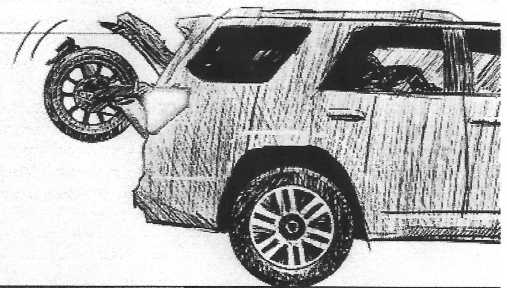


# REACTION TIME

AVERAGE RIDER @40 mph  
Total stopping distance:  
**approximately 177 ft.**



AVERAGE RIDER @60 mph  
Total stopping distance:  
**approximately 332 ft.**



**You're riding along minding your own business** when suddenly you're facing the bumper of a left-turning SUV. Every cell commands you to get the motorcycle stopped ASAP to prevent your early demise. But will your response be quick enough?

It's a good thing we're hardwired to respond immediately to threats, but too often our synapses don't fire fast enough for a quick and effective response. Thankfully, there are ways to help make sure you aren't a victim of "too little too late."

There are actually two components of reaction time: "**perception time**" and "**activation time.**" Perception time is the time it takes to figure out what's going on and decide what action to take. Activation time is the time it takes to reach for the brakes. You also have to account for the amount of time it takes to actually get the bike stopped.

**Let's say you're traveling at 40 mph, which is about 56 feet per second.** A reasonably attentive rider will typically use about one second of "thinking" time to perceive the situation and begin applying the brakes. Add at least 0.5 second or more if you're daydreaming. That equates to between 56 and 84 feet before any physical action is taken.