

# LADY RACER!

RACE COLUMN

JANINE MITCHELL

She's gorgeous, has a great body and is quick on a motorcycle. Her name is Janine Mitchell and she will be competing in the 2012 National Supersport 600cc Championship on her Smart for Women Kawasaki ZX6R.

Hello Readers of MCSA,  
Let me start off by introducing myself. Some of you know me but I'm sure there are many of you that don't. My name is Janine Mitchell a.k.a Little Miss. I race the Wesbank Super Series, the exact same series as Rob Portman, just this year he decided to move up a level to the Superbike Class and I decided to just stick to my Supersport Class. I race the Smart for Women Kawasaki and I am here to tell you about my life as a Female Supersport rider - give you a little bit of the behind the scenes of my Life as an Athlete.

So our South African Championship (Wesbank Super Series) runs from March through to November normally. December to February is our off season. And don't be fooled, off season you train just as hard as in season, you just are a little more relaxed. Now as I had already managed to get the opportunity to be a Kawasaki racer in 2011, all I needed to do was just concentrate on keeping my fitness levels up for the start of the 2012 season and not do anything stupid.

I was very fortunate to be able to spend my holiday in the beautiful Mother City, Cape Town. So my off season consisted of running on the beach and enjoying what the beautiful CT has to offer. But that all stopped when I arrived back to JHB; then it was back on the bike, back in the Gym and time to get focused.

Not many of you know, well I don't think you do, that there is no difference in the way the guys train for racing than the girls. See my training consist of Training with a professional Boxer, Rupert Van Aswegan, who drills me, running and gyming, which to be honest, I find extremely monotonous... We are extreme people who love an adrenalin rush. Personally I don't feel any adrenalin when I have to do leg presses or biceps curls... that's just painful...

When I train I don't get special treatment coz I'm a female - firstly that's not the world I live in. When I do push-ups they're not lady push-ups, they're full-on proper push-ups. I get pushed to my max, oh, and did I mention that I have one rest day a week and on average I train 2 hours a day if not more. So racing, yes it's an amazing sport and I'm Very blessed to be able to be an athlete, but it's also my passion and this is my life!!

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Now this is how entertaining my year has started. With every Discipline of racing you have a regional series and a national series. So normally we would go compete in the regional series as testing for our nationals. As you are all aware, motorsport is a Dangerous sport but so is any extreme sport. I was very careful in my off season not to do anything stupid so I can be fresh for the Start of 2012, mainly because of what happened in 2011 - there is this friendly 8 hour endurance race which I competed in, Crashed, broke my collarbone putting me out for 3 months!!! That's a lot of off season training I missed ... I was Very good this year, trained hard, focused, you know what we have to do. Just my luck my First regional race I crash and Break My ankle!!! Just shows, no matter how careful you can be, if you're meant to break a bone it'll happen!!! So now I'm out for 2 months... But let's hope that it's not too serious and I'll be back for the 2nd National!

That's my story for now...  
Ciao Ciao

*Little Miss 79*



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Let the good times roll.

