

LADY RACER!

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 MCSA Readers,

So now as you are all aware from the last issue I fractured my Left ankle, which put me out for practically 2months. And believe me being injured during season is so frustrating. But this last month has been crazy for me- injury and all..

Now after being told in the emergency room that it's just a little fracture but I must just be careful I wasn't too worried when I walked into my Orthopaedic surgeon's office a week after my crash. I was just expecting the norm. Get a cast and Don't do anything for two months... But no- It was theatre for me!! My surgeon is actually awesome- you don't find many Doctors out there who support pushing recovery time to be back on your feet for your sport, Sadly though I wasn't able

to convince him to let me Race the 1st national... oh well- I had to go for surgery, they put 2 huge screws in my ankle and removed a Ganglion from Wrist which got aggravated from the crash. Now the best part about the time frame of my little crash is, Murphy's Law, these things always happens when you have lots going on.

This is how that specific week went- Arrived in hospital Monday 13th Feb for my op. Now what none of you know is June last year I had to have a kidney op as well where I was in and out of hospital for 3 months, so let's just say I was very much over seeing this Hospital again, I literally got greeted by name and had everyone ask how I crashed. Now it gets even better, while I was waiting in the Pre- Theatre room before they take you to your Drs, my kidney Dr and Anaesthetist walked passed, Realised it was me lying there, laughed at me asked me what happened and then like I always get asked- so When are you going to stop, you're a lady, how many more bones you wanna break, and are you climbing back on the bike, and I mean really, Come on I'm a Racer – If it was my choice, give me a pain killer and let me go race!! I turned to my kidney Doc and said- The only time I will stop racing is if I have to, "this is just a little broken ankle, just a speed bump in the road!!! I've had much worse!"

Ok so that was Monday, Tuesday and it was Valentine's day, here's another funny thing. I always managed to be injured over Valentine's day, this is the 3rd year, I'm starting to wonder why.. Haha. Now I'm still laying in hospital, the physio walks in and now I need to learn how to walk. Remember they operated on my right wrist and left ankle!! Let's just say- Walking took AGES-was extremely entertaining for everyone!! And wow was it painful. But I survived went home put my leg up and watched TV... But that didn't last for long I had to pack because the next day I had to climb on a plane and head to Cape Town for my interview on Espresso Morning Show Thursday Morning...

Oh wow, Wednesday flying to CT, my best friend for the whole trip actually became a wheel chair!! Even at the hotel we were staying at. Thursday morning I had to be at the Studios at 5am, meaning I had to be up at 4am to get ready, remember I'm injured and it was still early days in recovery, my friend Channy had to help me

get ready, trust me this was entertaining, what people don't realise was doing my hair and getting dressed, well I couldn't do myself! Channy- you're a legend my girl! Thanks for your help. We made it just in time for the interview and big ups to Espresso morning Show!! Great Vibe, amazing people and one of the best interviews I had so far. Thank you!

Then that weekend I had my best friend's Wedding-where I had to say a speech, Trust me, limping across the dance floor where everyone is watching me was classic, can't wait to watch the video. I don't know if I was more nervous about saying my speech or tripping over my Seriously big Moonboot. People actually don't know how to react when they see a female literally injured the way I was from racing bikes, especially since to me crashing is nothing, I carry on like I would if I wasn't injured, I'm just limited in what I can actually do.

That was just one week, and it was the first week. Luckily things calmed down a bit after that, and I just had to relax... and guess what- Not do anything... Let's just say you can only watch so many movies for so long. As soon as I felt good I was back in that Gym training- My doctor's not too happy about that but really, I've broken enough bones to know when I can train or not! I actually listened to my Dr this time, (when I fractured my foot, my Dad and I cut the cast off after 5weeks and I took part in the 8hr endurance race with my team.) I could only cCycle and do sit-ups but I needed to do something!!

And then came the 1st National of the Season, wow, it SUCKED for me. I'll admit I enjoyed the experience seeing behind the scenes and being a spectator, but seeing everyone head for turn one when those lights went off made me want to borrow kit, jump on a bike and just race. But its ok, my first race back is Cape Town national which is around the corner!! And I can't wait to just ride, I honestly don't think I'm going to be coming back into the pits!! Think I'll just ride all day, there's some much needed bonding time with Kawa and me!!!!

That's my story for now. Till Next time!
Ciao Ciao

Little Miss #79



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