

# LADY RACER!

Janine made her comeback at Killarny in Cape Town

JANINE MITCHELL

Hello MCSA Readers,  
Finally I can write a bit about Riding.

Now, all I have been doing is literally sitting on my bum and doing nothing. Wow, it got seriously boring that's why I definitely couldn't wait for my Dr to give me the all clear to go and ride. As soon as my Dr said I could go ride, the next day Ricky, myself and my Dad headed off to Midvaal raceway to do a few laps. But there is always a catch I'm only allowed to race if I wear my ankle brace for two rides. So logically this was going to be a little bit difficult because remember I injured my gear lever ankle and my throttle wrist... Hmmm try figuring out how that went. So even though changing gears into a corner sometimes was a bit difficult and trying to be on full throttle using my wrist wasn't easy either I still finished off the day on a good note.. And funny enough riding better than I did before I crashed.

So i had my day of fun, got home packed my bags and headed off for Cape Town, I left a little earlier for CT, because I was still in treatment to get my ankle and wrist hundreds before the National. Now imagine this, my physio treatment that I had been going to was pretty chilled and hadn't had to deal with any pain up until that point. So my first appointment with Shane Jabaar, who is the Cape Cobra's Physio, well I wasn't expecting to have to deal with much... I tell you, I was wrong. What a great Physio, but when he says to you that you may swear at him and go mad, just not allowed to kick or hit him then you know that the next 30min could be one painful experience. Oh wow, I thought breaking my ankle was painful, oh my word, I have never experienced so much torture in my life... But it worked in 5 days he got me from not being able to even walk- to jumping and running... So think about this, 2 hours of painful physio for 5 days from not being able to really walk to being able to run, my pain threshold has now doubled.

Another reason for all this torture is because, here is an extremely funny story- How many motorbike riders in the world are currently racing with screws in thier body of some sorts? Now no disrespect to MSA, they have rules to follow and a job to do. They did not give me clearance to ride. So here's some behind the scenes for you... Get to your away race, get killed by physio have permission from your surgeon to race but your Association won't let you- yeah that week consisted of many fights. Thank you so much to all that helped me! I finally got clearance but I had to

have a medical test first.

Yeah I got to Race again and I finished. Wow was I happy... Extremely tired but happy, I'm so happy we only do 12laps I think I would have literally passed out if we had anymore laps! A lot of hard work lying ahead before PE national!

I was also lucky enough to go and try out some drifting and some go karting in my little CT holiday.

The first thing on my mind was well if I can race I'm sure I can ride a go kart... Even though it wasn't a fully race prepped go kart it still had a little but of something behind the steering wheel. Not sure where I ended up out of the challenge but I'm sure I'll find out soon.

Then later that afternoon we headed off to Killarney raceway to try a bit of drifting. Most of you aren't aware of this but when I matriculated one of my subjects I had was motor mechanics, I'm a little bit of a car fanatic as much as bikes so when I got the opportunity to try drifting in a Nissan 200sx, I was so excited I couldn't even sleep properly the night before! .

Wow so I'm a little bit of a control freak... As I climbed into the car I was told ok, turn steering wheel a little, drop clutch add petrol, leave steering wheel, and play with the gas... HHHMMMM... I was like - I must do what???

As easy as everyone makes this look... Um it's not!! Seems like I like to be control, I would let go of the steering the grab it again... It was obviously not meant to be because my lovely little Nissan decided to break on me, so my dream of actually drifting has been put on hold just a little.

The video will be on my fan page soon... Go to my page and keep a look out for the Video.

Keep it upright..

Ciao Ciao for now

*Little Miss 79*



**Kawasaki**

