



Throttle Therapy Nation™

Riders Education Module Series

Your guided pathway into the TTN full-length rider education book

Beyond the Wheel: SxS Ownership Essentials™

Sneak peek edition — full book launches later this year.

Bentley GOALS Offroad

Module Series Summary

This Education Module Series represents the complete TTN™ Education System — a unified, national-standard rider education program designed for new riders, families, ride leaders, parks, trail systems, brands, builders, and educators.

The chapters are structured across four lanes to guide every type of rider, partner, or industry professional through a clear, safe, and deeply informed progression.

- Lane One builds the foundation for new riders, youth, families, and machine ownership.
- Lane Two empowers ride leaders and crew chiefs with structure, planning, etiquette, and post-ride responsibilities.
- Lane Three equips parks and trail systems with clarity, safety communication, and world-class rider guidance.
- Lane Four unifies brands, builders, educators, and TTN into a single safety and culture

messaging system.

This book is the cornerstone of TTN's mission:
Ride. Heal. Belong.

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A Letter From the Founder

To the Riders, Families, Builders, Educators, Parks, and Every Member of This Nation,

Throttle Therapy Nation™ was never meant to be just another off-road brand. It was born from real riders, real moments, and a real belief that the throttle can change lives. What began as a personal escape — a place to breathe, reset, and reconnect — has grown into a movement that spans machines, terrain, generations, and communities across the country.

You are holding the heart of that movement in your hands.

This book was created to guide new riders, empower families, elevate ride leaders, support parks, unify brands and builders, and protect the future of our sport. Every chapter carries the message we live by: Ride. Heal. Belong.

Because riding isn't just something we do — it's where many of us learn who we are.

It's where we bring our kids and build the next generation of safe, confident riders.

It's where we meet strangers who become trail family.

It's where we find clarity, courage, and connection in a world that often feels chaotic.

The TTN Education System exists because you deserve more than "figure it out as you go." You deserve guidance, safety, mentorship, and a clear pathway to growth — no matter your experience level.

To every park working to become the Gold Standard, every builder putting safety first, every brand choosing clarity over hype, every educator stepping up, every parent teaching their child, and every rider trying to do it the right way: thank you.

You are the reason TTN exists.

This movement belongs to all of us. Together, we are building something that will outlive trends, machines, and even generations — a riding culture rooted in respect, unity, and responsibility.

Welcome to Throttle Therapy Nation™.

Welcome to the next chapter of your journey.

With purpose and gratitude,

Mercedes N. Bentley
Founder & CEO
Throttle Therapy Nation™

Coming Soon: Beyond the Wheel™

For riders who want the full deep-dive experience, an even more powerful resource is on the horizon.

The TTN™ Education System you've just read is only the beginning. Soon, we will release the complete, immersive guide:

Beyond the Wheel: SxS Ownership Essentials™

This book expands every principle you've learned here with:

- Step-by-step ownership mastery
- Detailed maintenance walkthroughs
- Real-world troubleshooting scenarios
- Upgrade sequencing and machine setup logic
- Safety systems, family guidance, and terrain adaptation
- A true rider-to-rider mentorship experience in written form

If the throttle is where you find clarity —

If the trail is where you feel alive —

If the machine is part of your identity —

Then *Beyond the Wheel* will become your go-to companion.

Stay tuned. The next evolution of TTN™ rider education is on the way.

How to Use This Education Module Series

This Education Module Series is designed to guide riders, families, parks, builders, and industry partners through the foundational principles of safe, confident, and responsible off-road riding. Each

chapter represents a portion of the full-length book *Beyond the Wheel: SxS Ownership Essentials™*, and is structured to provide immediately usable knowledge while previewing the deeper content coming in the full release.

Here's how to get the most from this series:

1. **Read in Order**

Each chapter builds on the previous one. Begin at Chapter 1 and move forward for a smooth, structured progression from beginner basics to advanced park, builder, and industry-level systems.

2. **Use as a Training Tool**

These modules are designed for:

- New rider introductions
- Family education sessions
- Ride leader preparation
- Park staff training
- Builder and shop onboarding
- Brand partnerships and safety communication

3. **Apply the Concepts on Every Ride**

The goal is not just reading — it's transformation.

Practice the checklists, pre-ride steps, etiquette rules, and communication standards on your next ride.

4. **Share With Your Group or Community**

Riding is safer and more enjoyable when everyone operates with the same expectations. Use these modules as conversation starters for your crew, park visitors, or customer base.

5. **Prepare for the Full Book Release**

This series contains approximately 20–30% of the depth you will receive in the complete *Beyond the Wheel* book.

The full edition will include:

- Advanced diagnostics
- Terrain-specific strategies
- Machine setup logic
- Deep-dive rider development
- Expanded leadership training
- Family riding mastery
- Youth progression systems

6. **Return to Modules Frequently**

As your skills grow, the meaning of each chapter grows with you. What feels basic today will reveal deeper nuance after 10, 20, or 100 rides.

7. **Integrate With TTN™ Systems**

Use this module series alongside:

- TTN Rider Education Center
- TTN Park & Trail Clarity Foundation
- Axle & Arc Fab safety + installation guides
- TTN brand partnership resources

These modules are one piece of a nationwide shift toward safer, smarter, unified riding.

This is your roadmap.

Your head start.

Your first step into a much larger world of off-road mastery.

Welcome to the TTN Education Module Series.

Who This Series Is For

The TTN Education Module Series is designed for every type of rider and partner in the off-road community.

Whether you are brand new, deeply experienced, or a professional within the industry, these modules provide the clarity, structure, and guidance needed to elevate your safety, confidence, and leadership.

This series is especially valuable for:

- New Riders — learning foundations and expectations
- Families — ensuring children ride safely with proper preparation
- Ride Leaders & Crew Chiefs — structuring pre-ride, on-trail, and post-ride responsibilities
- Parks & Trail Systems — improving clarity, signage, ratings, and guest education
- Builders & Shops — unifying customer messaging and safety communication
- Brands — aligning safety sheets, product guidance, and industry stewardship

- Educators — teaching with a consistent national standard

If you touch a throttle — or teach someone who does — this series is built for you.

About Throttle Therapy Nation™

Throttle Therapy Nation™ is a nationwide movement dedicated to building safer, smarter, more unified riders across every terrain and every throttle-powered platform. TTN was founded on the belief that riding is more than a hobby — it is healing, connection, adrenaline, clarity, and community.

Our mission is simple:
Ride. Heal. Belong.

TTN exists to:

- Empower riders through education
- Protect families and young riders
- Support parks in becoming the Gold Standard
- Elevate builders and brands with unified messaging
- Create clarity through mapping, training, and communication
- Build a national culture of safety and respect

We are riders. We are educators. We are innovators.
And this module series is one of the foundational pillars of the TTN movement.

Lane One: New Riders & Families

A TTN™ Education Module

A dedicated educational lane within the TTN Module Series.

Lane Two: Ride Leaders & Crew Chiefs

A TTN™ Education Module

A dedicated educational lane within the TTN Module Series.

Lane Three: Parks & Trail Systems

A TTN™ Education Module

A dedicated educational lane within the TTN Module Series.

Lane Four: Brands, Builders & Educators

A TTN™ Education Module

A dedicated educational lane within the TTN Module Series.

Chapter 1 – New Rider Basics



Lane Two: Ride Leaders & Crew Chiefs

CHAPTER 4 — PRE-RIDE PLANNING

**Pre-ride planning is the first step
in becoming a responsible,
capable ride leader or crew chief.**

**Great rides do not happen by
accident — they happen because
someone prepared. Planning
prevents confusion, protects
riders, reduces risk, and builds
confidence for everyone
involved.**

1. Why Pre-Ride Planning Matters

A ride leader's primary

**responsibility is not speed,
excitement, or adventure — it is
safety, clarity, and structure.
Many incidents on the trail occur
before the first throttle input
because the group lacked shared
expectations.**

Pre-ride planning ensures:

- **Everyone knows the route**
- **Everyone understands the skill level required**
- **Everyone has the right gear**
 - **Machines are prepared**
- **Communication is established**
- **Emergency plans are known**

Good planning reduces chaos.

2. Building the Right Group

The safest group is one that is built intentionally.

Consider:

- Skill level of each rider
- Machine type (SxS, ATV, dirt bike, etc.)
- Mechanical reliability
- Experience in the environment
- Presence of kids or youth riders
- Personalities and risk tolerance

A mixed group requires additional structure.

3. Determining Route & Terrain

Ride leaders select routes based
on:

- Weather
- Group skill
- Machine capability
- Trail difficulty
- Terrain condition
- Distance
- Daylight

Never choose a route based on
ego, pressure, or popularity.

4. Pre-Ride Briefing

Every ride should begin with a

quick briefing:

- Introduce all riders
 - Share route plan
- Discuss expected terrain
 - Explain hand signals
 - Identify sweep rider
 - Review radio channels
- Confirm kids, passengers, and safety needs
- Review break frequency

This establishes order.

5. Understanding Environmental Risks

Terrain and weather are dynamic.

Potential hazards include:

- **Recent rain → slick rocks, deep mud**
 - Heat → overheating risks
- **Cold → traction issues, battery stress**
- **Snow/ice → deceptive surfaces**
 - Leaves → hidden ruts
 - Wind → falling debris

Ride leaders anticipate these risks.

6. Machine Readiness Across the Group

A ride leader must confirm:

- Tire pressure
- Harnesses and helmets
 - Fluid levels
- Steering integrity
 - Brake function
- Cargo is secured
- Radios are functioning

You cannot assume riders prepared correctly.

7. Communication Systems
Radios eliminate 80% of group riding problems. They allow:

- Clear warnings
- Trail condition updates
- Skill checks

- Emergency coordination
 - Pace control

Set a primary and backup channel before departure.

8. Group Formation & Spacing

Riders should be arranged by:

- Experience → near the front
- Less confident riders → behind leader
- Sweep → most experienced or strong problem-solver

Proper spacing prevents dust, collisions, and stress.

9. Emergency Preparedness

A leader must plan for worst-case scenarios:

- First-aid kit
- Tow strap
- Tools
- Spare belt
- Air compressor
- GPS coordinates
- Emergency contacts
- Exit routes

Prepared leaders save lives.

10. Weather Contingency Planning

Always have:

- A shortened loop option
- An escape route for storms
 - A regroup location
 - A turnaround point

Ride leaders adjust quickly and confidently.

11. Teaching the Group “Pace Discipline”

The group rides:

- To the slowest rider
 - Not to the fastest
- Not to the most aggressive
 - Not to the terrain

Pace discipline protects

**inexperienced riders from
pressure and panic.**

12. Pre-Ride Mindset Calibration

Clear the group's mindset:

- **No competition**
- **No pressure**
- **No unsafe passing**
- **No unannounced line changes**
- **No assuming skill level**

A unified mindset prevents ego-driven mistakes.

13. Child & Passenger Considerations

If kids ride:

- Choose only Green trails
- Increase break frequency
- Reduce speed thresholds
 - Confirm harness fit
- Monitor emotions and fatigue

Child comfort matters more than adult expectations.

14. Night Ride Planning

Night riding requires:

- Extra lighting
- Slower pace
- Higher awareness
- Group repositioning
- Reflective markers
- Clear visibility checks

Never assume trails look the same in the dark.

15. Setting Clear Trail Rules

Rules might include:

- No passing without verbal confirmation
- Stop at all intersections
 - Announce obstacles
- Maintain radio communication
 - Keep group cohesion

Leaders set expectations, not suggestions.

16. Understanding Terrain

Progression

A good ride leader increases difficulty gradually:

- **Simple → moderate → complex**
 - **Avoid immediate advanced obstacles**
 - **Allow riders to warm up mentally and physically**

Progression increases confidence.

17. Preventing Group Fragmentation

Groups break apart when:

- **Pace is inconsistent**
- **No sweep rider is assigned**

- Communication breaks down
 - Faster riders push ahead

Keep cohesion or stop and regroup frequently.

18. The Art of Adjusting the Plan

Great leaders adapt:

- If terrain is worse than expected
- If a rider struggles
 - If weather shifts
 - If a machine fails
- If kids become uncomfortable

Flexibility is leadership.

19. Trail Etiquette Pre-Teaching

Before the ride:

- Review yield rules
- Explain hand signals
- Reinforce safety priorities
 - Set passing expectations
 - Encourage communication

**Teaching before mistakes occur
saves riders from learning the
hard way.**

20. Final Pre-Ride Checklist

Before rolling out:

- Radios synced
- Helmets secured
- Harnesses tight

- Machine checks complete
 - Tools packed
 - Route agreed
- Emergency plan confirmed
 - Group spacing set

**Confidence comes from
structure.**

21. The Ride Leader's Role

During the Ride

Leaders monitor:

- Pace
- Rider stress levels
- Changing terrain
- Mechanical issues
- Weather

- Group cohesion

Leadership does not end once the ride starts — it intensifies.

22. The Path Forward

Pre-ride planning sets the tone. A well-planned ride:

- Reduces accidents
 - Builds trust
- Enhances group cohesion
 - Boosts confidence
 - Creates repeat riders
 - Establishes leadership credibility

This chapter transitions into

Trail Etiquette—where leadership becomes communication and culture.

Chapter 5 – Trail Etiquette 101



CHAPTER 5 — TRAIL ETIQUETTE 101

**Trail etiquette is the invisible
framework that keeps riders
safe, prevents conflict, and
preserves the riding community.**

**It is the unspoken agreement
between every rider, every
group, every machine, and every
trail system. Whether you're new
or experienced, etiquette is what
transforms chaos into
cooperation.**

1. Why Trail Etiquette Matters
Riding is not done in isolation.
Trails are shared environments.
When etiquette is ignored:

- **Collisions occur**
- **Groups clash**
- **Riders feel unsafe**
- **Stress increases**
- **Kids and families feel pushed**

- Land access becomes threatened

Etiquette is not optional—it is culture.

2. The Core Principles of Trail Etiquette

Every rider must embrace:

- Awareness
- Respect
- Responsibility
- Communication
- Predictability

If you practice these five

principles, you become a safe rider by default.

3. Right-of-Way Rules

The most important rule:

- Uphill traffic has the right of way.**

Why? Because uphill machines have reduced traction, reduced visibility, and less ability to restart safely. Yielding downhill protects everyone.

Additional rules:

- Smaller groups yield to larger groups.**

- Motorized riders yield to non-motorized users.
- Always yield to children and youth riders.

4. The “Rider Count” Call-Out

When passing oncoming traffic:

- Hold up the number of riders behind you.
- The last rider holds up a closed fist (zero).

This reduces surprise encounters and keeps groups coordinated.

5. Communication Signals

Hand signals:

- Stop (hand up)
- Slow down (palm down)
- Turn (point direction)
- Hazard (tap helmet or point)

Voice/radio communication:

- Call out turns
- Call out obstacles
- Call out water/mud
- Call out pace changes

Clarity prevents confusion.

6. Passing Etiquette

Passing must be:

- Predictable
- Slow

- Clean
- Verbal

Say:

“Passing on your left when safe.”

Never:

- Blow past a stopped rider
 - Pass aggressively
 - Pass on blind corners

Safety > ego.

7. Group Spacing & Pace
Spacing prevents collisions and
protects visibility.

Maintain:

- 2–5 machine lengths on dust-free trails
- 5–10 machine lengths in dust
 - Extra space for beginners or kids

Ride to the slowest rider—not the fastest.

8. Respecting Kids & Families on Trail

Children require the highest level of caution.

When encountering families:

- Reduce speed

- Increase space
- Give wide passing clearance
 - Avoid engine revving
 - Model calm behavior

Kids learn by watching adults ride.

9. Trail Preservation Etiquette

Protect the land by:

- Staying on marked trails
- Avoiding widening trails
- Not cutting switchbacks
 - Respecting closures
- Not spinning tires excessively

Bad habits destroy trails for

everyone.

10. Noise & Speed Courtesy

Riding is fun—but noise affects:

- **Wildlife**
- **Campers**
- **Other trail users**

Slow down near:

- **Campgrounds**
- **Trailheads**
- **Family areas**
- **Blind corners**

Courtesy builds community trust.

11. Managing Mud & Water

Crossings

Etiquette requires:

- Avoiding rooster-tails
- Not splashing other riders
- Waiting for full clearance before entering
- Testing depth cautiously

Respect the environment and the group.

12. Helping Other Riders

If you see:

- A stuck rider
- A broken machine
- A lost rider
- A family in distress

- A crash

You stop.
This is the law of the trail.

Helping others is part of the culture.

13. Line Choice & Obstacle Behavior

When approaching obstacles:

- Do not stop directly in the line
 - Pull to the side before inspecting
 - Allow riders to choose their own line
 - Spot when needed

- Avoid pressure or shaming

Patience prevents rollovers.

14. When You Become the Obstacle

If you stall, struggle, or slow significantly:

- Move aside when safe
- Signal riders behind you
 - Allow passes

It is not embarrassing—it is responsible.

15. Etiquette for Large Groups

Large groups require structure:

- Appoint a leader
- Appoint a sweep
- Divide into smaller groups if needed
 - Stop at intersections
 - Maintain communication

Large groups amplify risk and confusion without etiquette.

16. Night Riding Etiquette

At night:

- Reduce speed
- Avoid blinding riders with light bars
 - Increase spacing
- Use clear radio communication

- Stop more frequently

Night riding is only safe with discipline.

17. Encountering Wildlife

Etiquette demands:

- Slowing down
- Giving animals space
- Not chasing or approaching
- Waiting for safe clearance

Respect for wildlife is non-negotiable.

18. Trail Etiquette for Rental Riders

**Rental riders often lack
experience.**

Treat them with:

- Patience
- Encouragement
- Guidance
- Extra distance

**They are guests learning our
culture.**

19. Conflict Prevention
Etiquette diffuses tension.

Use:

- Calm tone

- Kindness
- Awareness
- Clear communication

A single respectful rider can prevent an escalation.

20. When Other Riders Behave Poorly

You cannot control others, but you can control your response.

Steps:

- Slow down
- Give space
- Do not escalate
- Protect your group

- Report dangerous behavior to park staff if needed

Safety over confrontation.

21. The Path Forward
Trail etiquette is the soul of group riding. When every rider follows these principles:

- Trails become safer
- Groups become cohesive
- Families feel welcome
- Kids learn correctly
- Accidents decrease
- Respect increases

Etiquette builds the culture we

all want to ride in.

Chapter 6 – After-Action Checks



CHAPTER 6 — AFTER-ACTION CHECKS

The ride may be over, but your responsibilities as a rider and machine owner are not.

After-Action Checks are the final pillar of safe, responsible riding.

They prevent breakdowns, identify hidden damage, protect

long-term machine health, and ensure you are ready for the next adventure long before it begins.

Most catastrophic failures don't appear suddenly—they start as small, unnoticed issues right after a ride. This chapter teaches you how to find them early.

1. Why After-Action Checks Matter

Riders often focus heavily on pre-ride prep, but neglect what happens after the trail. This is where:

- Cracks begin**

- Bolts loosen
- Leaks appear
- Bushings wear
 - Belts glaze
- Bearings degrade
- Mud and debris hide structural stress

**Every ride leaves clues.
After-Action Checks help you
read them.**

2. The TTN™ Standard Shutdown Process

Before inspection:

- Park on level ground
- Turn off accessories

- Shut down engine
- Set parking brake
- Remove helmets/harnesses
- Allow machine to cool 5–10 minutes

A calm machine is easier to evaluate.

3. Quick Walk-Around Assessment

Perform an immediate visual scan:

- Any fluids under the machine?
- Any odd smells (belt, coolant, fuel)?
- Any new dents or scrapes?

- Any bent components?
 - Any dangling wires?
 - Any missing hardware?

Trust your instincts—the eye catches irregularities fast.

4. Tire & Wheel Post-Ride Check

After riding:

- Look for punctures
- Remove rocks embedded in tread
 - Check sidewall cuts
 - Inspect bead seating
- Confirm lug nuts are still tight
- Spin wheels to feel for wobble

**Tires take extreme abuse.
Post-ride checks prevent
surprises.**

5. Suspension & Steering Integrity

**The suspension suffers more
impacts than any other system.**

Inspect:

- Upper and lower control arms
 - Tie rods
 - Ball joints
 - Radius rods
 - Trailing arms
- Shock shafts and reservoirs
- Bushings for slop or cracking

Any new play indicates early failure.

6. Belt, Clutch & Drivetrain Review

If accessible:

- Smell for burning belt odor
 - Look for rubber dust accumulation**
 - Check drivetrain housings****
- Listen for clunks when machine rolls**

If you heard unusual noises while riding, investigate now.

7. Brake System Check

After rough terrain:

- Inspect brake pads
- Look for rotor scoring
- Pump brake pedal for firmness
- Check for mud or rock buildup
- Look for leaking brake fluid

Weak brakes become dangerous fast.

8. Fluid Level & Leak Detection

Heat causes expansion; cold causes contraction. After cooling:

- Check engine oil
- Inspect coolant level
- Inspect for radiator cracks

- Check transmission and differential housings
- Look for drips forming slowly

Even small leaks become major failures if ignored.

9. Skid Plate & Undercarriage Inspection

Mud hides everything—clean first.

Then:

- Inspect for gouges
- Look for cracked welds
- Confirm skid plate bolts are present

- Inspect driveshaft boots
- Check exhaust mounts

**Bottom impacts are often silent,
but damaging.**

10. Cleaning as a Safety Procedure

**Cleaning is not cosmetic—it's
diagnostic.**

During washdown:

- Identify loose bolts
 - Reveal cracks
- Remove debris from brakes
- Prevent overheating from mud buildup

- Protect bearing life

A clean machine is a diagnosable machine.

11. Post-Ride Bolt Check

Vibration loosens hardware.

After rough terrain:

- Check suspension bolts
- Check steering bolts
 - Check cage bolts
- Check seat and harness mounts
 - Check wheel studs
 - Check accessory mounts

Use a torque wrench where applicable.

12. Electronics & Wiring

Inspection

Electrical issues multiply after mud, water, or vibration.

- Inspect:**
- **Light bars**
 - **Rock lights**
 - **Whip lights**
 - **Radio and intercom wires**
 - **Battery terminals**
 - **Accessory relay boxes**

Loose connections can create dangerous failures.

13. Interior & Passenger Area

Reset

Post-ride:

- Remove trash and debris
- Inspect harnesses and seats
 - Clean seat sliders
- Check for moisture under mats
 - Inspect grab handles

A clean interior protects future passengers—especially kids.

14. Trailer & Transport

Readiness

After-Action Checks extend beyond the machine.

Before towing home:

- **Check straps and tie-downs**
 - Inspect trailer tires
 - Test trailer lights
- Confirm ramps are secure
- Ensure hitch is locked in place

**Safety doesn't end at the
trailhead.**

15. Documenting Issues

If you notice:

- Strange noises
- Loose hardware
 - Damage
 - Wear patterns
- Performance changes

Log it in a maintenance notebook or app. Patterns reveal problems early.

16. When to Take a Machine Out of Service

A machine should NOT be ridden if:

- Steering feels loose**
- Brakes feel weak**
- Suspension components have play**
 - Belt smell is strong**
 - A fluid leak is visible**
 - A wheel wobbles**
- Critical bolts are missing**

Never risk “one more ride.”

17. Post-Ride Physical & Emotional Check

Riders need after-action care too.

Assess:

- Fatigue level
 - Hydration
 - Soreness
- Mental clarity

Fatigue causes more mistakes than inexperience.

18. Debriefing the Group

**After a group ride, leaders
should:**

- Confirm everyone returns safely
 - Review any incidents
- Address mechanical failures
 - Share “lessons learned”
 - Praise improvement

**Debriefs build safe rider
communities.**

19. Preparing for the Next Ride
**Before parking the machine long-
term:**

- Top off fluids
- Grease suspension

- Charge battery
- Loosen belts if storing for long periods
- Schedule repairs
- Order replacement parts

Preparation prevents pre-ride panic.

20. The Path Forward
After-Action Checks complete the safety cycle. When you:

- Prepare before the ride
 - Lead during the ride
 - Inspect after the ride

...you create a complete loop of

rider responsibility.

After-Action Checks protect:

- You
- Your passengers
- Your machine
- Your investment
- Your future rides

**This chapter concludes Lane Two
and leads directly into the Park &
Trail Systems chapters.**

Chapter 7 – Trail Clarity & Ratings

