



Gold Wing Road Riders Association
Region A, GA District
Chapter C2
Friends for Fun, Safety & Knowledge



The Eagle News



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July 2011

From the C.D.

WELL IT IS ABOUT TIME TO GET ANOTHER NEWSLETTER OUT. WE MISSED THE JUNE GATHERING AND HOPE THAT EVERYTHING WENT WELL. WE WOULD LIKE TO THANK BEAR FOR HOSTING THE MEETING AND ALL THOSE WHO ATTENDED. WE HAD A FAST TRIP TO NY AND SPENT SOME TIME WITH MY BROTHERS AND SISTERS. IT WAS A VERY NICE SERVICE FOR MY MOTHER EVEN THOUGH IT RAINED ON THE GRAVESIDE SERVICE.

WE HAD A NICE DINER RIDE TO STEEPLCHASE IN JUNE AND WOULD LIKE TO THANK MURL FOR SETTING UP THIS FOR US. WE WILL BE PLANNING ANOTHER DINNER RIDE SOON. IF YOU HAVE ANY IDEAS FOR A DINER RIDE, LET JOANN OR MYSELF KNOW ABOUT IT.

SOME OF US ARE GOING TO ATTEND WING DING IN KNOXVILLE. WE WILL BE STAYING IN PIGEON FORGE, TN AND RIDE TO KNOXVILLE FROM THERE. WE WILL BE LEAVING ON THE MORNING OF JULY 7TH. IF YOU WANT TO RIDE WITH US IT IS NOT TO LATE TO MAKE THE TRIP TO KNOXVILLE.

WE HOPE THAT JOYCE SHEDD IS RECOVERING WELL FROM HER RECENT KNEE SURGERY AND HOPE THIS WORKS OUT BETTER THAN LAST TIME. THAT'S ABOUT ALL FOR NOW AND WILL SEE EVERYONE AT THE JULY GATHERING AND HEAR FROM LARRY ABOUT HIS TRIP OUT WEST.

UNTIL NEXT TIME.

John & Joann



Rider Education

Hello Wingers,

TOPIC: Warm Weather Worries

Motorcycle riding is an activity that takes all of us outdoors. For many of us, the riding season is comprised of summer with some spring and some fall periods. For others, the best riding times are during the spring and fall seasons due to excessive heat in the summer months. For all of us, we are likely to be riding in hot weather at least some part of the year. Since too much heat can cause severe medical emergencies, it is important to know how to avoid becoming a victim of the heat. So how do we avoid heat stress, or more severe conditions like hyperthermia, to remain safe? Let's review some warm weather riding tips.

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours (if you are lucky enough to avoid the rain). If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is a common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants for extra protection. Gloves are the other area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. Another good choice would be mesh gloves which, like the jackets made of similar material, provide great ventilation coupled with superior abrasion resistance. They are worth considering. Consider carrying a water absorbing collar that you can soak in water and wear around your neck to help keep you cool. Or be prepared to soak and wear your shirt or t-shirt at a rest stop in the hottest weather

Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lose through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding, some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation. Carry a bottle of water to drink from whenever you need it. Be sure to refill it at rest stops.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your internal temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other early warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of these symptoms in yourself or those riding with you, find the nearest place to sit down, drink lots of water, and relax in the shade or an air conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day. And definitely get out the water absorbing collar or soak your shirt at this time. It will help bring your body temperature back down.

With the right gear and travel plans that include frequent breaks with plenty of water, you can enjoy riding safely even in the hottest weather.

Bruce & Melissa Thayer

Remember, **You** are the most important safety item on your bike.

Ride to be seen with bright lights on in daylight hours. Remember, **YOU** are the most important safety item on your bike.



Breakfast Rides



**7/2/11 Peggy Lynn's
Restaurant
Savannah**

**7/9/11 Sunrise Restaurant
Savannah**

**7/16/11 Omelette House
Pooler**

**7/23/11 Sunny Side Up
Garden City**

**7/30/11 Angies Diner
Midway GA**

**Breakfast times will
be 8:30 AM**



Door Prize Rotation 2011

Shedd - January 2011

Cook—February 2011 * Thomas-March 2011

* Billy Jones—April 2011* Bryant—May 2011

Lewis—June 2011 * Seward—July 2011

Gwynn—August 2011 * Bear—September 2011

Stearns—October 2011* Taylor—November 2011

Moore—December 2011

Davis- January 2012 * Cappuchi - February 2012



Couple of the Year 2011



Alan & Jane Moore

BIRTHDAYS

Roger Martin July 11

Larry Thomas July 12

Ruth Gwynn 24 July

ANNIVERSARYS

Paul & Penny Hammock 11 July

Leon & Nancy Stearns 15 July

**Monthly Meeting: * Held the third Saturday
of each month, at Western Sizzlin Restau-
rant on Hwy 84E, in Hinesville, GA. Eat at
5Pm - Meet at 6PM. www.gwrra-ga-c2.org**

**Next Meeting
July 16th, 2011
Western Sizzlin
Hinesville, GA**

<p>July 6 - 9, 2011</p>	<p>Wing Ding 33</p> <p>When: July 6 - 9, 2011</p> <p>Where: Knoxville, TN</p>
<p>August 20, 2011</p>	<p>GA D Poker Run 2011 Jackson, GA</p>
<p>September 10, 2011</p>	<p>GA Q Burger Burn</p> <p>When: September 10, 2011 @ 11:00AM</p> <p>Where: Warner Robbins, GA</p> <p>Click here to download a Flyer.</p>
<p>September 15-17, 2011</p> <p>September 24, 2011</p>	<p>2011 Region A Convention Eufaula, AL</p> <p>Chapter H Rider Education Fun Day Albany, GA</p>
<p>October 1, 2011</p> <p>October 22, 2011</p>	<p>Chapter E2 October FUN Fest Pooler/Savannah, GA</p> <p>Chapter O- Fun Day more details to come. Tifton, GA</p>
<p>October 29, 2011</p>	<p>GA L Fun Day</p> <p>When: October 29, 2011 @ 10:00AM-2:00PM</p> <p>Where: Dykes Creek Baptist Church 46 Dykes Creek Church Road, Rome, GA</p> <p>Click here to download a Flyer.</p>

For Sale

Motorcycle Jack stand for the GoldWings for Sale, only used one time to test it.
For Sale \$75.00, comes with a handle also.

Pearl Orange L/R saddle bags, L/R rear crash bars, center stand and kick stand, rear fender with license plate bracket, Back wheel and tire (Dunlap Elite3 tire) very good condition almost new , Rear brake rotor, rear drive assemble 49,400 mile on rear drive assemble. Rear brake.

Will make a good deal on parts.

Jack Lewis
650 Mahoney Rd