

Goldwing Road Riders Association

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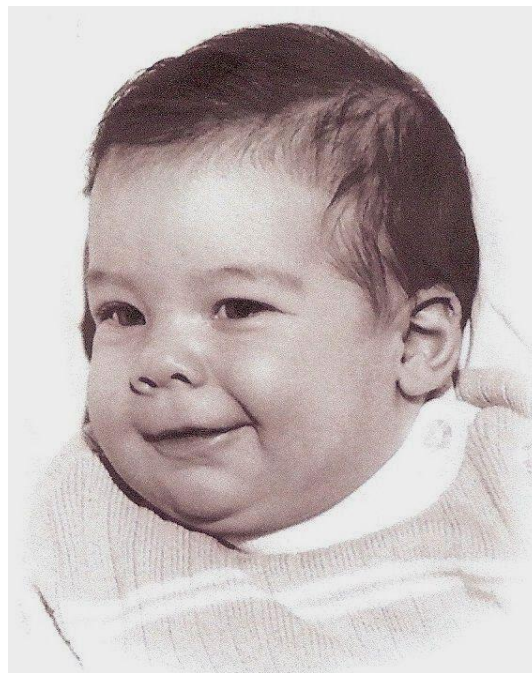
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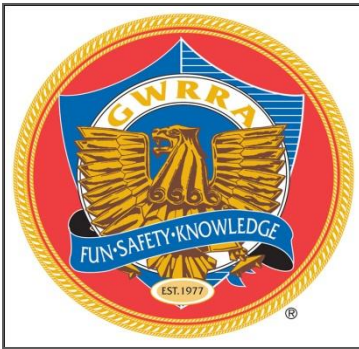
Newsletter July / Aug '11



Can you guess who this is?



Friends for Fun, Safety & Knowledge



From the Directors Chair



On June 26th our chapter hosted NH-A for a joint ride/picnic to the Quabbin Reservoir. A great turn-out from NH-A meeting us at our Littleton starting location then heading west on some great MA back roads. Like any large group ride we had a few issues as we got underway but before we arrived at the Quabbin Tower for our picnic, all was well. A great day with some great friends from NH-A, maybe we'll get to sample some of their secret back roads next year. We want to thank Glenn and Laura NH-A's Chapter Directors and everyone from NH-A for their help and support pulling this ride together.

As most of you know Georgia and I traveled down to Knoxville, TN to attend the 2011 GWRRA Wing Ding event. This was our first Wing Ding so we had no expectations of what the event was all about. I'm happy to say we thoroughly enjoyed ourselves and look forward to attending another Wing Ding.....well maybe another Wing Ding somewhere cooler ☺ The heat and humidity was 'on' for the week with above normal temperatures with little or no rain (good for riding). Some of the highlights of our week included buying a few odds and ends we needed including a drink holder which, given the heat, was well used; seeing the new products designed and developed for the Gold Wing; seeing the new 2012 Gold Wing in person all in the air condition comfort of the Knoxville Convention Center; getting 'volunteered' to judge the Light Show Parade; having breakfast on a river boat as we cruised down the river watching the sun rise; riding down to Deal's Gap and riding the Dragon. Ok, so before you all start rolling your eyes imagining Georgia and I were tearing up the Dragon, scrapping the bottom side off our pegs I gotta tell ya, it didn't happen. No not because Georgia was smacking the side of my helmet telling me to slow down but because a certain white Ford pick-up apparently returning home from a shopping spree at a local flea market was holding everybody up as he maintained the minimum speed limit so his newly purchased used lawn chairs wouldn't fall out the back of his truck. Regardless, we had fun riding the twisties of the Dragon and saying 'we did it'. Fun is what you make of it.

Coming home we took the Blue Ridge Parkway starting in Asheville, NC riding it all the way to Skyline Drive and Front Royal, VA. Wow, what a beautiful road and some wonderful scenery.

Another highlight of our trip was seeing friends we hadn't seen for some time. While riding with friends is a lot of what GWRRA membership is all about, the social aspect (the non-riding activities) also plays a significant role in why we joined the GWRRA. The bond we form with other GW members over the years is strong. Even if we don't see each other but once or twice a year it's as if that time gap never existed.

That said, our annual fund raiser is coming up in early September. I would encourage all of you to attend this year's event not only to join in the fun but also to rekindle old friendships you've had with GW members from other chapters throughout New England. Some of these members no longer have chapters to ride with, as a result the twice a year interaction we had with these folks at their fund raisers then at ours every year is no longer. This could be your only opportunity to see them this year to remember the old times and make plans to get together, I'm sure they'd love to see you again.

On July 28, 29 & 30th several of us traveled to Lewiston, ME to attend the 2011 New England Districts Rally. What a great time with great friends, lots of laughs (some at my expense ☺ as you would expect but mostly at Frank's), some nice rides, and great NE clam bake where they actually steamed the lobsta, clams and corn on the cob on a fresh bed of seaweed in a fire pit. Georgia and I 'volunteered' aka 'got drafted' to scoop out the ice cream at Thursday evening's Ice Cream Social. I think we had ice cream from our finger tips to our elbows when we were done, Georgia tells me she still has some in her hair. The Friday evening's entertainment was a hoot with an evening with the

Hollywood stars (see our Shutter Fly web site for some great photos of the evening's red carpet guest). Allen and Mary walked around Saturday evening before dinner selling 50/50 tickets. I think we should 'draft' them to sell the raffle tickets during our chapter gatherings since they did such a great job of selling winning tickets. Speaking of winning tickets, several of our members were winners during Saturday evening's raffles including Mary and Allen, Joe Costa, Bad Billy & MaryBeth. Maine won for the most members from any of the states in attendance and our own MA -A won for having the most chapter members in attendance from any chapter. *Way to go MA-A!!!!!!!*

Our 10th, 20th & 30th of the month Ice Cream rides are well underway this year. The starting location is the same as all rides - Reading, MA Dunkin Donuts/REI parking lot at the intersection of Rt 129 & Rt 128. The rides start at 7:00pm weather permitting, a lead is chosen from those in attendance and off you go for a nice ride and some ice cream. You can also see our web site for further details. <http://www.gwrrama-a.org/>

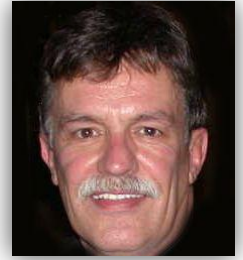
A couple of reminders:

- Sunday August 7th, MA-F Poker Run & Fund Raiser for those who wish to ride down together we'll meet at our usual starting location in Reading at 8:00am.
- The Paul Green Memorial ride on Sunday August 14th will be rescheduled for a date in October.
- The Ride for Kids Sunday August 21st
- Mystery Ride lead by Ed & Rhonda on Sunday August 28th

So until next month, I hope we'll see you at one of our many chapter rides, gatherings and events. There's lot's going on, there's a lot to enjoy with friends so get out there and ride - safely. *Kevin*

MA-A's official chapter web site: <http://www.gwrrama-a.org/>

Why is Hydration so Important to Motorcycle Riding?



Most people don't think hydration is important when riding their motorcycles because it's just like driving a car, right? Wrong! Factors such as: direct exposure to the sun, higher temperatures, and high humidity can all contribute to dehydration while riding motorcycles.

Proper hydration is essential while riding your motorcycle because dehydration can cause fatigue, dizziness and confusion, which could easily cause you to crash. Other symptoms of dehydration could include mental fogginess, slower reaction time, bad decision-making, shallow breathing, and low blood pressure. If it is hot outside, and you are not sweating, this is a pretty sure sign that you are dehydrated and you could be nearing heat stroke.

Dehydration has a cumulative effect – your body doesn't magically hydrate itself without you drinking the proper amounts of water. Just like a radiator; it does not refill its own coolant. So for example, if you are 5 percent dehydrated on Friday, and don't drink enough water to become fully hydrated again, then on Saturday you don't drink enough water once again, you will be at least 5 percent dehydrated from Friday, plus whatever you lose on Saturday. This compounding rule is your worst enemy when you aren't hydrating properly!

To remain hydrated while you're out on long motorcycle rides, there are a few simple rules to follow. First things first: start drinking water before you even go out to ride. In fact, don't even put on your [motorcycle boots](#) or jacket until you've had at least one glass of water. We've all heard the old rule: 8 glasses of water a day. However, you actually may need to drink more or less water than that, depending on your body size. A better rule to remember is to take your weight in pounds and divide it by 2 for the number of ounces of water you should be drinking every day. So for instance, if you weigh 160 pounds, you should be drinking 80 ounces of water per day. This is always important, but it is absolutely crucial to abide by this rule while riding in the heat.

Caffeinated drinks like coffee, soda or energy drinks will actually dehydrate you even more because the caffeine acts as a diuretic. "Diuretic" is a term to define a class of substances which push the water out of your system, and dry you out. If you absolutely can't function without some caffeine in your system, a good rule to follow is to make sure to drink an extra ounce of water for every ounce of caffeinated drink you consume.

A great way to make sure you are consistently hydrating throughout the day while you are riding your motorcycle is by wearing a hydration pack or hydration system. These strap on your back just like a backpack, and contain a water reservoir with a straw leading out of it so you can easily drink from it hands free while riding. Most hydration packs will hold at least 70 ounces of water (some hold up to 100 ounces), and many have extra pockets and compartments to hold items like your wallet, cell phone, tools, maps, etc. Another option is to carry bottled water with you in your gear bags or saddlebags, but with this method you have to pull over and stop every time you want to take a drink.

Regardless of whether you choose a hydration pack or bottled water, be sure to schedule regular breaks and stops in extreme heat to cool off inside gas stations, restaurants or rest stops. You may be tempted to wear as little clothing as possible when it's hot, but (contrary to popular belief) bare skin absorbs more heat from the sun, which raises your core temperature. So, always wear a lightweight [motorcycle jacket](#) and pants. They will prevent the sun from drying out your skin and raising your temperature, not to mention protects your skin from road rash in the event of a fall. Wearing a [motorcycle helmet](#) not only protects your head, but also studies show that motorcycle helmets diminish the effects of hot wind and lessens the likelihood of dehydration.

Motorcycling is supposed to be fun, so don't fall victim to dehydration when you go out and ride. Follow these motorcycle hydration tips and keep riding at peak efficiency, while feeling better.



Greetings once again from the Director's Chair! Here we are in July, the 4th has passed and we had a great time at Wing Ding 33 in Knoxville TN! It was a little hot, but the rest of the US was HOT also, and all the events, mostly, were inside the Convention Center in Knoxville. Of course the Light Parade and the Grand Parade were outside, but we managed to have fun just the same. We had fewer bikes for the Grand Parade than in the past, but I think the heat kept some riders away, as we started the staging around 3pm, when it was very hot. Everyone who rode enjoyed the parade as well as the citizens of Knoxville, who lined the streets to see the beautiful Gold Wings pass by! The parade ended at a very nice park, where we enjoyed the drill teams' performance! A good time was had by all.

Congratulations to the new Medic First Aid Instructors

As of May 28-29, there are four new Medic First Aid Instructors in the Northeast Region. We really appreciate volunteers devoting their time to become Instructors with our Region. Thank you for becoming a new Medic First Aid Instructor: Gary Cork (NY), Rick Reardon (NY), Tim Guile (NY) and Cindy Lewis (NY). Also, thank you Keith Price for providing the instruction.

More Congratulations!

Judy Burns, District Director of RI, CT & MA, has appointed Kevin and Georgia LeBlond (MA) as her Assistant District Directors. Congratulations Kevin and Georgia.

Kevin & Georgia LeBlond currently reside in Westford, MA and have been married for 15 years. Kevin is a Research & Development Project Manager at Philips Healthcare in Andover, MA and Georgia is a Production Planning Manager for the Stride Rite Corporation in Lexington, MA.

Kevin bought his first motorcycle back in 1967, raced motocross from 1970 through 1976, and purchased his first Gold Wing in 1981 while working at a Honda dealer in Phoenix, AZ. Georgia began riding with Kevin in 2000. They currently ride a '08 Pearl White 1800.

They joined GWRRA back in 2003, became Assistant Chapter Directors of MA-A in November 2008, then became Chapter Directors of MA-A in the spring of 2010 and were active members with the GWRRA New England Task Force over the past year.

Ed and I are happy to announce that Kevin and Georgia have accepted the position of Assistant District Director the three Districts, CT, MA, and RI. They will be working with us in all three of the Districts but concentrating on Massachusetts at this time. Please make sure you add them to your contact list and welcome them aboard.

Make sure to check your sister Chapters/States web sites and ride schedules, there may be some interesting events that you may want to join in. From what I have seen, MA, CT, and RI are planning some fun rides and events, you won't want to miss out on. Check the Websites for our other States events, such as the PA Convention, the NY/NJ Convention coming up in August and September.

All these events and rides you can incorporate with your Pass Port Book be sure to carry them with you wherever you travel, and have the Director at that event sign your Book. There are more exciting events and news in the upcoming months from National. Trikes n Bikes Rally in Bowling Green TN, just another fun time to attend and see the country side in that area, the flyer is on the Region Site. There is also talk of a cruise in 2012, hosted by the Region; no money is made on this, just a fun event. The cruise originates out of NY and will hold 8-10 trikes or 25 bikes. Details will be on the Region Web site and Newsletter soon.

Don't forget our own NE All States Rally / Convention, July 27, 28, and 29th, in Lewiston Maine at the Ramada Inn. If you have not registered, please do so, as you will be missing a great time with your fellow GWRRA members.

I hope everyone is having a great riding season and all are safe on the roads. Hope to see you all soon.

Thanks for all your support and friendship, without you, the members, Bob and I would not be able to do all we do. We hope everyone had a Happy 4th of July.

Thank You! Enjoy Safe Riding! - *Judy & Bob Burns* ~ **RI, MA, CT District Directors**

SCHEDULING & EVENTS

Monthly Meeting



Bertucci's

45 Walkers Brook Road
Reading, MA

Meeting:
Wednesday, Aug 17th @ 7:00pm
(dinner @ 6pm)

Up-Coming Ride/Events



Ice Cream Rides

10th, 20th & 30th of every
month!

July
Joan Houde Jul 18

August
Debbie Gray Aug 20
John Tachuk Aug 25
PAO Aug 29
Ginny McCarthy Aug 30

July
The Davison's Jul 20

August
The Tachuk's Aug 14
The Traynor's Aug 27





June Winners

Item donated	Donor	Winner
Peanuts	Sean & Ginny McCarthy	Carol Mahn
Chocolate Macadamia Nuts	MaryBeth Traynor	Joan Houde
Bread	Allen Smeltzer	Bill d'Entremont
DD Card	Bill d'Entremont	Herve Houde
Bag of cords	Joe Costa	Ernie Dever
50/50		MaryBeth Traynor
10 Free tickets		Allen Smeltzer
10 Free tickets from May		Jim Scofield

July Winners

Item donated	Donor	Winner
Sneaker Balls	Dot Wood	Sean McCarthy
Scarf	Herve Houde	Joe Costa
Fragrance Diffuser	Herve Houde	Dot Wood
Bertucci Gift Card	Jim Schofield	Herve Houde
Set of Flashlights	Sean McCarthy	Jim Scofield
50/50		Sean Ginny McCarthy
10 Free tickets		Allen Smeltzer

