

Goldwing Road Riders Association



MA-A Newsletter

July '10



Friends for Fun, Safety & Knowledge

Directors

Kevin & Georgia LeBlond
kg-gwmaa@msn.com

Treasurer

Dottie Wood
dwood@lytron.com

Special Events Coordinator

MaryBeth Traynor
marytraynor@comcast.net

Historian & Awards Coordinators

Herve' & Joan Houde
hhoude@juno.com

Asst Chapter Director

TBA

Rider Educator

Paul Green
ridered@pcgreensr.com

MEC

TBD

GWRRR Region B Directors

Lorraine & Earl Knight
lknight33@cox.net

Newsletter Editor

Georgia LeBlond
gigilbd@msn.com

Webmaster

Keith & Sean
seanginny@comcast.net

Ways & Means Coordinator

Dottie Wood
dwood@lytron.com

MA Acting District Directors

Bob & Judy Burns
Judyburns13@cox.net



“From the Directors Chair”



Volunteer: *a person who chooses freely to do or offer to do something.*

Interesting concept isn't it? That's what the GWRRR is made up of – volunteers, members that voluntarily devote time so that others can benefit. If it not for volunteers Chapter A and the GWRRR would not exist.

We've reached the halfway point of the 2010 season. At each of our chapter meetings this year I've reached out to the group asking for additional volunteers to help out with the chapter's events & to fill vital roles. Sorry to say, I haven't had much luck. When asked why more of you aren't volunteering the feedback I'm hearing is simple, that over your long tenure with Chapter A, you've 'been there and done that', today you prefer to be a JAM (just a member). But take a look at those who have volunteered. They are the same folks that have volunteered year after year, they've all 'been there and done that' and thank goodness for all of us, they have.

This month while we're off riding enjoying time with friends and family, I ask each of us to take a minute to think about the volunteers of Chapter A. All of them devote various amounts of their valuable time each month and/or at each event taking time away from their family and friends so that you can enjoy your time with this chapter. I also ask that you give some thought about what this chapter means to you. Hopefully it means something and if it does, please consider volunteering some of your valuable time helping out. We're not asking you to devote a great deal of time just a few hours here and there to make the chapter more fun and less burdensome on others. Don't forget, the volunteers of Chapter A have been volunteering for many years, maybe it's time to say thank-you by stepping up to letting them be JAM's for a while. Look around; there are no new faces at the chapter meetings or our rides, so it's all up to us to carry on the tradition of Chapter A and have some fun along the way.

I want to recognize and thank the volunteers past & present that have devoted countless hours over the years that has made Chapter A what it is today and hopefully tomorrow. I'm also asking those of you that haven't helped out recently to please consider volunteering some of your time so all can continue to enjoy chapter life, thank-you!

After attending the OCP training in Lake George we had a half day to enjoy Americade before we had to head home and back to work. Nice to see a lot of folks from Chapter A and from various other GW NE chapters in Lake George. A lot of folks walking around the vendors at Million Dollar Beach but didn't see a lot of people buying, maybe a sign of the times.

We had quite a turn-out for dinner Tuesday evening at Mario's on Canada Street, (thanks to Dot & PAO for the recommendation) all together there was 30 of us. A full row of tables from Chapter A and another row of tables full of members from various NE & NY chapters as well as a few NE District & Regional folks. We surprised Herve with a birthday cake and a very off key round of 'Happy Birthday'.



We've got some great rides planned for July, like a ride to the Bridge of Flowers this Sunday and the Norman Rockwell Museum a week from Sunday. Please stop by our chapter web site occasionally and check out the latest ride info. <http://gwrrama-a.org/>

For those of you unable to attend the June meeting or sitting towards the back, here's a photo of the wonderful trophy Sean & Ginny made for me after the grueling rounds of golf we played down in VA. It's the one on the left beside another golf 'trophy' from yesteryear.



It was a close match, truth be known Sean really won with a little help from Ginny.



A big GET WELL goes out to Billy, I know he's making good progress and is well on the road to full recovery.

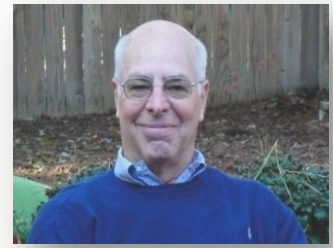
With the riding season underway, please continue take the time to ensure you and your Wing are ready for trouble free riding. We have many miles to travel together, let's make them both safe and fun!

Until next month, ride often and ride safe - *Kevin*



Rider Education

"Safety is for Life"



HOT WEATHER RIDING TIPS

Clothing

Once the temperature outside exceeds that of body temperature you need to wrap up rather than undress. Why?

- 1) to reduce water loss from evaporation
- 2) create a cooler microclimate around your body
- 3) prevent serious sunburn.

You may not want to invest in new purpose designed lightweight riding gear, so what are the alternatives? Here's how we ride in the hottest conditions:

- light colored, full face helmet. It might sound unbelievable but when it gets really hot it's cooler to ride with a closed visor.
- Sunglasses and light cotton scarf (don't forget heavy duty sun block for exposed skin!)
- Loose cotton shirt with long sleeves (cooler than a T-shirt) worn under a protector vest. For the top layer wear anything in a light color – or nothing at all and look like a Ninja turtle (but see note below about sunburn).
- Light colored zip-off trousers with shin and knee protectors over the top.
- Mountain bike gloves and high boots

If you don't fancy the exo-skeleton look, denim or heavyweight cotton worn over body armor is a good option. Armor sewn or slotted into garments is probably cooler than strapping it directly to your body but if the garments are too loose, there is the added danger of the armor moving out of position in the event of a get off!

Water Cooling The Rider.

Riding in wet clothes is much cooler. Wet your scarf and hair, and in very hot conditions soak everything if possible and do it every hour or so.

Prevent Fatigue.

Stop frequently to rest, stretch, move around, drink water and cool down. Research shows that accident rates are reduced by regular short rest breaks.

Prevent Sunburn.

Remember that you can burn through many lightweight fabrics (a good reason to go for denim/heavy cotton outer garments). Slap on total sun block with highest SPF (Sun Protection Factor) for those exposed bits of flesh. Pay special attention to the 'danger' areas – between sleeve and gloves, back of the neck, throat and 'V-neck' if jacket is undone, and nose. Don't forget to keep re-applying it too.

Dehydration.

Signs are less frequent urination (urine passed will be less in volume and darker in color), fatigue, headache, dizziness and cramps.

Dehydration can be very very serious but it is preventable.

Drink lots of water. This is probably the most important thing about riding in hot weather. Consider using drinking bottles which allow you to drink while on the move. If not, stop often and make sure you carry a good supply of water.

We use Platypus soft drinking 'bottles' hanging on the handlebars with a hose clipped on the tank bag – we can drink simply by picking up the hose. You could cover the bag in a thick cloth (eg towel) and hang it in the riding wind. Keep it wet and the riding wind will cool the water. We also carry a 5 liter water container from which we fill up the bottles along the road.

Remember that salt is lost through sweat and in extreme circumstances you may need to keep up levels with salt tablets or ORS powders (Oral Rehydration Salts) dissolved in drinking water. Avoid taking too much salt too quickly.

On The Move

- start riding early in the day (at daybreak in extremely hot climates). Stopping by midday and having an extended siesta makes good sense.
- When riding at dusk or dawn watch out for animals on the road
- Where there is a choice of routes, take the road at higher altitude. It will be cooler and may be more fun
- Keep your water bottles full
- Keep moving or turn your engine off. Riding flat out can also lead to engine overheating. Never throw cold water on a hot engine – it could crack
- Use the correct engine oil & check level often. If the oil gets too hot it may be too thin to lubricate effectively.
- Do the usual motorcycle checks – tires, chain, water etc – but more often
- Cover your black vinyl seat with a lighter color to prevent butt burns!

And finally, REMEMBER to carry warm clothes and waterproofs. Many hot climates can also get very cold and wet.

Compiled by WIMA members Iris & Trui from Belgium who have travelled extensively by motorcycle through Iran and Pakistan having to combine protective riding gear with full chador; and Jennifer who lives and rides in Australia. These tips come mainly from their own riding experiences and work for them.

Please note we cannot be held responsible for any damage to your bike or person as a result of following any of the advice in this article.

Riding In Hot Weather

by Carolyn Boyce (aka Bluepoof)

www.bluepoof.com

Adapted from a post in a [thread about hot weather jackets](#) on the Motorcycle-USA.com forums.

Don't forget that once the temperature gets above your body temperature (~99F), you don't want to be wearing a mesh jacket. You want to zip up all of your vents and keep as much of your skin covered as possible.

Hot air hitting your skin at a temperature higher than your body temperature will heat up your skin and dehydrate you faster than you'll know it's happening.

Cover your neck with a soaking wet bandana, wet down your T-shirt, and stop often to re-soak both. Drink way more water than you think you'll need.

Heatstroke is a very real possibility on a motorcycle, and at high temperatures, mesh clothing will not help with this. If you do wear a mesh jacket in these temps, make sure you have a Camelback or some sort of hydration system, and drink water constantly.

There are two big things at work here. 1) Evaporation and 2) Insulation. Both deal with sweating. Let's look at each one separately. But first, a quick primer on sweat. Yum! Sweat happens when your body transfers heat from itself into the air. When sweat evaporates, it cools down the surface of your skin.

OK, on to evaporation. Evaporation can only happen when there's less moisture in the air than on your skin. So if you are in a big hot stinky swamp pit, evaporation ain't gonna do much for you. If there is no evaporation happening, your body will stop sweating. **This is very bad**, and you will soon be very unhappy as your body overheats.

"But Poof!" you are now saying, "won't closing your vents ensure that your suit becomes a big hot stinky swamp pit? Aren't you ensuring that you'll raise your core temperature too much because your sweat can't evaporate?" If you are hard-core enough to ride in ass weather like Mr Ed did there in Arkansas, when the humidity is that high, let's face it: nothing ain't gonna help you. At that point, you get yourself shade and water, and **often**. Also, assuming you're touring, try riding at night or at higher elevations. However, in most of our daily lives, this isn't going to be an issue. No one's jacket is windproof (I wish mine was, in the wintertime!), so unless your idea of gear is Saran Wrap, your skin is going to be able to breathe and your sweat is not going to stop evaporating 100%.

So, on to our second idea: insulation. Earlier, we established that sweat is the body's way of transferring heat from itself to the air. This can only happen if the air is cooler than the body. Otherwise, the skin will draw heat from the air. Why is this a problem? It's called vasodilation. The idea here is that as the body heats up, blood vessels enlarge to circulate more blood to the skin. Normally, this is good because the evaporative cooling process cools down the skin, and therefore, the blood. However, if your sweat evaporates too quickly and dries out, the skin absorbs heat from the air, which then actually heats up your blood. Mmm, nice hot blood circulating all over your body—especially up into your brain.

By zipping up your vents, you provide a layer of insulation between your skin and that hot air. By keeping your clothing wet, you augment your sweat and keep your skin (and therefore blood) cool. One thing I mentioned in particular is a bandana. I actually use a Cool Tie, which is a bandana-like tube filled with paraffin crystals that hold water much longer than cotton. In desert conditions, I soak this Cool Tie and wrap it around my neck while riding. It keeps the blood flowing to my brain cool, and helps me keep my head on straight. It's very easy to become confused when in the early stages of heatstroke, and keeping your blood cool is one big way to combat this.

I'd like to reiterate that this is only really applicable when the ambient temperature is above your body temperature. Also, I have nothing at all against mesh jackets. I own one myself and am not trying to discourage anyone from purchasing one. I'm just saying that in extreme, 99F+, conditions, you have to be prepared to go into *desert survival* mode, which, for me, includes zipping up my vents and keeping the hot air and sun off of my skin. No matter what your opinion on the vents, it should also include frequent stops, lots of water (and/or Gatorade, like Mr. Ed mentioned), and lots of shade. If you're not willing or able to make those sorts of preparations when riding in 99F+ weather, take the car or stay home. That isn't being a big pansy; it's being smart and safe.

Paul Green



Greetings once again from the Director's Chair! I cannot believe it's almost July! We have not been home very much since the OCP in May, but we have been having FUN! We had a great week in Lake George at Americade, and caught up with MA-A on Tuesday evening at Mario's Restaurant, for a nice meal and friendly conversation, a few laughs and some pictures too. We even sang "Happy Birthday" to Herve! What a conception, this GWRRA, Friends for Fun and Safety, we are feeling warm and fuzzy. Thanks to all of you who completed the OCP in NY that weekend, great job.

Unpacked, and re-packed Bob up for his Certification ERC in Rochester NY, got home Sunday from Lake George, and he left on Thursday for Rochester. He arrived home this morning, Monday, June 21st, fully Certified, and we pack for Wing Ding, leaving Friday, the 25th. From there we will go to ND to visit family, and hit WI, IL on the way back to visit more family. We should be back around the 18th, 19th of July, just in time to re-pack for Gorham, NH for our NE Convention! Then I think we have a full week at home before we go off on our next adventures for August! Wow, I am tired just thinking of it all! We hope to see many of you in our travels, especially at the Gorham NE Convention, the 22nd – 24th of July.

I attended the Picnic at Pulaski Park yesterday, hosted by MA-F. We had a great day, and the rain held off until we pulled into the parking lot at Hank's Dairy Barn in Plainfield CT – the sky opened up and it rained with the sun out, for about 5 minutes. We had off and on clouds, with high humidity throughout the day, but we had a nice gathering at the park for lunch, where we shared some good conversation and a few laughs, but most important, we enjoyed our FOOD! We purchased 50/50 tickets, where we later drew the winning ticket at Hanks, while enjoying our ice-cream, of course! I was asked to draw the ticket, and guess what? I picked my own ticket, sorry, Doc, just the luck of the Irish I guess. I will buy you an ice-cream next time we meet. Doc, MA-F Chapter Director, thanked everyone for coming, and he spoke of his wife Robin, and Jack Smith, RI-B CD, being diagnosed with Cancer at the same time last month. Both are going thru tests and treatment, Robin will see her surgeon on Thursday this week, and Jack is doing well, so far, with his second chemo treatment behind him. Starting to lose his hair, so he is wearing the crazy hats with the hair built in! We even got to say hello to him at Simcock's Farm last Tuesday night. Our thoughts and prayers will continue for these wonderful friends and their families, throughout their journey through this time of unrest.

We are here to answer your questions, and if we don't know the answer we will get an answer for you. Please don't hesitate to call us.

Don't forget to check the MA and RI Chapter Websites for upcoming rides, and events.

Also, we will be sending out a message about a new meeting place for MA-W's get together, sometime in August. MA-D and MA-W have not been closed down, the Directors have resigned and at the present time, and we have talked with some people who have shown an interest in keeping the Chapter up and running. We are working on keeping them open and will keep you informed of any news, soon.

Thank You

Enjoy Safe Riding

Judy & Bob Burns

RI District Directors / MA Interim DD

SCHEDULING & EVENTS

Monthly Meeting



Bertucci's

45 Walkers Brook Road
Reading, MA

Next Meeting:
Tuesday Jul 20th @ 7:00pm
(meeting)

Up-Coming Ride/Events



July 11 **Bridge of Flowers**
July 18 **Norman Rockwell Museum**
July 23-25 **NE District Rally - Gorham NH**



Pat McCartin	Jul 4
Lois Sutterland	Jul 12
Joan Houde	Jul 18

The Davison's	Jul 20
The McCartin's	Jul 25

Congratulations to June's meeting winners!

<u>Item</u>	<u>Donor</u>	<u>Winner</u>
DD Coffee	Rich Davison	Joan Houde
Ferrero Roucher	Dottie Wood	Georgia LeBlond
DD Coffee	Sean & Ginny McCarthy	Paul Green
DD Gift Card	Billy d'Entremont	MaryBeth Traynor
\$10	Paul Green	Don Mahn
LED Front Light	Mike Traynor	Rich Davison
Homemade Bread	Allan Smeltzer	Ed Porawski
Flashlight	Ed & Rhonda Porawski	Paul Green
50/50		Joan Houde
10 free tix July's meeting		Allan Smeltzer



MODEL	NAME	COLOR	MSRP	Chapter A Pricing
	TPMS	METALLIC BLACK	\$22,899.00	\$ 19,999.00
	AUDIO & COMFORT PKG	METALLIC TITANIUM		
		METALLIC RED		
		PEARL YELLOW		
	TPMS	METALLIC BLACK	\$25,399.00	\$ 22,099.00
	AUDIO & COMFORT PKG	METALLIC TITANIUM		
	XM RADIO & NAV	METALLIC RED		
		PEARL YELLOW		
	TPMS	METALLIC BLACK	\$25,699.00	\$ 23,149.00
	AUDIO & COMFORT PKG	METALLIC TITANIUM		
	XM RADIO & NAV	METALLIC RED		
	ABS	PEARL YELLOW		
	TPMS	METALLIC BLACK	\$27,999.00	\$ 23,999.00
	AUDIO & COMFORT PKG	METALLIC TITANIUM		
	XM RADIO & NAV	METALLIC RED		
	ABS	PEARL YELLOW		
	AIRBAG			