



Wing Words

the rest of Colorado follows COL



FRIENDS FOR FUN, SAFETY, AND KNOWLEDGE

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July 2012

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Next Chapter Gathering

Monday, Jul 9, 2012 @ 7:00 p.m.

Folks start showing up at 6:45 p.m.

Columbine Room, Clements Community Ctr

1580 Yarrow Street, Lakewood, Colorado

Gathering Refreshments & Coffee

Refreshments: **Kenny & Lis Simons**

Coffee: Steve & Tami Bender

Words for Gold Wingers!

by Fred & Linda Fisher, Directors

Greetings from your Directors!

Man, I'm HOT! I don't mean good looking! That goes without saying! I mean temperature! I'm sick of this hot weather. Personally, I would rather ride with my electrics on than to ride in this heat. I can crank up the heat in my jacket, but you do not want to see me riding around without a shirt.



Hydrate, hydrate, hydrate! Can't say it enough while riding in these conditions. Be safe, and drink a lot....WATER, that is.

We also had some hot events this month. Starting with the Colorado Ride-for-Kids where nearly \$43,000 was donated. Chapter L was well represented and I believe, had the most volunteers present. Other events included the Multi-Chapter Campout, the Strawberry Festival, a great dinner ride, and a DQ ride that included riding into a wall of smoke and fire which was the beginning of the Waldo Canyon Fire.

Many from Chapter L are in Fort Wayne at Wing Ding 34. The weather back there has also been hot. Hope all is well and looking forward to hearing some tales of the road.

July brings us a Baloney Ride, a dinner ride, Chapter J's "Hummer of a Summer" fundraiser, Fairplay Burro Days, and before our August gathering, an Estes Park Ride. Throw in several Chapter gatherings, and it makes for another busy month.

Don't forget that August brings us the Colorado District Convention. I hope everyone is planning to attend. Linda is on the search for some great talent to join her in the talent show at the convention. She will leave no stone unturned, so you might as well be prepared to be picked by her. Details of these events will be discussed at the monthly gatherings, as well as posted on the web calendar, and supplemented with email notices.

If you have been traveling on your own, please share some details and even some photographs of your travels with us. I always like to harvest (steal) some good ride ideas.

With that, I'll bid good riding to all, and hope to see everyone at the July 9th gathering, if not before.

Until later.....Ride Safe.....Always.

Hot Weather Riding*by Bob King, Rider Educator*

Whether you describe "Hot Weather" as 80° or 110°, if you are riding for several hours in heated temperatures, the main thing to prevent is also the most obvious: DEHYDRATION. Dehydration is excessive loss of water from the body. Motorcyclists should not think too lightly of this.



Dehydration can lead to a range of "bad" to "very bad" things that are listed below. As a rider, you may be surprised at how fast dehydration can affect you on the road.

To ride in hot weather, go into hot weather survival mode. Full riding gear, including riding pants, leather boots, and gloves, and a knit neck "cooler" saturated with water. As quickly as the fabric dries out in the blast-furnace wind, flip the face shield open, squeeze a gusher of water down your chin, and slam the face shield shut again. The water dribbles down to wet the neck cooler and shirt inside the jacket. About 10 seconds after the water penetrates the neck cooler, it cools from evaporation in the hot air, and sucks some heat out of your neck.

Your body has automatic "thermostats" to protect the core organs from heat stress, including sweating, vasodilatation, increase in heart rate and reduction of blood pressure. If these tactics don't keep core temperature within the red line, the body gives you warnings such as heat cramps. If you don't take care of the problem, it gets more serious, including heat exhaustion and heat stroke.

The lesson here is that if air temperature is in the 80s or 90s, it helps to open up the jacket vents, or wear a mesh jacket. But once air temperature climbs above 99°, the best way to keep from getting cooked is to keep your insulation on, and the vents closed. Desert nomads wear long, loose wool garments, both to keep the sweating skin in the shade, and to insulate the body from the hot air.



With the temperature in triple digits, I wear my leather gloves and insulated riding gear. My feet are down in the air stream that's first been heated up by the pavement, and then heated

some more by the engine. Are my feet hot? Sure, but not as hot as if I were wearing thin boots or shoes that exposed my ankles.

Same for the helmet, wouldn't it make sense to crack my visor when it's really hot, or at least open up the helmet vents? Nope. Any hot air allowed to reach my skin will heat up the skin, not cool it down. Inside my helmet at 118°, I'm sweltering, but the temperature is probably under 100°. That crushable helmet liner inside the shell is there to cushion my brain against impacts, but it's the same expanded polystyrene foam they use to make insulated picnic coolers. So, the helmet actually provides insulation against the hot air.

One additional concern about exposed skin is sun and wind burn. Even if you wear heavy duty sunscreen to protect against nasty sunburn, the wind at motorcycling speeds can also irritate the skin. If you're riding more than a few miles, it's best to keep your skin covered.

In hot weather, avoid alcoholic drinks. Obviously, alcohol reduces judgment. What's not so obvious is that alcohol stimulates

abnormal heartbeats, depresses the pump function of the heart, and actually dehydrates the body. Alcohol does all the wrong things for a motorcyclist in the desert.



So, when it's really hot, keep your jacket on, and soak down your T-shirt. Wear a wet neck cooler, and keep dribbling water on it. If you're getting too hot, or start feeling any hints of muscle cramps or heat exhaustion, don't just keep riding. Take steps to cool down while you're still thinking clearly. Take a break in the shade, or stop at a convenience store and buy a bag of crushed ice to stuff inside your jacket. The melting ice water will soak your gear and provide evaporative cooling even after the ice is gone.

If you live in a temperate area where the thermometer seldom rises above 90°, you need to readjust your thinking for those trips into hotter territory. Remember, insulate your skin from the sun and hot air; use evaporative cooling around your neck, and drink lots of water. Learn to ignore the stares of other motorists and dehydrated bikers who think you're crazy to wear heavy gear on a hot day.

Birthdays and Anniversaries

Happy July Birthday to:
Debbi Strauss (Jul 1)



Happy July Anniversary to:
Steve & Tami Bender (Jul 14)
Randall & Janet Drake (Jul 17)

Dairy Queen Ride

by Fred Fisher

On June 23rd, a group of 14 bikes and 19 people went on a ride to the local Dairy Queen. Well not really local, but one in Castle Rock. The Dairy Queen in Castle Rock is a mere 35 miles from our Loaf-N-Jug start point. However, we rode about 140 miles to get there. Up Rt. 285 to Pine Junction, down 126/67 to Woodland Park for a nice lunch at the Circle H Smokehouse. At lunch, Mike Ackerman & Vicki Kirk even received some birthday treats! After lunch, we rode down 24 to Colorado Springs and up 82 to Franktown and over to the Dairy Queen for dessert.

While driving down Rt. 24 to Colorado Springs, we found ourselves in the middle of the beginning of the Waldo Canyon fire. The weather was very hot so the stop for dessert was a nice refreshing stop.

Thanks to Kenny and Lis for setting it up, and Dan Kirk for leading us since *Kenny doesn't have a radio*.



Eat Mor Chikin (I stole that line!)

by Ralph Spencer

That's exactly what happened during Chapter L's Third Annual 'Mystery' Dinner Ride to the White Fence Farm on Wednesday, June 20. A total of 33 Gold Wingers arrived at the "Farm" around 6:45 p.m. and were greeted in our reserved parking area by Brynna Wilson, the Operations Manager for the restaurant and the daughter of the owner, Charlie Wilson, whom many of us have met on our two previous visits to this Lakewood, CO landmark.

Brynna then escorted us to the spacious private room to which we have grown accustomed on our annual June visits. For those of you who have never been, dinner at the White Fence

Farm is served family style. All meals come with their infamous hot corn fritters, pickled red beets, creamy coleslaw, scrumptious kidney bean salad, and special blend cottage cheese. We had a choice of baked, mashed or fried potato. The corn fritters and salads kept on comin' upon request. The entrées were delicious and included New York Strip or T-Bone Steak, Roasted Turkey Breast, Deep Fried Shrimp, Broiled Filet or Deep Fried White Fish, and Broiled Pork Chops, to name just a few. I don't believe anyone went home hungry!!!

The almost-enormous highlight of the evening came when

Norita Berger (whom we don't see enough of during the year!) and her three teenagers (I'm counting Randy in that total!) won the right to draw the red chip from the "Chip Bag" maintained by Fred and Linda Fisher. Despite instructions from many of us on how to draw the red chip from the bag, Norita selected a white chip and the jackpot took yet another leap forward. Be sure to attend the July Mystery Dinner Ride to take your shot at this growing jackpot. Many thanks to all who attended this annual event. I hope to see you all again – same place, same time - next June!!!

Strawberry-less Festival Ride

by Ralph Spencer

Steve Randolph led a group of five bikes to the Annual Strawberry Festival in Glenwood Springs on Saturday, June 16. The scenery was spectacular as we cruised problem-free via I-70 to the city renowned for its hot springs and small town parades. We were not disappointed in the latter as we arrived in Glenwood just in time to watch the parade heading south on Grand Ave.

The Strawberry Festival was next as we made our way through the many vendor tents and the open area where all the food was located, including the free strawberries and ice cream! Perhaps it was the economy or simply poor planning but the strawberries were in extremely short supply, despite the fact that we Gold Wingers were about 10th in line for these free deserts. Thank goodness they had plenty of ice cream to go with the limited number of strawberries!!!

Following lunch and a Vendor Inspection Period, Steve took us back east on I-70 to the Minturn exit where we headed south over Tennessee Pass to Leadville. Thirty minutes later we found ourselves in Buena Vista at a local eatery where we rendezvoused with several Chapter L members who were part of the Multi-Chapter Campout at the local KOA Kampground. Many pieces of pie later, we headed back home via Highway 285, with 400+ more miles on our odometers than when we started. Thanks to Steve for organizing this ride in one of the most glorious states in the Union. As the former Rocky Mountain News proclaimed in its header on the front page every day, "*Tis a Privilege to Live in Colorado!*"

2012 District Convention in Grand Junction!

Don't forget! The 2012 Colorado District Convention will be in Grand Junction on Aug 16-18, at the Clarion Hotel, 755 Horizon Dr. Call 970-243-6790 for hotel reservations. Be sure to ask for the GWRRA rate of \$89. **NEW RATE IS \$84 PER NIGHT!**



Our theme this year is the "Two Rivers Rendezvous." Grand Junction gets its name because it sets at the confluence of the Gunnison and Colorado Rivers. In the 1800s, trappers, frontiersmen, and Indians would "rendezvous" in this area to trade their furs and goods.

Outside Grand Junction is the beautiful Grand Mesa area. At 10,000', Grand Mesa, the largest flat-top mountain in the world, rises more than a mile above the valley floor. On a day ride, you can discover aspen and spruce groves, flowered meadows and over 200 cool clear lakes. We plan to have a guided ride to this mesa during our convention.

Future Events**Jul 2012**

- Sun 1st Some heading out to Wing Ding!—**Mike & Becky Ackerman**
 Sat 7th Cripple Creek Ride, 8:00 a.m.—**Bob King**
 Mon 9th Chapter L Gathering, 7:00 p.m., Clements Community Center---NOT THE 2nd!
Refreshments – Kenny & Lis Simons
 Sat, 14th Bologna / Baloney! Ride—**Dan & Vicky Kirk**
 Wed, 18th Chapter L Dinner Ride, 6:30 p.m. – **Dennis & Anne Williamson**
 Sat, 21st Chap J Hummer of a Summer Picnic in Estes Park @ 11:00a.m.
~~Sat, 28th~~ Breakfast Ride POSTPONED DUE TO FIRES! –**Ralph & Debbi Strauss**
 Sun, 29th Fairplay Burro Days! Ride—**Stan Smetana**
 Various Other GWRRA Gatherings. Please refer to your 2012 Ride Guide

Aug 2012

- Sat, 4th Estes Park Ride—**Carl & Judy Williams**
 Mon, 6th Chapter L Gathering, 7:00 p.m., Clements Community Center
Refreshments – Mike & Becky Ackerman
 Sat, 11th Lunch Ride – **Mike & Becky Ackerman**
 Wed, 15th NO DINNER RIDE-SEE AUG 11TH LUNCH RIDE IN LIEU OF DINNER RIDE
 Thu-Sat, 16th-18th **COLORADO DISTRICT CONVENTION IN GRAND JUNCTION**
 Sat, 25th Trail Ridge Road Ride- **Kenny & Lis Simons**
 Various Other GWRRA Gatherings. Please refer to your 2012 Ride Guide

GL1500 & Trailer For Sale!

Ride your dream! Beautiful 1998 Honda Goldwing SE and 2000 Bushtec Trailer, both black without pin-striping or murals (an open canvas, if you like). Only 47K miles, very well maintained, and always garaged. Usual SE upgrades plus many extras. \$10,000 Contact Bill at (303) 748-2671.





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