



Red Rocks Report

**GWRRA Chapter CO-L
Lakewood, Colorado**



Dec 2016

*2013 International
Chapter of the Year*

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Greetings from Your Directors

*Tami & Steve Bender
Directors*



Well, we guess winter is here and it is time to winterize the bikes. Unless of course you are a die-hard and just bundle up a little more for the cold.

Remember, you can ride as long as snow is not on the roads (or perhaps your driveway). However, if you do, please watch for that loose gravel that is used so much on Colorado roads.

Isn't it great that the elections are over? Thanksgiving has come and gone and we trust that everyone got to enjoy some time with their family or friends, or both! Now, Christmas and New Years is just around the corner! It's a fun and festive time of year! Take care of yourself and stay safe!

We had a great dinner ride on November 16 hosted by the Ackerman's at the Quaker Steak & Lube in Westminster. Their grandson, Jonathan let us celebrate his 9th birthday with him! Probably more of a treat for all of us than for him!

Our ride book meeting on November 19 was once again hosted by our one and only Chuck Bellmyer at the Fox Hollow Golf Club! We had great food (Thanks Chuck!) and made progress on our 2017 ride book plans. BUT, we could use a few more rides as you will continue to read. Will YOU bring some ideas to our December meeting on the 5th?

We will have a small Christmas Party and Dinner on December 21 at the Bison Grille. Please RSVP at our Monday meeting. See you then!

Steve & Tami

Meetings 1st Monday each
Month, if a Holiday,
then 2nd Monday
At 7:00p.m.
1580 Yarrow, Lakewood, CO

2017 Chapter L Rides

by *Becky Ackerman*
Ride Coordinator



On Saturday, November 19th, Chapter L had a ride book meeting. As Ride Coordinator I should have been there. Unfortunately a 24-hour bug prevented that. Knowing there were long-time chapter members in attendance I was anxious to hear what you all had planned for next year. Imagine my surprise and disappointment when I learned there were only two Chapter L rides scheduled for the entire year. What happened to riding our motorcycles? I won't say I was speechless by any stretch.

I understand we have our impromptu odd Sunday rides but does that mean you don't want to schedule anything to plan for? Do you not want to have something to look forward to and an opportunity to ride further out of town? Do I need to remind you we live in one of the most beautiful states in the country for riding our motorcycles? Are you totally comfortable riding your bike in all conditions or situations, something you only learn by more riding and riding with more experienced riders? I think not.

Since I wasn't there to prod, embarrass or shame you in to leading a ride, this is my next best option. Obviously you all need a little help. I've compiled a list of ideas (activities and rides) Mike & I have seen Chapter L members participate in over our 25 years with this chapter. This is not all-inclusive but I hope it gets the juices flowing enough for you to volunteer to lead a ride or host an activity, whether it's from this list or a new idea. I can't begin to tell you all the fun Mike and I have had over those 25 years, going places and doing things with people we grew to know better on every single ride. Those friendships last a very long time. Believe me, you don't know what you're missing.

Since we can't take the entire meeting to do this, (you had your chance), please come to the meeting prepared to lead a ride or host an activity of your choosing along with possible dates. I'm including dates of pre-determined activities but don't be scared off by this. The last I knew there's a Saturday and Sunday to every weekend. And in the past we've tried to have something scheduled over a holiday weekend for those who never planned to go to a rally anyway. Not to change your mind to not go to the rally, but giving up a 3-day weekend with no time off work to take a trip out of town is just not right. Think what we could do with that!

Keep in mind that I am your Ride Coordinator so I'm here to help you. Mike and I have been everywhere on the lists below except for a couple and can give you more info if needed. Obviously time of year may dictate going in cars but when has that stopped us? We can meet somewhere and carpool if necessary. Call me (303-988-0413) prior to the meeting or give me your suggestions before the meeting starts and we'll see what we can figure out to make 2017 a fantastic year for Chapter L. I'm counting on you!

SUGGESTED RIDES

1 Day Rides & Activities

Cherokee Ranch Ride

Steamboat Springs Ride

Burlington Carousel (big day)

Independence Pass Ride (w/lunch in Aspen?)

Mumbo Jumbo Gumbo Cook-off - Manitou Springs, Feb. 25, 10:30-1

Hopemore Mine Tour - Leadville

Deer Trail Rodeo, free pancake breakfast & parade - mid August

Georgetown Christmas Market - 1st 2 weekends in December

Christmas Light Display at Northfield

Breckenridge Snow Sculptures - January 24-28, 2017

2017 Chapter L Rides—Continued

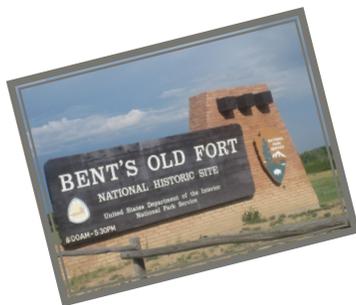
- Camp Hale - between Red Cliff & Leadville
- Game night
- Progressive Dinner Ride
- Take Light Rail downtown for lunch
- Movie & lunch
- Picnic Ride anywhere
- Bishop's Castle Ride
- Trail Ridge Ride
- Poudre Canyon/Walden Ride
- Avalanche Hockey Game
- Turquoise Lake Picnic Ride
- Florissant Fossil Beds/Cripple Creek Ride
- Fried Pickles @ Sanford's - Ft. Collins
- Corn Maze & Dinner - October
- Celestial Seasonings Tour - Boulder - Sat. 10-4, Sun. 11-3, free
- Georgetown Loop Train
- Hammonds Candy Factory Tour - free
- National Earthquake Center - Golden



Overnighters 2+ Day Rides

- *Capulon Volcano east of Raton
- Glenwood Springs - cave & fish hatchery
- *Highway of Legends - La Veta to Trinidad
- Tri-State Antique Engine & Thresher Show - Bird City KS, July 27, 28, 29
- *Bent's Old Fort - La Junta
- Women's Getaway Weekend (in cars) - Becky knows an awesome place we could go
- Antonito/Chama Train - 3 days Sept. or Oct. for fall colors
- Black Hills
- Sand Dunes (1 really big or 2 comfortable days)

*These could all be incorporated in to 1 ride over 3 days.



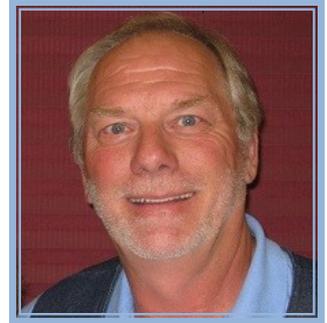
Dates for Pre-Determined Rides

- 1/14 Chapter I Medic-First Aid Training
- 1/28 District Officers Meeting
- 2/11 Chapter I Motorist Awareness and Co-Rider Seminars
- 3/11 Multi Chapter Bowling Event
- 3/18 Chapter G Medic-First Aid Training
- 3/25 District Rider Education Training
- 4/9 Chapter A Fundraiser
- 4/29 District ARC/TRC Training (pending)
- 5/26-28 Region Rally in Tucson
- 6/10 District Women's Ride
- 6/24 Chapter L District Copper Mountain Ride
- 7/8 Chapter E Fundraiser
- 7/22 Chapter J Fundraiser
- 8/5 All Chapter Howl at the Moon Ride
- 8/17-19 District Rally (tentative)
- 8/29-9/2 Wing Ding
- 9/16 District Pig-Nic
- 9/23 Chapter Q Fundraiser
- 10/14 Chapter L Fundraiser
- 11/4 Chapter G Turkey Bingo
- 11/18 District All Chapter Planning Meeting



The Changing Dynamics of GWRRA

*Editorial by Mike Ackerman
Member Extraordinaire*



Anyone who has lived in Colorado for more than a week knows that the weather can change dramatically from one day to the next. Last week we rode the motorcycles one day in 81 degree weather then the next day we had 30 degrees and 4 inches of snow. Yes, change can happen quickly with the weather.

What about GWRRA? Does GWRRA change quickly, or does it change slowly over a longer period of time? I am of the belief that it changes slowly over a longer period of time.

I like to refer to this as "The Changing Dynamics of GWRRA." What do I mean by the changing dynamics of GWRRA? I'm talking about what I see as the slow change from putting the majority of our efforts into riding our motorcycles to the majority of our efforts into other areas. Specifically, those areas include but are not limited to various forms of non-motorcycle riding training, other interests, health concerns, and attitude.

Now don't take this the wrong way. I do believe that training has a place in GWRRA. Especially training as it relates to making us better and safer motorcycle riders. No one can argue the benefits of motorcycle rider training, be it either structured class room or on a motorcycle range.

How can that be you ask? GWRRA has come out with something like 90 new training classes. How many of those classes are directly related to making us better and safer motorcycle riders? I don't know the number, but I would hazard a guess that it is a smaller percentage than the number of classes that are non-motorcycle riding training.

Over the past it also appears that each year we are doing fewer and fewer Chapter L centered rides. Be it a single day ride or a multi-day ride where we go to new and exciting places. Sometimes we would even go to a place we had ridden to before because it was so much fun and really exciting. Today it seems we have trouble getting people to even volunteer to put together and lead a Chapter L ride. Even when we have a scheduled Chapter L ride, it is often cancelled due to lack of interest. Often times there is a lot of effort put into planning and organizing a Chapter L ride and when it has to be cancelled due to a lack of interest, it reduces the likelihood that the person who did all the planning is going to be excited about planning another ride.

I have to wonder why that is. "The Changing Dynamics of GWRRA." We are all getting a little older, yes Virginia that is true. As such, we tend to not be as motivated as we were at one time to just get on the bikes and ride. Perhaps to ride for no other reason than to just feel the sun shining on our face. We all have changing interests or new interests that take time away from riding our motorcycles. Like getting a new motorhome and using it to travel to new and exciting places rather than riding our motorcycle to get there but riding once you get there. Perhaps we have health issues that make it more difficult to ride. Perhaps you can't sit on the bike all day like you did in the past. Perhaps the sun on your face that used to feel so good now becomes very uncomfortable after just a short time. Perhaps the enthusiasm for riding your motorcycle simply is not as great as it was in the past. Do you remember when we would have a mystery dinner ride and there would be a dozen motorcycles in the parking lot? I know, it has been a long time.

We can probably come up with fifty different reasons that we don't ride as much as we did in the past. I would like to suggest that one of the biggest reasons is the simplest reason. It is becoming increasingly difficult to get people to volunteer to put together and lead a Chapter L ride. In fact, it is almost impossible. Really, only two tentative Chapter L centered rides and one all Chapter ride for 2017? If we don't have

Changing Dynamics—Continued

scheduled rides in the ride book, we simply won't go on rides. That is too bad because the one thing that brought us all together, and I hope keeps us together, is the love of riding our motorcycles. Like any love, the love of riding our motorcycles must be nurtured. It has to be constantly practiced and enjoyed. If you stop riding, your love of riding will soon diminish.

I don't want to see that happen. But what can we do to prevent that from happening? I believe the best place to start is by having multiple rides in the ride book. I'm not talking about a ride to another Chapter fundraiser, that's a topic for another article. I'm talking about Chapter L rides where we have someplace interesting or perhaps not so interesting that we want to see on our motorcycles. And I'm not talking about the odd Sunday ride (which may or may not be on an odd day). I'm talking about a ride that is planned ahead where you have an opportunity to get excited about the ride. Where you can't wait until the day of the ride because you are excited to perhaps go on roads you have never ridden or see something you have never seen before.

How many of you remember doing an overnight ride to Rapid City, SD just to have dinner at Sanford and Son's? How about the ride to Glenwood Springs to ride the tram up the mountain and tour the caves? What about the ride to Cheyenne Depot Days? Those were all great rides. We need more great rides!

So, what are your thoughts? Are you going to volunteer to put together and lead a Chapter L ride in 2017? Do you think that each member of Chapter L should be able to suggest at least one ride for 2017?

Distractions Everywhere...

*Submitted by Andrew Smith
Rider Educator*

I am sure you have all noticed every time you are driving, whether it be on two wheels or more, that so many people are doing just about everything other than driving while they are on the road.

One of my biggest pet peeves is coming along side of a very expensive vehicle (you know the ones, the BMW's, Mercedes, Lexus, etc.) and someone has a phone stuck in their ear. I know these cars are at least equipped with Bluetooth™ hands free, so get both hands on the wheel people! We are even guilty of doing these things ourselves at times. As motorcyclists though, we of all people need to take safety to the next level...



so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one distracted, you often don't realize that driver is you.

There are three main types of distractions that we face. We did not even realize that our mind had not been focusing on the task at hand.

So many distractions exist while driving, but cell phones are a top distraction because



Distractions—Continued

New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. And, with some state laws focusing on handheld bans, *many drivers honestly believe they are making the safe choice by using a hands-free device.* (I know I have fallen into this category at times)



But in fact, these technologies distract our brains even long after you've used them. Make no mistake: This multitasking technology is about convenience, not safety. Research shows that distraction lingers – just because you're stopped doesn't mean it's time to use your phone.

There are so many things to do inside a vehicle now... A partial list of what counts as a distraction would include things such as using a cell phone or smart phone, including texting, eating and drinking, smoking, attending to or disciplining child passengers, grooming, reading, including maps, using a navigation system, watching a video, adjusting a radio, CD player, or MP3 player or adjusting temperature controls.



We all have heard that a picture is worth a thousand words, so I included some in the article that I came across...



Danger Will Robinson: People don't 'see' us as it is. They can't judge our speed even when they do see us. Motorist will always try to encroach on our space, usually unconsciously. Some are trying to drive (sort of), some lack any skill whatsoever, many are new drivers that do not realize, and yes, some just don't give a

Rat's "gluteus maximus". **Red Alert - turn on the SIPDE* EVERY TIME YOU RIDE.**

*** Scan, Identify, Predict, Decide, Execute**

No it is not funny... it is deadly serious!

Signing off as your Chapter Rider Educator...

Ride Safe – Have Fun!

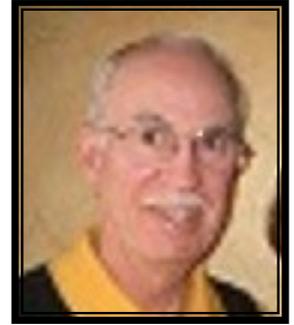
Andy



Holiday Doping and Driving

by Nick Hoppner

District Motorist Awareness Coordinator



Those of us motorcyclists who live in states where the sale and consumption of medical and recreational marijuana have been decriminalized realize that our safety on the highways has been doubly compromised. With that in mind, let me share here an article I found on the Internet, presented by an outfit calling itself “Leaf Science.” The website purports to take an objective position regarding use of the drug. Forgive me if I detect a positive editorial slant in the words below. Nevertheless, as much can be learned from reading between the lines of the following article as can be absorbed from the article itself. Read on, realizing that especially during the holidays when partying is widespread, you can never know just how impaired the driver of those oncoming headlights just might be.

[Be aware, this writer’s snarky comments are inserted in brackets!]

With more and more states legalizing marijuana, it’s time to take a hard look at driving while under the influence. Some states have decriminalized the possession of small amounts of marijuana. Others have passed laws allowing for limited use of medical marijuana. Still other states have laws that are even broader, such as Colorado and Washington.

So how do these cannabis laws come into play when you’re driving under the influence? And, what effect does marijuana actually have on your driving skills? Get to know the laws in your state and, more importantly, understand how marijuana affects your ability to drive.

1. Marijuana slows your reaction time and ability to make decisions.

Marijuana affects the part of the brain that controls body movement, balance and coordination. THC is also known to impair judgment and memory.

Studies show that driving while under the influence of marijuana negatively impacts attentiveness, perception of time and speed. What’s more, your ability to draw from past driving experiences is compromised when you smoke weed.

On the other hand, research suggests that THC causes more impairment in occasional users than it does for people who smoke regularly. Experts believe this may be due to the tolerance that frequent users of cannabis often develop. [That’s so encouraging! We’d all be safer if daily tokers were bus drivers instead of those silly first-timers!]

2. The higher you are, the more risks you take while driving

Studies show that drivers who smoke only a small amount of weed can feel the effects and often rate themselves as impaired — even when they’re not. In fact, research suggests that people with only a small amount of THC in their blood tend to be safer and more cautious drivers. For example, in simulated driving tests, they drive slower than they normally would and are less likely to overtake another vehicle. They also tend to allow for more space between their vehicle and others. [Let’s see—impaired perception of time and speed as mentioned above equals improved driving?!]

But driving high can still be dangerous. Problems seem to arise when larger doses of THC are present in the blood. These drivers tend to weave in and out of lanes more, react slower to traffic lights and unexpected obstacles and are less aware of their speed.

Overall, studies have concluded that higher doses of marijuana tend to cause greater impairment when it comes to driving. [It took a study to confirm this?!]

Doping and Driving—Continued

3. The effect of marijuana is strongest during the first hour.

Research suggests that people who drive immediately after using marijuana may double their risk of getting into an accident. This is because the effects of THC on driving are strongest during the first hour.

On the other hand, studies show that people who smoke a single joint of marijuana may be okay to drive 2-3 hours later. [Note the use of the indefinite verb “may” which also implies “maybe not.”]

But it’s important to note that THC remains in the blood even after its effects have worn off. In addition, people will often metabolize THC at different rates, which means some may feel the effects for up to five hours later. In fact, people who only smoke weed occasionally can have traces of THC in their blood for up to seven days.

Typically, law enforcement officers collect blood 90 minutes after an arrest and 3-4 hours after an accident. [Lucky you if you metabolize slowly. You’ll fumble with your shoe laces for a week. “Ossifer, can you tie my shoes for me?]

4. Drivers can be tested for THC after being pulled over.

Just like drunk driving, driving under the influence of drugs is a crime — even if your impairment happened due to prescribed drugs such as medical marijuana.

In the United States, law enforcement officers are trained to recognize signs of driving under the influence of marijuana through bloodshot eyes and increased nervousness. To measure levels of THC, states conduct chemical screening tests by collecting blood, urine, and/or saliva.

In Canada, the police use a standard sobriety test for marijuana that includes looking at a driver’s eyes and asking the person to walk, turn and stand on one leg.

Recently, police have been testing saliva-based roadside devices on suspected drug-impaired drivers. Two other devices, developed in Canada, test THC levels on a driver’s breath, similar to a breathalyzer. But neither device has been adopted by law enforcement yet.

Some states such as Colorado and Washington have established a legal limit for THC of 5 ng/ml. Other states are waiting for research that better defines THC and driving impairment before establishing a testing protocol. [Care to lose your driver’s license by betting the judge won’t believe the arresting officer can recognize your case of the giggles?]

5. Combining alcohol and marijuana is even more dangerous.

Only 29 percent of Americans think that driving while high on marijuana is dangerous, according to a recent Gallup poll. Yet, when it comes to alcohol, 79 percent of Americans think that driving while intoxicated is a very serious problem.

Still, marijuana is the second most common drug used with alcohol. So it’s important to be aware of how dangerous this combination can be when driving.

Alcohol is a depressant. It works by slowing down the central nervous system, which means that normal brain functions are delayed. It also impairs hand-eye coordination and how you process information. Now, combine those effects with the effects of THC and you get a recipe for disaster. Indeed, studies show that drivers who take alcohol and marijuana together experience greater impairment than drivers who use either substance on its own.

[**My final observation:** Let’s face it—the availability of marijuana is widespread, and public opinion minimizes or denies its potential to sabotage motorists’ abilities to drive safely. Might just be a darn good reason to stay off the streets and highways this New Year’s Eve.]





MERRY CHRISTMAS Chapter CO-L

We're Having a Party!

Wednesday

12/21/2016 6:30pm

Bison Grille

15700 E 112th Ave

Commerce City, CO 80022

As a thank you to Chapter L members
the Chapter will pay \$10.00 towards your dinner.

As a Very BIG Thank you and Merry Christmas,
Steve and Tami will pay \$10.00 towards your dinner.

Please RSVP by 12/05/2016 to Tami

Or at our next gathering

bndrspndr@aol.com or 303-718-4001

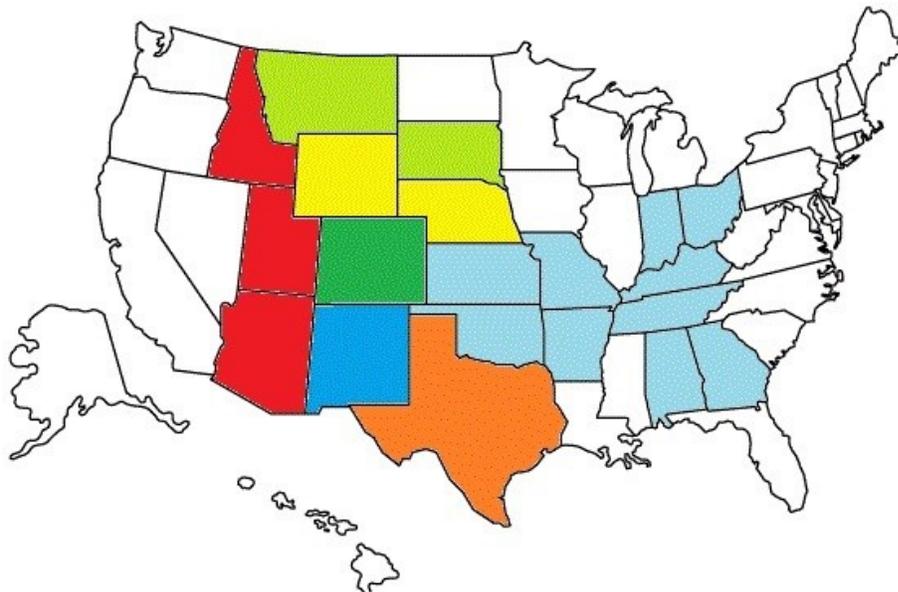


Where Chapter L Rode in 2016!

Well, we covered quite a bit of territory this year! Thanks to all that rode their bikes and reported their excursions to the Editor! NOW! Time to plan for 2017!!!

We have added the following States to our Chapter's 2016 Travel List:

Jan CO
Feb WY, NE
Mar TX
Apr
May NM
Jun No Reports
Aug OH, IN, KY, TN, AL,
 GA, AR, TX, MO
Sep KS, OK MT Alberta &
 British Columbia, Canada
Oct AZ, ID, UT
Nov
Dec



December Celebrations

Birthdays

Janet Spencer 23rd

Anniversaries

No one took the leap!

Upcoming Events

Sun 4 1st Sunday Ride (WP)
 Mon 5 Chapter L Meeting –Refreshments by ?????
 Sun 18 3rd Sunday Ride (WP)
 Wed 21 Christmas Party
 Fri 25 Christmas
 Sat 31 New Year's Eve

WP = Weather Permitting!



Colorado Chapter Gatherings

For information regarding Who, When, and Where, check your ride book OR go to the District Website at:

[Colorado Chapter Gatherings Schedule](#)

Chapter L Officers and Staff 2016

Chapter Director	Tami & Steve Bender	Email	303-972-8420
Assistant Chapter Director	Chuck Bellmyer	Email	303-532-6630
Chapter Educator	Andrew Smith	Email	303-923-8342
Treasurer	Fred & Linda Fisher	Email	720-922-0789
Motorist Awareness Coordinator	Sherry Smith	Email	303-923-8342
Coffee Maker Extraordinaire	?????	Email	
Membership Enhancement Coordinators	Mike & Becky Ackerman	Email	303-988-0413
Chapter Couple of the Year	Fred & Linda Fisher	Email	720-922-0789
Chapter Individual of the Year	Chuck Bellmyer	Email	303-532-6630
Ride Coordinator	Becky Ackerman	Email	303-988-0413
Greeter	Ralph Spencer	Email	303-888-2705
Storekeeper	Fred & Linda Fisher	Email	720-922-0789
Ride Book Editor	Janet Drake	Email	303-933-6073
Newsletter Editor	Randall Drake	Email	720-480-2800

[Chapter L Web Site](#)



[Colorado District Staff](#)



[Region F Staff](#)



[GWRRA National Staff](#)



Keep an eye out for more training opportunities!

The End!