

April 2011 Newsletter
High Country Wings Chapter Y Prescott, AZ
<http://chapter-y.tripod.com>

Chapter Director – Sandy Gaston

HIGH COUNTRY ARIZONA CHAPTER-Y
GOLD WING ROAD RIDERS ASSOCIATION

Boy! Did I miss being there at the last meeting! I have gotten to love all you Y'ld Wingers. It seems you have all grown on me.

But I heard that Lu Crawford, our Assistant Director, did a bang up job. I am so proud of her. It seemed the meeting, with 33 in attendance, went without a hitch.

The big event took place during this meeting. Our District Mascot was stolen. We were proud to be the 1st chapter to have the mascot. Although we thought the name for him was Snagglepuss. it seems that he is going to be called "Tigger". So Tigger now has a new home with Chapter G. I'm sure they will take care of him and give him a new article of riding gear. We appreciate the visit all the way from lower AZ.

We even had some other visitors: Vern, Clay & Sidecar from Legion Post 6, who told us about the ride the Legion is having on May 21st.

It seems that there is quite a lot of things going on May 21st. So you all have quite a choice to make:

1. Legion Post 6 with their 'Another Lousy Ride' to help the veterans, to be started at the Legion Post 6 in Prescott.
2. The All Star Memorial Ride for the Fallen Riders, to be started at Starisland in Prescott.
3. The 'Bone To Be Wild Ride' to help the Humane Society, to be started at Starisland in Prescott & Northland Motorcycle in Flagstaff.

Dick Stehle announced a ride to Montrose CO for chapter Y members August 18-23rd.

I am also very proud of our Educator Lee Crawford. I know he has a hard time getting up in front of people. But he did a wonderful job in explaining to everyone how to check over your bike before taking a trip. Way to go Lee!

I look forward to seeing everyone again at our next meeting on April 23rd. Meeting will begin at 8:45, at the Golden Corral. We will have a combined ride with CARR on the 23rd to go to the Grand Canyon Caverns, meeting at the Safeway on 89, at 10:00.
See ya there!

Sandy Gaston

Asst. Chapter Director – Lu Crawford

Help!!

When Lee and I joined GWRRA two years ago, we did it because we wanted to ride with like-minded motorcycle people, make new friends, and learn more about traveling on our trike. That is what we found in Chapter Y. Our trips have been so much fun, seeing some beautiful places in our new home state of Arizona. Now that we are both more active in the organization, we have learned how valuable it really is.

Those of you who have been involved in any organization for any length of time may have noticed that usually a few people seem to do most of the necessary work to keep the group or organization going. It appears to most people that volunteering is sometimes a thankless job because it takes a lot of time and you don't see many rewards.

Lee and I felt the same way, but when our chapter was in danger of folding, because there were no volunteers ready to step up and fill the shoes of some great people who had served the Chapter so well in the past, we didn't want that to happen. You might say we went kicking and screaming into the jobs we now hold in Chapter Y. Well, guess what? It's not so bad We're learning much more about GWRRA than we would have had we not said yes, that is after we quit screaming, "No!"

It's a worldwide organization of like-minded people who love motorcycles and trikes, traveling with friends to beautiful places, being in the great outdoors, and staying young by keeping active. Most of all, the Safety lessons that are taught keep you as safe as you can possibly be while traveling on these great machines. Some members have traveled over a million miles on their bikes without an accident.

Now that I've said all of that, here's what I hope you will consider: Our chapter is in need of a few people who would be willing to step up and help us become an even better chapter. These jobs don't take up much of your time, but they are valuable to our group. How about being a greeter at our monthly meetings by making sure our guests and everyone feels welcome and signs our attendance sheet? Or, perhaps you might be interested in assisting with the 50/50 raffle at each meeting. It's not hard, just takes a bit of time at each meeting and you'll get to know more people, too. Then, what about putting your thinking cap on and come up with a fund-raising idea for our group? We could use someone who would be willing to be a Store Clerk – someone who can order patches, shirts, and merchandise for us. Sandy can also use someone to help take notes for her at the monthly meetings.

Don't be bashful. After all you're among friends, and Chapter Y can use you. Let Sandy or me know what you can do to help Chapter Y. Spread the wealth of your talents.

Chapter Educator – Lee Crawford

Preparing For Long Rides

With our beautiful weather finally here, and vacation time with long rides possibly in our plans, here's part of an article from a 2006 Motorcycle Cruiser Magazine about Fatigue and Street Survival that you should take into consideration.

“Experts say that fatigue contributes to between a fifth and a sixth of all car accidents. That may not be true in motorcycle accidents across the board, but fatigue is definitely an issue for riders on trips of three days or more. It’s something that you need to consider and prepare for, and if you are riding with other people, it is an issue that you should discuss and accommodate as you plan your trip. Different riders will have different requirements for rest, and if the trip is to be a safe one, all members of the group should be willing to accommodate each other.

Rest: Adequate sleep can be a bit hard to come by before and during a multi-day ride. I am always thinking of things I want to do or pack as I try to get to sleep on the night before I depart. I also have trouble getting to sleep while traveling. Many people also have trouble getting a full night’s sleep as they get older. If I combine that with early departures, I quickly have a sleep deficit. For that reason, I like to plan to allow myself to sleep late every two or three days, setting no departure time. Don’t use alcohol as a sleep aid. It actually tends to reduce both the quantity and quality of sleep. You might think that you can’t fall asleep on a motorcycle, but I have known riders who simply fell asleep while riding, waking up as they bounced through a ditch or in the hospital. They often said they didn’t even realize they were tired. Experts say that you’ll have “tired times” during every 12-hour cycle, most often between 3:00 and 5:00 (a.m. and p.m., local time). You may want to plan to arrive by that point or stop for an early dinner. If you can or need to, take a day off just to relax and catch up on your sleep.

Physical Preparation: Unless you ride your motorcycle almost every day or take rides of three hours or more almost every weekend, you may not be completely adapted to your bike. After a full day or two of riding, you will become acutely aware of muscles that you are using full-time to ride. You may be able to overcome some of this discomfort by properly setting up your bike (see the article “Just Adjust: Set up your motorcycle to Fit You” on www.MotorcycleCruiser.com) and fitting components, such as a good aftermarket saddle, that make it more comfortable. However, you also need to give your body a chance to adapt. Taking breaks every hour or two, especially during the first few days of a long ride, will help this adjustment.

Calm: Extended exposure to wind and sun dehydrates and fatigues you much more than your routine two-hour weekly jaunt. Riding in a tanktop and open face helmet may seem like the best way to deal with heat, but it will actually wear you out and heat you up much faster than if you wear a vented or mesh jacket and a helmet that protects your face from the wind. Perspiration gets a chance to stay on and cool your skin if the wind flow is reduced but not eliminated. You will sharply reduce sunburn and windburn and their fatiguing effects by covering yourself fully. A windshield also reduces the amount of wind that’s tearing at you but leaves enough to cool you.

TOP TEN TIPS FOR SUCCESSFUL MOTORCYCLING

This information is from a pamphlet that was published by the Arizona Motorcycle Safety Program about 15 years ago.

1. Alcohol and other drugs affect judgment and do not mix with motorcycling.
2. Take a Motorcycle Rider Course to develop good basic riding techniques.

3. Conduct a safety inspection of your motorcycle before each ride.
4. Don't speed; know the local traffic laws and rules of the road.
5. Wear state-of-the-art equipment for comfort and protection.
6. Get a license. Nearly half to all motorcycle riders involved in accidents are unlicensed or improperly licensed.
7. Take an Experienced Rider Course to sharpen your street riding strategies and accident avoidance skills.
8. Be considerate on the road; show courtesy and respect to other drivers.
9. Complete a Motorcycle Co-Rider Course if you plan to ride with a passenger.
10. When riding in a group, determine your route in advance and coordinate it with the other riders.

THE MORE YOU KNOW, THE BETTER IT GETS.