

July 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**

Hello all you Y'ld Wingers,

Hope you have all been enjoying this nice warm weather. I know I have.

WOW! We sure did have a good turn out for our June meeting. There were 46 in attendance!

We had quite a few visitors also. Bud & Dot Kapp; Bill Trask; COY-Darrell & Debra Wallace; Assist Dir of Ch. D- Dale & Sanie Bager; Dave Young; John Bennefield; Max West; & Jarvis Mallory. We sure did enjoy having everyone visit us.

We also had a few new members. Ooh Hoo! Mike Beck, Bob Bielski & Sharon Knapp, Richard Slatin, Charles (Chip) & Maryln Levy. We are so glad to have you join our group.

We also have Couple of the Year for our Chapter- Lee & Lu Crawford. Congrats! And Thank You for accepting.

Lee talked about tire conditions. It is real important to check tires every time you ride. Avoid medians and shoulders of the road. Be aware of how your bike is handling. Always carry a cell phone and have it ON! Always put ICE (In Case of Emergency) on your cell phone contact list in case anything happens to you.

Another point of interest is that StarIsland has moved to the old Victory Building in Prescott Valley. Their phone # is 928-772-4266. Gary has also donated a set of tires to be given away for the Convention & Rally in Tucson in Oct. This is The Arizona District Convention & Rally, 'Wings of the Wild West' Oct 28-30, in Tucson, AZ. The host hotel: Tucson Hilton East, 7600 E Broadway, Tucson, AZ 1-520-721-5600. GWRRA room rate: \$79

Thank you Debbie and Heather for taking over our 50/50. It is appreciated.

"There are hundreds of languages in the world, but a smile speaks all of them. How come some lemonade is flavored with artificial lemon, while furniture polish and dish soap are made with real lemon?"

Our next Goldwing Meeting will be on Sat July 23rd, at the Golden Corral. Social breakfast from 7:30, meeting starting about 8:45. Hope to see you all there.

Asst. Chapter Director – Lu Crawford

The Wonderful Gold Book

Here are the latest happenings on our odyssey to the Canadian Maritimes. We've come to a halt in our travels - North Bay, Ontario, Canada. The trike developed a loud clunk and it couldn't be ignored. Yesterday we arrived in North Bay; and, not knowing where to have the 'clunk' checked out, we used our wonderful "Gold Book". What a life- and nerve-saver it is, indeed. There is a Honda dealer here. But, being from out of town, we wanted to make sure it was a good place to take our 'Candy'. We checked into a hotel and began our search.

We used the Gold Book and picked the name of someone listed here in North Bay to call. Roger Malette, the Chapter Director for North Bay called us back. He agreed to meet us early this morning and lead us to the Honda dealer and introduced us to the shop owner, who is a friend of his. Before Lee called Roger, he also had called Denis Carr, the Assistant Director, who said he would help anyway he possibly could.

Roger stayed with us until the mechanic determined what the problem was, went out of his way to locate the part, picked it up and delivered it to the shop. He kept checking in on us, making sure things were OK. He met us for lunch at a Tim Horton's across the street from the Honda Dealer. As we were chatting, Denis and his wife, Michelle walked in, to check up on how things were going. They offered us a place to stay, transportation, whatever we needed until we were back on the road again. Not wanting to inconvenience them any more than we had already, we opted to have Roger drive us to a Comfort Inn close by. We are planning to have dinner with Roger and his wife Denise this evening - just a small payback for all he has done for us. Using the Gold Book was the best thing we could have done. These people are so caring and terrific examples for GWRRA!!!!

Hopefully, we will be on our way tomorrow, heading for Toronto and Montreal, then leaving Canada and turn south to Burlington, Vermont for a quick visit with our granddaughter and her family. Then, on to the Canadian Maritimes, our ultimate destination. We've been hot, cold, and rained on. Every kind of weather you want to mention. Our little tent trailer is doing its job. Last night was the first night we stayed in a hotel since we left Prescott. KOA's are so much cheaper. We've been through Colorado, Nebraska, South Dakota, Minnesota, Wisconsin, Michigan and Ontario, Canada so far. The upper peninsula of Michigan is so beautiful. Someone we met on Mackinac Island (he said he was a biker, himself) showed us several fabulous places for bike rides around the peninsula. We took one of the rides called "The Tunnel of Trees" which curved around the lake's edge and was just what it's called. You ride in a tunnel of trees.

We've been a bit of a curiosity along our way. Everyone wants to talk to us about our mode of transportation. They have a bit of envy about how we're seeing the country. It is so much fun - far better than an RV, and we've traveled in every kind. This way is the greatest.

Chapter Educator – Lee Crawford

Safety – News article – June 2011

Here's an excerpt from "Motorcycle Cruiser" that is just in time for the summer riding months:

Fighting Fatigue on Long Motorcycle Rides

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 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 dehydrate and fatigue you much more than your routine two-hour weekend jaunt. Riding in a tanktop and open-face helmet may seem like the best way to deal with the heat, but 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 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.

Quiet:

Wind noise - and exhaust noise if you have loud pipes - will not only permanently damage your hearing, it will fatigue you quickly. Both noise sources are at their worst if you don't wear a helmet, but even a full-face helmet that seals your ears well won't attenuate these noise sources sufficiently on an extended ride, so you should wear earplugs as well. If nothing else, you'll appreciate them when you try to go to sleep at night and the roaring in your ears isn't as loud. A windshield can also reduce wind noise.

Have a wonderful summer and ride safely!

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.