

## OFFICERS & STAFF

Chapter Directors  
Bill & Betty Livingston  
bettynbillinga@gmail.com  
(229) 889-1705

Asst Chapter Directors  
Jeff & Maud Verner  
gwjeff09@gmail.com  
(229) 883-5598

Chapter Treasurers  
John & Sheila Andrews  
andrewsj@mchsi.com  
(229) 889-8738

Chapter Educators  
Newsletter Editors  
Webmasters  
Rich & Marilyn Morgan  
rimorgan@wildblue.net  
(229) 809-0712

Couple of the Year  
John & Lynn Hyde

Sunshine Coordinators  
Floyd & Janie Weaver  
janie\_weaver\_57@yahoo.com

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District Directors  
Tommy & Vicki Martin  
georgiadd@gmail.com  
(770) 932-4007

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Region A Directors  
Bob & Nan Shrader  
RegionDirector@gwrra-  
regiona.org

If you are interested in filling a staff position in Chapter H, please contact any of the Chapter Staff listed above.

# GWRRA GEORGIA CHAPTER H April 2013



## Your GWRRA Adventure

Friends for Fun, Safety and Knowledge, the more you know the better it gets, ride to eat – eat to ride, the best ride ever was the last ride. These are a few phrases we have all heard when describing our membership in the Gold Wing Road Riders Association and in particular, our Chapter. When you break down all these well known phrases, it all boils down to what do I get out of belonging to GWRRA. In a nut shell as with any social organization, you get out of it what you put in. Your Chapter team tries to schedule activities that will provide the fun you expect from the benefits of belonging to GWRRA. In addition to our monthly gathering where we play games, give away door prizes and best of all, money, there are rides to nearby Chapters that give us an opportunity to support our sister Chapters and visit with old friends. For those that have the desire to refresh your riding skills and either learn or refresh your CPR/First Aid life saving skills, there are trained instructors within your Chapter that are more than willing to

provide that training. You also have trained Leadership Instructors in your Chapter to provide in depth information about how GWRRA works and what makes GWRRA unique from any other motorcycle organization. If you haven't noticed, the scheduled rides almost always includes eating. That is where the phrase "Ride to Eat – Eat to Ride" comes from. I am sure there are a lot of places we have either not been to or have not gone to in a long time, so if there is a special restaurant you would like to share with your friends, we would love to hear about it. A couple of our favorites is Yoders in Montezuma or Seminole Wind in Thomasville. We could always visit a museum, park, or local attraction and of course plan a stop along the way to eat. No matter where we ride or what we do, the ride alone will provide us with the best ride ever with friends for Fun, Safety and Knowledge.



## 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.

**WATER COOLING** - 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.

**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 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. Remember that salt is lost through sweat and in extreme circumstances you may need to keep up levels. Products like Gatorade are designed to replace body salt and electrolytes.

**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 maintenance checks. T-CLOCS – but more often. And finally, REMEMBER to carry warm clothes and waterproofs. Many hot climates can also get very cold and wet.

**Think Safety**

**Ride Safe**



### *Birthdays and Anniversaries*

#### *April Birthdays*

John Andrews 2nd  
Darryl Cannon 30th

#### *April Anniversaries*

Ron & Earlyne Munson 15th

### *Up Coming Rides and Activities*

- ◆ May 9th Moultrie—Leave Moree's at 6 PM
- ◆ May 20th Tifton—Leave Enmark on Clark at 6 PM
- ◆ May 23rd Chapter H monthly gathering

