



October 2004 Newsletter



GWRRA Region N
Kentucky Chapter
"A"

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Chapter director's column

By Jim Rippy

Chapter Picnic

Don't forget the September chapter meeting has been combined with the chapter picnic. The picnic will take place at McNeely Lake Park on Saturday September 18. It will begin at 2:00 PM. Dinner trimmings will be potluck. The list is on the web site under the picnic link, make sure you have checked the list and let us know what you will be bringing. The chapter will be supplying meats (burgers and chicken), drinks, buns and condiments.

Bring your bike, we have a fun run planned that will allow you to take the instructions and make the run and return to the picnic. There will be prizes for the best times and most bugs on a target.

High Mileage Contest

Don Willi takes it for August with 2495 miles. He moves into the lead for the year with 9448 miles. Bruce Jump is a close second with 9052 miles and Jim Rippy is third with 8375 miles. This could still go any one of three ways as we have two months left in the contest. Several distant rallies and our weekly rides could make the difference.

Blue Grass Blast

The Blast is behind us now.

Many thanks go to those who helped with the Blue Grass Blast this year. It takes many people to put on a rally if this size, without your help it would not have been possible. I would also like to thank those of you who rode or drove down for the rally; without your attendance the rally would be without purpose. This is our rally; all of the GWRRA members from the state of Kentucky. Whether you attended, worked a table, worked the bike show, worked concessions, worked with Rider Ed, worked the door prize table, sold patches, worked the poker run or sold tickets, thank you for taking the time and enjoying the rally with us. We sold \$450 worth of rally tickets this year. Thanks to all of you who sold their rally tickets and to those who bought rally tickets.

ERC

We had five of our group at the ERC Saturday, Bruce Jump, Don Vier, Brian Eilers, Bob Rucinski, and Jim Rippy. If you want to improve your skill at handling your bike, this is the course to take. By the end of the day I had done things with my Goldwing that I would not have thought I could have done. Sometimes try a figure 8 in a 20 ft by 40 ft area. I've had trouble making a U turn in the street I live on. Not a problem anymore... Remember Honda Rider Club will

reimburse you for \$70 of the \$75 dollar cost of the course and you will save on your insurance as well. The ERC counts toward you Rider Education Levels as well, see Jim Rippy or Don Willi for more information about the Rider Ed Levels. These are just bonuses compared to the damage to your bike, yourself and your pride that can happen if you do not know some of the things we learned in the class. I have been riding for many years and I have learned something every time I have attended a class. Lori and Dave did a great job as instructors and it was a beautiful day to spend riding. If you would like to take the class, the information and schedule is on our web site as well as a downloadable registration form. If you do not have access to the web site give me a call or see me at the meeting.

Chapter A Web Site

If you really want know what is happening check our web site. It is updated weekly with new pictures, updates on chapter rides and events as well as other interesting motorcycle news and information. We have links to a number of other motorcycle and Goldwing web sites as well as our own message board. Don Willi our webmaster is doing an excellent job of keeping it up to date. www.gwrakya.org Visit and sign our guest book.





October Ride Schedule



This is the end of the riding schedule for this year. We have scheduled extra rides for the month so as many as possible can partake of group rides as often as they wish.

Saturday---Oct 2nd. Renaissance Festival Park---Meet at 8 AM.

This park has live, full armor jousting, numerous comedy theatres, pirate battles, wandering minstrels, sword fights, craftsmen, shops and restaurants. Entrance fee is \$15 and includes all the numerous shows that go on all day on the 30 acre sight. This will be a FULL day of entertainment and it will take the entire day from opening at 10:30 till closing at 6 PM to see the numerous things this park has to offer----so those planning to attend should not expect to be home before 8:30 or 9 PM
www.renfestival.com Look under "the event" link on their site for more info on the entertainment.

Thurs., Oct 7th---Shepherdsville to ride the go-karts then a stop for ice cream. Meet 7 PM

Sat., Oct 9th---Perryville Battlefield reenactment---meet 9:00 AM

Sun., Oct 10th---Mystery Ride by Kathy and Mike. Meet 1 PM

Thurs., Oct 14th - Baskin-Robbins – Bardstown Meet 7 PM

Sat., Oct 16th---First Aid Class –Meet 9 AM---Don Willi will have the location and put it on the web site. Class is \$20 person. Also, monthly CHAPTER MEETING: dinner 5 PM, meeting 6 PM---ride to follow.

Sun., Oct 17th---Autumn on the River – Bethlehem, Ind – Meet 1 PM

Tour the restored 1927 schoolhouse. See the village by country tram, 1812 reenactments, arts and crafts, auction, entertainment and food.

Wed., Oct 20th - Dinner ride---Bike night at Mike Lennings---meet 6:45 PM

Sat., Oct 23rd Natural Bridge---meet 9 AM

Sun., Oct 24th Stumler's, Borden IN-----meet 1 PM

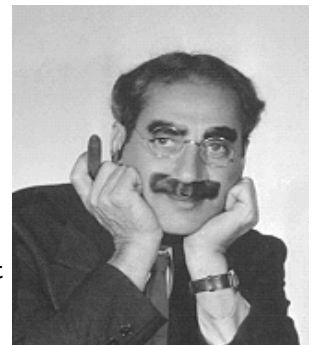
Thurs., Oct 28th---Hershey's ice Cream on Bardstown Rd

Sat., Oct 30th---A day of scenic rides

US 60 to US 127. US 127 toward Harrodsburg, picking up National Scenic Byway US 68. Stop at Shaker Village for lunch then continue on toward Lexington on US 68, picking up US 60 again to head for home. Meet 9:30 AM

Sun., Oct 31st Switzer, Ky (near Frankfort)

See Switzer covered bridge---one of 12 remaining in the state. This is the last scheduled ride for 2004 and it is also Halloween, therefore, there is a **requirement** for this ride. Everyone must come as a Groucho Marx look-alike; thick eyebrows and mustache and bring a cigar. Don't miss it and let's have some laughs and silly fun on our last Chapter A ride of the year. Meet 1 PM.



CPR and First Aid Training

By Chapter Educator Don Willi

October 16th I have scheduled a Basic 5.0 CPR and First Aid Training Course. This will be taught by our district educator, Jim Hall who is an excellent instructor. Jim will have all the necessary equipment and props to put on a great course. I'm hoping we get a good turn out for this.



You may be asking the question, “Why get trained in CPR and First Aid?” Studies have shown that first aid training leads to safety-oriented behavior. This means we tend to be safer while riding our motorcycles or car etc. The CPR first aid course allows us to feel prepared with knowledge to take action. Knowing appropriate first aid procedures can save lives. Taking the CPR - First Aid Course can help you respond to an emergency situation better than if you did not have that training. In a CPR training course, you will learn how to blow into the victim's mouth in order to get air into the lungs. In addition, you will also learn how to do chest compressions in order to re-create blood circulation.

I found some other interesting facts about CPR on the internet and I would like to share these with you.

Facts about CPR

- Sudden cardiac arrest is the leading cause of death in adults.
- Most arrests occur in persons with underlying heart disease.
- CPR doubles a person's chance of survival from sudden cardiac arrest.
- 75% of all cardiac arrests happen in people's homes.
- The typical victim of cardiac arrest is a man in his early 60's and a woman in her late 60's.
- Cardiac arrest occurs twice as frequently in men compared to women.
- CPR was invented in 1960
- There has never been a case of HIV transmitted by mouth-to-mouth CPR.
- In sudden cardiac arrest the heart goes from a normal heartbeat to a quivering rhythm called ventricular fibrillation (VF). This happens in approximately 2/3rds of all cardiac arrests. VF is fatal unless an electric shock, called defibrillation, can be given. CPR does not stop VF but CPR extends the window of time in which defibrillation can be effective.
- CPR provides a trickle of oxygenated blood to the brain and heart and keeps these organs alive until defibrillation can shock the heart into a normal rhythm.

- If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes a person has a 40% chance of survival.

The Basic 5.0 program is a six-hour CPR and First Aid training curriculum that utilizes a video training format, hands on practice through the use of scenario based training cards and instructor coaching and feedback. It is designed for those who have not had CPR/First Aid training and for those that have not refreshed their training for some time. This program is the core of the GWRRA Rider Education training in CPR and First Aid and qualifies members for advancement and maintenance of their Rider Education Levels Program requirements.

JUST THINK OF THE KNOWLEDGE AND BENEFIT YOU WILL HAVE BY TAKING THIS CPR – FIRST AID COURSE. SIGN UP FOR THE OCT. 16TH TRAINING DATE. CLASS WILL START AT 9AM.

Safety starts with training!! Happy and safe riding!!

FUN, SAFETY, KNOWLEDGE



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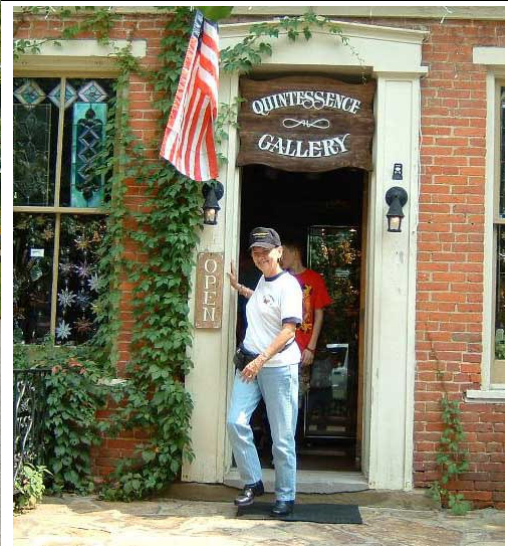
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Emphasis on Fun!!!



**SO MUCH FUN TO
ENJOY AND
NEVER ENOUGH
TIME TO ENJOY
IT ALL!!**

**PROOF THAT
CHAPTER A
WROTE THE
BOOK ON
EXCITING
ADVENTURES!**





BLUEGRASS BLAST 2004
(OR WHAT HAPPENS IN PADUCAH, STAYS IN PADUCAH)



Left:
Don and Renee,
get a room!



Right:
Don, I think that
woman over there
is flirting with you!



GREAT CLOSING CEREMONY!



*Friends for Fun, Safety and
Knowledge.*

**Come Ride With
Us!**

EVENTS AND RALLYS

- *OCTOBER 2, INDIANA DISTRICT FALL FEST, HUNTINGTON, IN*
- *OCTOBER 7-10, VIRGINIA DISTRICT RALLY, SALEM, VA*
- *APRIL 22-23, 2005 SPRING FLING, PIGEON FORGE*
- *MAY 5-7, 2005 SOUTH CAROLINA DISTRICT RALLY, MYRTLE BEACH*
- *MAY 19-21, 2005 REGION N RALLY, MAGGIE VALLEY, NC*
- *JULY 4-7, 2005 WING DING, FORT WAYNE, IN*

NON GWRRA EVENTS

- *BIKE WEEK—DAYTONA, FL FEB 27—MAR 27, 2005*
- *BRANSON, MO MOTORCYCLE RALLY—MAY 14-16, 12005*
- *AMERICADE—LAKE GEORGE, NY—JUNE 7-12, 2005*
- *HONDA HOOT—KNOXVILLE, TN JUNE 23-26, 2005*
- *HONDA HOMECOMING—MARYSVILLE, OH JULY 29-31, 2005*