



Derby City Wing Riders

GWRRA Chapter A Louisville, Kentucky

August 2006

Kentucky District

Region N



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Chapter Meeting August 19

The August Chapter Meeting is at our regular meeting place, the Piccadilly Cafeteria on Hurstbourne Parkway down by Shelbyville Road. Eat at 5:30 PM and Meet at 6:30 PM

Blue Grass Blast

Remember to make plans for the Kentucky District Rally on August 25 and 26. New rally location this year in Bowling Green. That's only about a two hour ride down I-65 from Louisville. This is our own Kentucky Rally, we need all of you to help make it a success. There will be plenty to do and as always plenty of vendors. If you can't make it for the both days come down and get a day pass and look around. It's like a reunion for many of us, we get a chance to see friends from all over the state that we have met over the years. Then there are the seminars and the classes. Check out the district web site for more information. You can link to the district web site right from our chapter web site by clicking on the link.

We have some chapter assignments for the rally. We have the goodies table on Friday from 8 – 10 AM and again on Saturday. We need some volunteers to help man the table. If we have enough people we can do a one hour shift.

New Webmaster and Chapter Historian

Rene' Vier has volunteered to help me with our web site. Between the two of us we can stay ahead of changes and keep it up to date.

Lani Sweatman is our chapter historian. If you have pictures that you would like in our scrapbook or have posted on line at the web site please get them to Lani.

July High Mileage

The July High Mileage winner is Mike Lebre with 2179 miles. Steve Kratzwald was 2nd with 1889 miles and Joe Schoene was 3rd with 1222 miles.

Labor Day Overnight Ride

We have tentatively planned an overnight ride on Labor Day weekend to Pine Mountain State Park in Eastern Kentucky. This will be a Saturday/Sunday ride. We are still working out the details. If you are interested and would like to participate in the planning let us know at the chapter meeting on Saturday.

Never Ride Faster Than Your Guardian Angel Can Fly...

August Chapter A Rides

Thursday August 17, Dessert Ride: This is a surprise ride, which means we really don't know where we will be going for dessert, but we know all the good places. Meet at D.Q on Hurstbourne at 6:30 PM.

August 25 and 26, Blue Grass Blast in Bowling Green: We have people leaving on Thursday the 24 after work and at various times on Friday. Check the message board on the chapter web site for more info on when folks are leaving.

Saturday September 9, Nashville, IN Depart DQ on Hurstbourne at 8:00 AM. We will stop at "A Nice Restaurant" in New Albany for breakfast and then ride on to Nashville.

Saturday September 23, Newport, KY Depart DQ on Hurstbourne at 9:00 AM.

MSF Courses, BRC and ERC

Derby Motorcycle School, 502-366-4351
Kentucky Driving School, 502-456-5266
Advantage MC School, 502-876-5190

Remember Honda Rider Club will reimburse you for \$70 of the course costs.

GWRRA Region N Events

Aug 25 – 26: Blue Grass Blast, Kentucky District Rally, Bowling Green, Kentucky.



Jim Rippy
When First Impressions Count

AutoQual Kentuckiana
502-418-2742
Louisville, Kentucky

email: jrippy@autoqual.com

Check chapter web site for car cleanup special.

August Birthdays and Anniversaries

Our records show no Birthdays or Anniversaries for August. We may not have all the dates for the Derby City Wing Riders Newsletter, August 2006

chapter, so make sure we have your Birthday and Anniversary dates.

The logo for Petscriptions.com features a cartoon dog holding a bone. To the right of the dog, the text "Petscriptions.com" is written in a green, sans-serif font. Below this, the tagline "Fulfilling your pets medical needs." is written in a smaller, black font.

1-877-97PETRX
1-877-9773879

Chapter Picnic Saturday September 16

We will hold our annual picnic at Taylorsville Lake State Park. We will be renting one of the nice picnic shelters on top of the hill near the rest rooms. This is a great site, we used it last year. That is also the day of our meeting. The picnic will last from 1:00 PM till about 6:00 PM. We will have our chapter meeting at the park after the picnic.

Cooling Down In Very Hot Weather

By James R. Davis

Riding when the temperature is well in excess of 90 degrees can be dangerous to your health. Unless you take care to keep your body temperature under control even rides as short as an hour can result in heat-prostration or even sun-stroke.

Many riders know that if you keep your neck cool, because the large veins that feed your brain are so close to the surface, you greatly diminish these health risks. There are two very popular devices that are simple and effective in this regard.

One is called a 'cool collar' and is made from a tube of bandana material that contains some water absorbing beads sewn into it. The beads increase in size about 50 TIMES over when they are dry. Thus, when dry, these collars store easily and take up very little room. But getting them wet is not as easy as it sounds. That is, you have to take a dry

collar and submerge it in water for up to 1 hour before it has absorbed all the water it can. That hour is often not available to you when you need it.

The reason the collar works to cool you off is that it takes even longer for the beads to dry out than it did to get them wet. That is, water will evaporate from them over a several hour period. Any evaporation activity cools - but only marginally so from the wearer's point of view. That is, within half an hour of putting one of these collars around your neck, even if it had been in a freezer before you put it on, the collar will be very nearly at the temperature of the air around it.

Far better than these 'cool collars', I have found, is the original design of them (sometimes called 'Kool Kollars'). These are usually made of terry-cloth sewn together in such a way as to contain a pocket into which a zip-lock bag is placed. These are filled with ice! This type of collar REALLY cools your neck as the ice melts, AND they drip cool water. That dripping leaves the front and back of your shirt sopping wet over time which provides a huge source of evaporation - i.e., it helps to COOL!

At every pit stop you make you can refill the 'Kollar' with ice (just pour in a glass of ice water, ice and all).

The bead filled collar cannot be rapidly cooled again once it has gotten warm. Thus, you usually find that people that use them have two - one of which is always sitting in an ice-chest.

One more way to handle high heat - those of you that wear skull-caps (helmet liners) can simply saturate them with water before putting them on. This works very well indeed, for about half an hour.

Further, of course, simply pouring water on your shirt helps a great deal - again, because it provides a huge area over which evaporation takes place.

While on the subject let me remind you that your wet shirt is not the only large area that evaporates - all of your exposed skin does the same. Thus, you NEED to DRINK lots of fluids too!!!



Notice how everyone is standing. Would you believe only one restroom that worked and it's been a long ride...



Now where were we going...



Oh, I just love to pet my bike, especially the red furry seat.