



# Derby City Wing Riders

GWRRA Chapter A      Louisville, Kentucky  
May 2010

*Kentucky District*

*Region N*



Chapter Director  
Don & Renee Vier

Assistant Chapter Director  
Steve & Lani Kraztwald

Chapter Educator  
Bill Cook

Treasurer  
Beverly Blunk

Pin & Patch Coordinator  
JoAnn Roth

Membership Enhancement Coordinator  
Jose Zellers

Shirt Coordinator  
John & Beth Flaherty

Newsletter  
Renee Vier

To contact Chapter A Officers:  
[gwrakya@yahoo.com](mailto:gwrakya@yahoo.com)  
Derby City Wing Riders website:  
<http://www.gwrakya.org>

## *From the Director's Track*

Last August we were riding on I-64, heading toward home. Traffic was congested and moving slower than usual due to all the road construction. We spotted two crotch rockets across the highway riding in the opposite direction and one of them proceeded to do a wheelie. As wheelies go, it was a very well executed, lengthy wheelie with the bike in all but a vertical position. We watched as the drivers around him began putting on the brakes and steering as far away from the bike as possible.

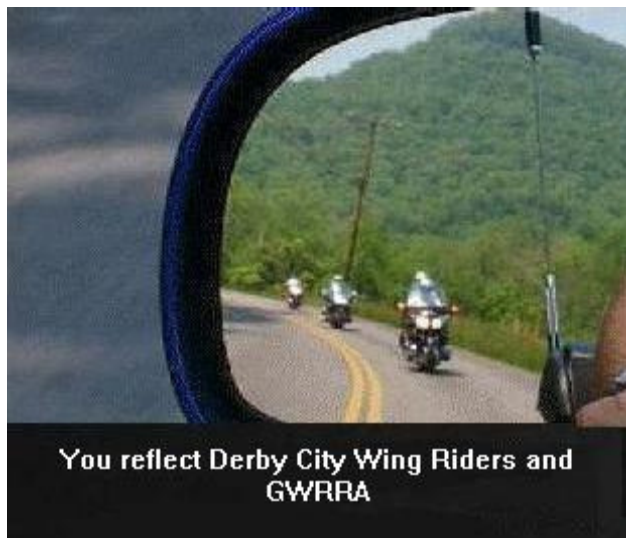
Unfortunately, many *cagers* who have never owned or ridden a motorcycle lump us all together. A biker is a biker. When someone sees a biker do something as dangerous, stupid and idiotic as that crotch rocket rider did that day it can often result in them forming negative opinions of all bikers, just waiting to see a motorcyclist driving dangerously, darting in and out of traffic or pulling a stupid stunt like a wheelie in congested traffic. "All bikers are idiots!" Although it is true that the days are slowly fading when those that have never owned a motorcycle look at any biker, on or off their bike, as someone only slightly better than your average criminal, it is also true that many still have those old Hollywood stereotypes stuck in their head and ...a biker is a biker.

As the riding months are upon us, let each of us remember that Derby City Wing Riders and GWRRA is everywhere we are. If we're on the bike or off the bike, when we wear a Derby City Wing Riders logo on a shirt, hat or vest or have a GWRRA logo on our clothing or bike, when we are riding in a group or alone, we are observed by others and we represent Kentucky Chapter A and GWRRA to everyone around us, from the person who approaches us at a rest stop, sees us at a gas station, talks with us in a restaurant parking lot, to the child that waves to us in a passing car and yes, even to the rude driver that crowds us on the road or cuts into our riding group.

Derby City Wing Riders must continue to be *the* example by riding safely in an organized and tight group, changing lanes as a unit and unlike many other motorcyclists, wearing our safety gear. Let's continue to be a good example of GWRRA, the organization in the forefront of motorcycle safety while we are having fun and enjoying our Wings. And remember to wave to that child that is starrng from the passing car. Take the time to talk with the stranger that approaches you in a parking lot commenting on your bike. Each of us *is* Chapter A, Derby City Wing Riders and GWRRA so ride safe and keep spreading that

wonderful Chapter A love by being your usual courteous, friendly, smiling self.

### *Don and Renee*



### *Words of Wisdom*

When everything is coming your way, you're in the wrong lane.

### *From the Educator's Headlights*

#### *"Highway Hypnosis"*

In casual conversation with an estimator from a roofing company I have found a phrase that has stuck with me since. A gentleman on my roof walking around with no effort, not effected by the slope or pitch nor the granules off the shingles really impressed me. So I asked the question, "Do you ever feel like you are going to fall?" He replied, "Those are the days I take off. If I feel like I may fall I'm not going up!" In my opinion his reply can be applied to anything remotely dangerous so I have decided to share that with you in making my point concerning mental awareness and fatigue while riding your Wing.

**M**ental awareness is not just fatigue. It is anything that takes your focus away from the pavement ahead of you. A fight that you had with a co-worker. An injury that may be throbbing. Just one of those plain ole stressful days can effect your riding skills. Running late for an event and concentrating more on getting there than navigating your bike. Medication that changes your ability to concentrate. The list goes on and on. Before a big ride you make plans and get things ready.....right? Make sure that you get the most important thing ready, yourself. Make sure you are rested and ready. Do not start a day-long excursion tired. Fatigue will be guaranteed by the end of the ride.

**H**ighway Hypnosis can sneak up on you too. Just because you were rested when you left does not mean that you are exempt. *Highway hypnosis* is the drowsiness caused by lack of visual and physical stimulation while riding. The constant engine sound on a straight piece of highway. Riding alone rather than with another bike can be a factor. The lack of braking or shifting gears for an extended period of time would be another factor. Boring scenery. Dehydration is something to watch out for too. Constant wind and sun can really dehydrate you quickly and in turn... yes... fatigue.

Seven percent of all motorcycle crashes are due to fatigue. Twelve percent of all fatal crashes are caused by fatigue. These are staggering numbers! Why are these people riding? Maybe they are missing the warning signs. Some of the warning signs to look for are:

- Inability to concentrate
- Feel like you are falling asleep
- Delayed reaction time
- Lack of focus
- Being tired
- Yawning
- Tight muscles
- Loss of depth perception

**O**kay, remember the article that I dedicated to the Co-Riders? Communicate with your Co-Rider if

you have one. That is your easiest and the most readily available tool you have to ward off *Highway Hypnosis*. Make the others around you aware of how you feel so they can help and watch out for you. Plus they deserve to know, their well being is in your hands. DO NOT let pride get in the way when it comes to safety.

**T**echniques or actions to reduce *Highway Hypnosis* are:

- Proper hydration
- A light snack
- Chat on the CB with other bikes
- Mental exercise, like calculating fuel mileage
- Take a break at least every two hours
- Stretch
- Take a short nap
- Adjust air flow with vents on bike or helmet Shields.

**R**iding demands your mental edge. For your safety, your co-riders safety, your fellow bikers safety and other motorists make sure you, the most intricate and important piece of your bikes dynamics, are ready to ride. And if you feel any of the symptoms of *Highway Hypnosis* creeping up on you, please try to raise your alertness level using one of these techniques or something that you may feel is right for you. And if you don't feel up to the ride stay off the roof, oops, I meant your wing!

**T**ill the next time, keep it safe and enjoy the ride!!

*Bill and Linda*

## *May Anniversaries*



Ken & Lorrie Maxwell  
Jesse & Kristen Tipton

## *May Birthdays*



Ken Maxwell  
Mark Mullineaux  
Karen Rogers  
Mike Trice  
Don Vier

## *April Meeting Highlights*

**A**pril meeting, we discussed the upcoming Chapter Spring picnic and the possibility that it could be rained out...and so it was, not once but twice. New picnic date is Saturday, May 15<sup>th</sup> combining the Chapter Meeting and picnic. Should it rain again on that day \*sigh\* we will have our regular meeting at the regular time at Rooster's. (Remember if you entered the High Mileage contest and cannot attend a meeting, we need your mileage emailed in no later than the Tuesday following the meeting. Thank you.)

**T**he upcoming Mother's Day camping weekend at the Russell Springs KOA is a go. If you have never camped, try it. They have cabins at \$44 a night and tent sites are \$22...and then there is always the lodge at Cumberland Lake or a nearby hotel/motel. (That is what we use to do before we decided to "tent it.") **A weekend getaway**, low prices, a Saturday of great riding and FUN, FUN, FUN! Russell Springs KOA website: <http://www.koa.com/where/ky/17105/>

**W**e also discussed the upcoming fund raising event/rally to be held at Heritage Honda over the Memorial Day weekend and have made plans to go. Hope many can attend. It should be a fun day. Lastly, we chose rides for May and June and since then have had numerous other rides turned in for future drawings. Remember, you can always turn in more rides whenever you like and they will be added to the drawings.



## *Kentucky District*



**The District Traveling Plaque is with Chapter W.**  
Next meeting is Tuesday, May 27th.

Taste of China

I-64 Exit 94 Winchester, KY

Eat @ 6:00 Meet @ 7:00



**The COY Duck is with Chapter N.**

Next meeting is Friday, May 14th

Vanessa's Heavenly Temptations

119-A S. Main St. Dry Ridge, KY 41035

Eat @ 6:30 PM, Meet @ 7:30

**Kentucky District Newsletter**

<http://www.gwraky.com/id5.html>



## *Regional*



**Appalachian Region N Newsletters**

*Appalachian Gazette*

<http://www.region-n.org/Region-Gazette.html>

## *Redneck Wedding Planner*



## *National*



**Wing Ding 32**

June 30th - July 3rd

Iowa Events Center

Des Moines, IA

Registration link:

<http://www.wing-ding.org/>

**National Newsletter *Wingin' It***

<http://www.gwrra.org/newsletters.html>

*Please Support Our Sponsors*



**HERITAGE HONDA**  
 Kentucky's Oldest Dealer  
 70 Tucker Drive • Maysville, KY 41066  
 Bus: (606) 758-5000 • Cell: (606) 468-3412  
 mike@heritagehondaky.com • www.heritagehondaky.com

**Mike Knight**  
 Goldwing  
 Sales Specialist




**GOLDWING**












**IS PROUD TO CARRY THESE FINE PRODUCTS**

700 US 31E, Clarksville, IN 47129 www.sspowersports.com

**James Ed Noe**  
 PERSONAL \* COMMERCIAL  
 P.O. Box 647 • 653/ W. Hwy 22  
 Crestwood, Kentucky 40014  
 (502) 241-0288 • (502) 241-0218 fax  
 Email: insureme@bellsouth.net




**Petcriptions.com**  
 Fulfilling your pet's medical needs.

1-877-97PETRX  
 1-877-9773879

**SHELBY CYCLE & ATV**



**PARTS SERVICE ACCESSORIES** | **SALES APPAREL**