



Chapter I-2



**GWRR
LAVONIA, GA**

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Director's Notes

April has been a busy month for Chapter I-2. We had 26 at our March 20th meeting, that was great. Our dinner ride to Fletcher's in Hartwell, we had a large group with some visitors from Chapter T. April 3, we went to Athens Cycle World to their customer appreciation day. We had 7 that went. Then some of us went to Helen on a tour ride. April 10th, ride to Chapter T's Spring Fling with 8 participants. April 11, we held a Road Captain class and a Team Riding Seminar, we had 16 to participate. On April 24 and 25, Ronnie and I are going to get our Officer Certification. As you can see, this has been a busy month. Our next meeting is May 15. Our June meeting at Shoney's will be cancelled, we will be at the Wing Fling in Hiawassee June 17, 18 and 19. Hope each of you can come join us at the Wing Fling. Don't forget our Dinner Ride, April 23.

Frank



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Rider Safety Thoughts

One of the most attractive features of our Wings is that they invite long travel; we own "touring" bikes not "cruisers". I'm anticipating some long trips later this spring and into the summer and I'm hoping you are as well. However, whether our ride is a single-day or extended ride, rider fatigue can become a serious factor. The comparative quiet and comfort of our Wings can contribute to rider fatigue as can an over-dependence on cruise control. And, while rider fatigue can hit us quickly, it is most frequent on long rides, during the heat of the day, and after dark. Along with feeling drowsy, we may feel back tension, burning eyes, lack of focus/attention (I'm sure we've all had that feeling of "Did I already pass my exit?" or suddenly realizing that we've "missed" the last 10 miles of highway), and erratic riding.

The National Safety Council recommends the following tips for staying awake – and staying safe – when we ride:

Get enough rest. This may seem obvious, but if you have not had a restful sleep, you are inviting rider fatigue.

If possible, do not ride alone.

Try to avoid "pushing on" when it's hot and/or riding long distances at night.

Stay hydrated.

Keep the intercom conversations going with your co-rider.

Use the cruise control sparingly.

Ride with your head and eyes up, and maintain good riding posture.

In the daytime wear sunglasses to fight glare and help prevent eye fatigue.

Take frequent breaks and look for other bikers who also have stopped so you can swap stories and information about road conditions, traffic, and weather. Celebrate our "biker culture".

Avoid overeating; have light meals and snacks. There's nothing better than a heaping plate of fried chicken, hush-puppies, fried okra, slaw, and mashed potatoes. But that's "nap food". And, I think we all know about the dangers of mixing alcohol and biking.

If you still find yourself getting drowsy riding, pull over into a rest stop or just stop for the night at the next motel.

And perhaps the "biggie": Listen to your Co-Rider who may well know what's going on better than you. Co-Riders, watch for the warning signs for fatigue and tell your bike operator YOU need a break (so maybe it's OK to lie every-once-in-a-while J). Having stopped, (fess-up about the lie) point out your observations.

Phil Howard

Chapter I-2 Educator



Birthdays

Joe Colvary 4-8

Karen Lewis 4-15

Carlos Lozano 4-18

Bruce Gregory 4-23

Joe Hand 5-10

Ronnie Lewis 5-24



Up Coming Events



April 22-24

Tennessee District Rally
Pigeon Forge Tn.

April 29- May 1

South Carolina District Rally
Charleston S.C.

May 1 10 A.M.

Madison County Emergency Service
Ride To Help A Brother
Madison County Recreation Dept.

May 8 8am

Rider Education Fun Day
Savannah Ga.

May 15 11am

Chapter 1-2 Meeting Shoney's

May 16 10 am

Memorial Motorcycle Ride
Departing from White County
Courthouse Parking Lot. Stands up At
10:am



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FOR SALE

1993 Goldwing 1500 SE Pearl White low miles .
Excellent condition. Lots of extras. One owner . \$8200.

SOLD

1995 Goldwing 1500 SE Limited Edition . Pearl White
Excellent condition with many extras. One owner. \$9200.

SOLD

Contact Phil Palmer 770-561-3376