

Region E

GOLD WING ROAD RIDERS ASSOCIATION

June 2009



# MISSOURI CHAPTER "P"



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*2009 Couple of the Year*  
Dean & Shirley Williams

## Join Chapter P

For those of you who know GWRRA, you know it's a place to have fun! For those of you who aren't familiar, there are chapters of GWRRA members throughout Missouri so that any motorcycle enthusiast has a place to come and ride, laugh and grow with friends.

## A Word from our CD's

Greetings to all. Once again I hope you are getting the time to do some riding. The weather has been getting better so you ought to try and enjoy it while you can.

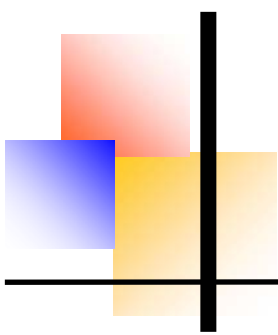
I am still asking for suggestions for rides. If you have any ideas please let someone know. If nothing else we can meet at a good restaurant and enjoy some fellowship. I have scheduled our drive in get together for the 20th of June. We can all meet at the Missouri Hicks about 6:00 PM. This should give us about 2 hours to eat and still get to the show well before dark. Hope to see you there.

If anyone is planning on going to Wing Ding, you might want to discuss your plans with some other members. You might be able to get a group together and make the trip more friendly. Other than Wing Ding there isn't much on the calendar. Chapter L is having a Kick Off Run on July 25th. It will be at the Orleans Trail at Stockton, Mo. Starting time is 10:00 AM, they will serve a lunch of hot dogs, chips, beans, and drink for \$4, at noon. There will be Observations Runs available through the day and they will also have a 50/50 drawing.

Our meeting time should be the third Thursday of the month for the rest of the year. It took a little while to get back into our regular rotation, but I think everyone agrees that the meeting room is a better at the Pizza, Pasta and More Restaurant.

Enjoy and God Bless.

Theresa and Bill



## Rider Education

### Hot!

Hot summer days make a convection oven look positively chilly. Riding in hot weather presents its own challenges. However, rather than staying home and missing all the fun, with a little planning it is still possible to enjoy our favorite roads.

Dressing properly is very important. A T-shirt and shorts are not the answer. Exposed skin is not only dangerous in a crash, it's a major source of dehydration and sunburn. Add to that the long-term danger of skin cancer and covering up becomes the clear choice. Cover all exposed skin to reduce dehydration. There are some specialized clothes that purport to have UV resistance built in, but they are a bit on the pricey side. A long-sleeve cotton shirt, cotton jeans, and gloves, all normal safety wear, are the clothing of choice. Many riders use the old biker's trick of soaking the body of a heavy cotton sweatshirt in water, leaving as much water in the shirt as possible. The sleeves are left dry from the elbows down, as well as from the waist down, to allow for moisture wicking down. The wet shirt becomes an evaporative cooler that leaves the rider in blissful comfort for at least an hour.

Apply plenty of sunscreen to the face and back of the neck, and if gloves are not worn, to the backs of the hands. Look for a product that is strongly water-resistant so it won't run into the eyes from perspiration. Use at least SPF 30, and since sunscreen loses potency with age, make sure it's fresh. Most people fail to put on enough sunscreen and do not reapply throughout their ride.

Start the ride well-hydrated, taking in at least a quart of liquid before departure. Contrary to logic, this will not necessitate extra pit stops. Take in at least a quart of liquid such as water or sports drinks every hour. If the temperature or heat index is very high, double that intake, since fluid loss can top a gallon an hour. Riders who do not need to make a pit stop every couple of hours are dehydrating and should sharply increase their fluid intake.

Break the ride into segments with extended cool-off periods every couple of hours. These can be refreshment stops, points of interest, or just spending 30 or 40 minutes in a cool gas station, sipping a sports drink. Caffeine tends to increase dehydration, as does alcohol.

Know the signs of heat exhaustion (profuse sweating, dizziness, flushed face, weakness, muscle cramps) and heat stroke (no sweating, pale face, shallow respiration, collapse). Riders and co-riders should watch for them in themselves and in others. At the first signs, seek a cool place and cool the victim down as quickly as possible. In heat stroke, seek emergency medical help. With a little preparation and common sense, beating the heat is a lot more fun than staying home.

*by Jackie Vaughan  
VA-B*



**The Dawson gang looking very formal on the occasion of gaining a son, Josh Blanton.**



**Sat. night favorite place to eat...**



**..then to the Drive-In for a movie.**

## GWRRA offers much to enjoy

- July 2-5, 2009      **Wing Ding 31** Tulsa Expo Square Tulsa, Oklahoma [www.wing-ding.org](http://www.wing-ding.org)
- July 24-25, 2009      **Minnesota District Rally** “Ride to the River” Riverport Inn (Host Hotel)  
Winona, MN 507-452-0606 Contact: Kevin and Cindy Heap 763-477-6579
- July 25, 2009      **Chapter L “Kick Off Run”** Orleans Trail at Stockton, MO. (Stockton Lake)  
Start at 10:00 AM, Eat at noon. Contact CD’s Kevin or Lisa Wills  
(417) 876-0554      [macdaddy0568@yahoo.com](mailto:macdaddy0568@yahoo.com)
- July 31-Aug.1,2009      **Illinois District Rally** Place: TBA    Contact: Steve and Sandy Schager
- Aug 6-8, 2009      **Iowa District Rally** Ames, Iowa Contact: Mike and Linda Huppenbauer  
319-758-1134
- Aug 16, 2009      **Chapter I Fun Run** Cape Girardeau, MO Contact: Johnnie Haupt  
573-275-6580
- Aug27-30, 2009      **Kansas District Rally** Abilene, KS Contact: Gary and Susan Drake  
785-828-4801
- Sept. 4 – 6, 2009      **Region E Rally** 5<sup>th</sup> Season Hotel & Convention Center 6902 27th Street,  
Moline, IL phone 309-762-8811 Contact: Dave and Gwen Carter 815-477-9893

## LOOK FOR US ON THE WEB

As many of you know, Chapter P is on the web. Our address is [www.fidnet.com/~daved](http://www.fidnet.com/~daved)  
Most of Chapter P’s information will appear somewhere on the web-site. This site is in place for your convenience, and to let others, both members and non-members to know how much fun we have, what we’re about, and what we have planned to do. Likewise, the Missouri District has a new web-site. In fact, they have established their own domain. The address for the Missouri District web-site is: [www.mogwrra.org](http://www.mogwrra.org)  
Check both sites often to find out what is planned.

### **Web Sites**

*MO Chapter P*  
<http://www.fidnet.com/~daved>

*GWRRA*  
<http://www.gwrra.org>

*GWRRA Region E*  
<http://www.gwrra-region-e.com>

*GWRRA Missouri District*  
<http://www.mogwrra.org>

# GWRRA



Wing the River Country with us

## Kick Off Run

Place: Orleans Trail at Stockton, Mo.  
(Stockton Lake)

Date: July 25, 2009

Time: Start at 10 AM. Eat at Noon Hotdog,  
Chips, Beans and Drink for \$4.00

50/50 Tickets will be Sold \$1 per ticket or 6 for \$5

There will be Observation runs Available thru the day.

Come have fun with us. Meet the New Chapter.

For more information Contact Kevin or Lisa Wills Chapter

Directors at 1-417-876-0554 or e-mail

macdaddy0568@yahoo.com

