



Skagit Valley Wings

January 2012!

A message from our directors

January Events

Dinner Ride
Meet at Cook Rd
Card Lock Station
Wednesday 18th
at 6:30pm

Business Mtg.
Oak Harbor Gun Club
Address to follow in
reminder email.
5:30pm
Saturday 14th

Breakfast Mtg.
Sunday, 22nd
8:30 Breakfast
9 am Meeting
Emerald City Grill
1912 W. SR 20 in
Sedro Woolley next
to United General
Hospital

Greenfreeze
Saturday, 21st



Hello Chapter "S"

The ride to the Seattle Motorcycle Show was great! The weather was beautiful, the show was interesting. I had some trouble with the GPS getting signal in the bowels of the city though. Boy, we really wanted to leave the city, to return to the valley from whence I came. (No kidding, my Mom still lives in the house that Dad built off Anderson Road.)

Jean got a clean bill of health on the 5th of December. No more cancer. She still has to deal with the treatments, but there **is** hope!

So... Welcome to the New Year. I hope that all of you had a great holiday.

This year looks to be a better year than we have had in a long time; with more riding & more fun with our

Upcoming February Events

Dinner Ride

Meet at Cook Rd Card
Lock Station

Wednesday 15th
at 6:30pm

Business Mtg.

Patty and Daylon's
Address to follow in
reminder email.

5:30pm

Saturday 11th

Breakfast Mtg.

Sunday, 26th

8:30 Breakfast

9 am Meeting

Emerald City Grill
1912 W. SR 20 in
Sedro Woolley next
to United General
Hospital

friends in GWTA.

The Polar Bear ride is nearly here & then Green Freeze will be upon us. After Green Freeze is the ride we all look forward to working, our very own Lime Run. This year has some neat twists & we don't mean on the road.

Jean & I would like to pause; to take this time to thank all who have helped us in 2011. Not only our staff, which was absolutely fantastic, but everyone within our chapter. You all pull together when things need to get done.

This is what makes our chapter stand out above other chapters.

Believe me they notice, we, as the head of this lovable mob, hear about it all the time. So give yourselves a big pat on the back for a job well done.

See you all out there,

You CD's
Lee & Jean



Safety and Rider Education

With Frank

****COLD WEATHER RIDING****

With the winter months here and us wanting to ride when **SAFE**, I found an article on general ideas for clothing. This comes from "OPEN ROAD JOURNEY", on the internet.

Staying Warm

Riding a motorcycle in cold weather comes down to one simple concept: insulation. Since most people aren't very active on a motorcycle, their body isn't doing much to produce heat on its own to counteract the cold. That means we have to do everything we can to insulate the body in order to keep what precious heat that we do produce actually on our body, and not floating off in the cold winter air.

Insulation boils down to two things: layers (to slow the rate at which our body loses heat), and wind proofing (to keep the wind from stealing our heat).

Layers

Let's talk about layers first. Layers are critical for riding a motorcycle in the cold weather of winter. The number of layers you'll need to wear is based both on personal preference (some people naturally run a little hotter than others) and the temperature outside. I've worn up to four layers in really cold weather. The key is to have enough layers on that you feel comfortable (maybe even slightly warm) when you step outside and just stand in place (before you ride your motorcycle).

Remember two things;

- Your bottom layer should always be some type of snug fitting thermal or fleece underwear. This will create a warm layer of air between your body and this material. (Don't worry about buying the expensive wicking materials like Dri-Fit, etc. - you won't be sweating much so it won't do you much good)
- Don't wear so many layers that you lose mobility. If you can't hold your arms at your side because of all your clothing, than it's probably time to invest in either some warmer, or even heated, clothing.

Wind Proofing

Now, let's talk about wind proofing. The biggest issue that you will have when riding a motorcycle in the winter is keeping the wind out. Wind, specifically wind chill, is your worst enemy on a motorcycle in cold weather. Doing everything you can to stop this enemy is going to go a long way to helping you ride your motorcycle comfortably in the cold.

Wind-proofing also takes the most trial and error to perfect. It can take quite a while before you finally plug all of those air leaks!

The main thing to do for wind-proofing is to make sure your outer layer is some type of wind-proof material. Leather is by far the most popular choice for this. Ideally, you should look for something that is both wind-proof and water-proof. There are many man-made materials that meet that criteria. (I personally prefer leather and if I do run into weather, I just throw my rain suit on for protection and a little added warmth!)

Here are a few additional thoughts on wind-proofing:

- Add a windshield to your motorcycle to block the wind.
 - While not stylish, duck tape can do wonders to seal any leaks you might have.
 - Wear a full face motorcycle helmet with some type of covering for your neck and head - I prefer a balaclava. Most of your heat is lost through your head so do your best to keep it warm!
- Put newspaper on your chest between your outer layer and the layer underneath it - this does wonders for blocking the wind (a tip I learned while racing bikes)

Hands and Feet

I've found that I can insulate my body and legs adequately, but when the temperature really drops, I have the most problems with my hands and feet. Many people have a similar problem. The reason is that as you get cold your body focuses circulation on your internal organs to keep them warm, while your feet and hands get the shaft.

The only way that I've found to keep my hands and feet comfortable in really cold weather is to 1) add additional heat sources, and 2) invest in quality boots and gloves

For additional heat sources I use those air-activated hand and feet warmers that you can find in the hunting section of any Wal-Mart. Crack open a couple of these, stuff them into your boots and gloves, and your hands and feet will be toasty for 5+ hours.

Boots

The key things you want to look for in boots are:

- Fit properly (you don't want them to be tight because this will reduce circulation and make your feet colder)
- Water-Proof. Don't even consider them if they aren't.
- Above the ankle. This really helps with wind proofing.
- Comfortable to walk around in. I've had motorcycle boots that made me walk like a robot from Starwars. This is not what you want!

Insulation is a nice to have, but not a must; you can get most of your insulation from putting extra socks on.

Gloves

Gloves can really be a trial and error process for motorcycle riding so make sure that you've found the right pair before embarking on your next long cold weather ride.

In looking for gloves:

- Make sure that they are long enough that they completely cover the wrist (remember: wind-proof, wind-proof, wind-proof!)
- Find a pair with a hook and loop closure system at the wrist that allows you to tighten the gloves.
- Good fit - if the glove feels tight at all, get the next size up. We don't want anything to impede circulation!
- Good insulation - you want the high-efficiency stuff like 3M Thinsulate, not just a bunch of fluff.

- Good insulation placement - most gloves only put insulation on the top. You want a pair with a little bit in the palm and other parts of the hand as well.
- Pre-curved fingers - motorcycle gloves can wear you out if you're trying to squeeze that throttle all day. Pre-curved fingers alleviate this. If at all possible, try to squeeze a throttle before purchasing. Make sure the gloves don't get tight or bunch up - you'll really notice it after 30 minutes of riding.

Safety

Finally, after you've got all your gear sorted out there are a couple of things you'll want to be aware of in terms of safety before getting out there in the cold: Frostbite and Hypothermia.

Exposed skin is always at risk for frostbite, so make sure you don't have any exposed skin! If you feel like your skin is being pricked by needles, frostbite is on its way and you need to do something immediately. If your skin starts to turn white or waxy and feels numb and hard you need to get immediate medical attention.

Hypothermia is a separate concern. Hypothermia is where your core body temperature drops below the minimum temperature required for your body to operate. Hypothermia causes mild confusion, sluggish behavior, poor muscle coordination, and incoherent behavior.

If you start feeling cold and can't decide if you should pull over, you are facing an early stage of hypothermia. Pull over immediately and get a hot coffee or hot chocolate!

If you start shivering uncontrollably, feel sluggish, or even drunk, then you're in serious trouble. Hypothermia is already underway and you need to stop immediately to warm up.

Hope this article was a good reminder to dress properly for the weather and to be prepared for possible weather changes. Who would have thought MONTANA would have a record cold snap (36 degrees) in the middle of August!

STAY WARM! STAY DRY!! STAY UPRIGHT!!!

Frank

SUNSHINE

GWTA State and Chapter Volunteers

Happy Birthday!

| | |
|------|---------------|
| 4th | Joseph Finley |
| 10th | Mary Cvek |
| 21st | Hazel Miles |
| 22nd | Aaron Spaid |
| 23rd | Chris Becker |

Happy New Year!!!

State Level

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www.skagitvalleywings.com



JANUARY 2012



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 Business Meeting Oak Harbor Gun Club |
| 15 | 16 | 17 | 18 Dinner Ride EL'J Annacortes | 19 | 20 | 21 Green Freeze |
| 22 Breakfast Meeting | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | Chap A - 2nd Sun Chap B - 4th Sat Chap C - 1st Sat Chap D - 2nd Sun Chap E - 2nd Sat Chap G - 1st Sat | Chap I - 3rd Sun Chap L - 4th Tue Chap M - 4th Sat Chap N - 3rd Sat Chap Q - 1st Sat Chap S - 4th Sun | Chap U - 3rd Sat Chap V - 1st Sun Chap Y - 3rd Sat Chap Z - Call <u>Remember to call before visiting!</u> | |
| www.skagitvalleywings.com | | | | | | |