

G2 ROADRUNNERS



August, 2019

Website: <http://www.g2txroadrunner.org>

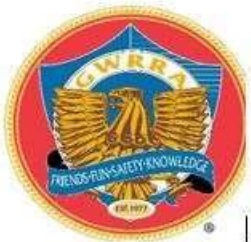
Facebook: GWRRA-ChapterTX-G2 or the direct link below:

https://www.facebook.com/groups/411645738982367/?ref=group_header

Chapter G2 Meetings:

On the first Tuesday of the month, G2 meets to discuss Chapter, GWRRA and ride information at The Buffet Palace (3202 I-30, Greenville, TX 75402) This has been the main chapter meeting historically. Dinner at 6:00pm, meeting starts at 7:00.

On the Third Tuesday of the month, folks closer to the metroplex have an opportunity to gather together at Napoli's Restaurant in Wylie. (701 N Hwy 78, Wylie, TX 75098) - (972) 442-4653. This is for passing information shared at the Greenville meeting and to enjoy the company of others we get to see less frequently. Gathering starts at 6:00 pm.



GWRRA
TEXAS DISTRICT
CHAPTER G2
GREENVILLE, TX

GWRRA MISSION

Dedicated to our Motto;
Friends for Fun, Safety and
Knowledge, GWRRA
Members enjoy the freedom
of belonging to a not-for-
profit, non-religious and non-
political organization.

GWRRA VISION

Gold Wing Road Riders
Association [GWRRA],
founded in 1977, is
recognized as the world's
largest single-marquee
motorcycle association in the
world. GWRRA provides
safety, technical, and
educational services to its
Members world-wide.

Words from the Wiggins

Eleven people showed up for the gathering at the Buffet Palace this month and ten were able to make the gathering at Napoli's in Wylie. It was great to see Tommie and Judy, Bill and Sharon, QP and Bobbie and Joetta along with everyone else again.

We had two rides this month. The first ride was to the Red Dome Smoke house in Quitman on July 13th. Twelve people showed up at Valero for the breakfast ride. Bill and Judy Henson met the riders at the restaurant since they missed joining the group in route. Unfortunately, three of us that started the ride didn't make it to Quitman. About five miles from the start of the ride, we had to stop at a stop light and Kate's trike went completely dead while sitting at the light. The engine just stopped. Her trike wouldn't even light the dash lights. Barb and I were in the drag position so stayed with Kate to investigate the problem. Unfortunately, our CBs didn't work at that time so the rest of the formation continued a short distance until they realized there was a problem and sent David back to check on us. I told him we were OK and to go on with the rest of the riders to Quitman. Kudos to a Greenville Police Department Officer who noticed we were stopped at the light so pulled behind us with his unit and emergency lights on to protect our position. After getting the trike moved, I rode home to get my truck and trailer to carry Kate's trike to my shop to investigate the problem. After troubleshooting the issue, we found the battery had developed an internal failure and would only put out 4 volts if any load were applied even though it indicated fully charged. A local auto parts store had a new battery in stock so her trike is fine and she rode it home that day. Fortunately, this all happened within 10 miles of my house. I had the same type instantaneous battery failure happen to my Harley a few years ago.

The second ride was to Omega's Biscuit's and Eggs in Commerce. Only three regulars were able to make it but a friend of mine, Paul, was able to attend. While at Omega's eating, Bradley Cochran, a new member from Paris that we hadn't met yet, came to the table and introduced himself. He'd worked the night before so couldn't make the ride but came to Omega's for breakfast. Glad to meet you Bradley! Hope to see you more in the future.

The next Texas District Rally will be in Kerrville at the Y.O. Ranch Hotel and Convention Center from 30 April to 2 May 2020. You can make reservations District web page <http://gwr-ra-tx.org/>.

Please email or call if you have an activity or ride you'd like to plan and we'll try to get it set up.

Jim & Barbara Wiggins

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CHAPTER STAFF

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Vickie Pierce

HAPPY BIRTHDAY

RB Wilson – Aug. 26

Tommie Elliott – Aug. 27

Quinton Pierce – Aug. 29

HAPPY ANNIVERSARY

Bill & Sharron Godwin – Aug.29



Remember to inspect your bikes. A T-CLOCS inspection checklist is available here: [https://msf-usa.org/downloads/T-CLOCS Inspection Checklist.pdf](https://msf-usa.org/downloads/T-CLOCS%20Inspection%20Checklist.pdf)

Vickie always needs articles, recipes, or anything else for the newsletter. She'd appreciate any help you can provide.

OUR TRIP TO CORPUS CHRISTI

Submitted by George S. Augustas

I usually try to make a visit to Corpus Christi each year. I didn't get to go last year, so I really wanted to go this year. My friend Tony went with me. We went on the trike.

We had planned to go on July 3, but Tony was sick, so we went the next day. We decided to go there one way and return another way. That way, we could find out which way was better. We went down I-35 to Waco, then via US-77 through Victoria. We left about nine o'clock. We stopped a couple of times for fuel. We had lunch at Subway in Cameron. US-77 didn't have much traffic on it. The weather was good, and there was a nice breeze blowing. We got to the hotel about five-thirty.

The next day, we did our usual roundabout ride. We rode to Aransas Pass and took the ferry to Port Aransas. Along the way, we saw hundreds of huge windmills. We had to wait about 45 minutes for the ferry. We rode down to the beach and stayed there a while. Later, we had dinner at Snoopy's Pier. We sat outside, ate fresh fish, and watched the seagulls.

We did the same ride the next day. The wait for the ferry was a little shorter. It was hotter that day and the beach was more crowded, so we didn't stay at the beach very long. At Snoopy's, we took a table outside under a large canopy.

We left Corpus Christi on Sunday to return home. We rode I-37 almost to San Antonio, then Anderson Loop to I-35. The traffic on I-35 is always bad, but that day, it was the worst I've ever seen. It was stop-and-go much of the way. We stopped for lunch and fuel at Buc-ee's in New Braunfels. We took a detour around Austin. Later, we stopped at Buc-ee's in Temple. I never saw any place so crowded. We could hardly get inside. When there is a long queue for the restrooms at Buc-ee's, you know it's crowded. We took another detour around Waco. It wasn't much better. We didn't get home until six-thirty. I got sunburned on my nose.

The trike was superb on the trip. The wide tyres were great on the beach. We didn't get stuck in the sand even once.

We learned a few lessons from the trip: 1. Take US-77 instead of I-35 (I have since found a route that avoids I-35 altogether). 2. Don't go in July, especially the week of July 4. 3. Use plenty of sunscreen (I didn't).

Riding Into Your Golden Years

Hello Texas Riders,

I have been writing safety articles for chapter, district, and regional newsletters for almost twenty years now and this is my last one for your chapter newsletter. Even though I'm stepping aside from my District Rider Educator position at Wing Ding, I still intend to promote and be involved in motorcycle safety. My last article is adapted from a commentary written by Jim Parks a few years ago but I think it is timely for the aging demographics of most Goldwing riders. It's a little long but worth reading and heeding:

For most of us our passion for motorcycling grows ever stronger the longer we ride. Older riders often have the time and resources to pursue their favorite pastime to a much greater extent than when they were younger. Therefore the lure to keep riding well into our golden years is compelling. But, as virtually everyone knows, our physical and mental faculties can diminish with age. So the natural question becomes, "How old is too old to ride?" Fortunately, or unfortunately as the case may be, there is no one age that applies to every rider and there are ways to stave off that day when the kickstand goes down, never to go back up. Many motorcyclists are still riding in their 70s, some into their 80s, and even a few into their 90s.

The Rocky Road to Geezerhood

I've heard it said that after age 17 we're all on a long, inexorable descent into that big barcalounger in the sky. But what are the infirmities along the way that can cause a rider to permanently hang up his or her leather jacket? Here are some of the most common ones:

- **Loss of Leg Strength:** The ability of a rider to keep the rubber side down, especially at stops, or to lift a fallen motorcycle, is largely dependent on leg strength. In our all too sedentary 21st century society, lower body strength is often the casualty of several decades of sitting behind a desk.
- **Diminished Eyesight:** A motorcycle rider, obviously, needs to see where he or she is going and be able to spot and avoid potential hazards. Although modern medicine has helped most of us correct our diminishing eyesight, there are some afflictions, like Macular Degeneration, that aren't correctible, at least not yet.
- **Reduced Flexibility:** Another consequence of aging is that muscles and tendons contract, reducing rider flexibility. At some point you just may not be able to swing a leg over that 35-inch tall adventure bike seat anymore.
- **Slower Reaction Time:** Cognitive abilities and the time it takes to react to threatening situations are particularly important to motorcycle riders' ability to avoid accidents. Loss of reaction time is insidious, because it usually occurs slowly without the rider noticing it.
- **Unbalanced:** Safe motorcycle riding is dependent on riders having a normal sense of balance. Any noticeable loss of balance, due to inner ear problems or other health issues affecting a rider's ability to maintain their equilibrium, is a significant impediment to continued riding.
- **Reduced Stamina:** There's no doubt that riding a motorcycle is more physically demanding, and therefore more exhausting, than driving a car. A person's muscle mass also declines with age. All of this means that many older riders shouldn't try to go as far or as fast as when they were younger. If other riders frequently ask if you're feeling okay, that's a pretty good sign that you may be pushing yourself too hard.
- **Compromised Coordination:** Riding a traditional two-wheeled, manual shift motorcycle demands synchronized coordination of eye movements, hands, feet, and body positioning. Any impairment of that coordination due to a neurological or physical disability can substantially compromise rider safety.
- **Reduced Bone Density and Muscle Mass:** The aging process normally causes a loss of skeletal bone density and strength. And it's the body's muscles, which hold everything together and keep it intact when impacted by trauma. Long story short, this means that older riders are much more likely to suffer severe injuries in a crash than younger ones are.

Fighting Back

I apologize if by now you're feeling real or imagined aches and pains. There *is* light at the end of the proverbial tunnel, because there is a lot riders can do to prolong their golden riding years. Here are some suggestions:

- **Leg Strengthening:** I personally favor bicycling as an effective and fun way to maintain or improve leg strength; walking is also good. Remember, however, that regular leg exercising is much more important than increasing speed or distance. Running or jogging late in life, without a thorough medical check-up, may cause more problems than it solves. So don't overdo the physical training. Resistance type leg strengthening exercises, like squats, also can be effective.
- **Resistance Training:** A light to moderate program of weight lifting can enhance both muscle and bone strength, but don't overly develop some muscle groups at the expense of others, because that can cause skeletal dislocations and even lead to injury.
- **Physical Aerobics:** Low intensity aerobic exercises, like the aforementioned bicycling and walking, can substantially improve a rider's stamina. Depending on how long a person may have led a sedentary lifestyle, a medical check-up is a good idea before engaging in any physical training.
- **Healthy Diet:** Most motorcycles don't run well on low octane fuel and neither do most motorcycle riders. A healthy diet regimen will keep your body running better and longer.
- **Mental Aerobics:** Exercise and healthy eating, particularly foods containing antioxidants, can do much to stave off senility. As the old saying goes, "use it or lose it." Like physical exercising, it's critical to keep challenging and strengthening mental processes. One of my favorite exercises is to do mathematical calculations without using a calculator. Also, activities like reading and doing memory exercises can help keep the mental cobwebs cleaned out. Long story short, staying mentally active and engaged with others helps keep the synapses firing effectively.
- **Stretching:** Muscles and tendons usually contract in the aging process, unless something is done to maintain your body's flexibility. Reduced flexibility can compromise a rider's ability to maintain a smooth riding technique. A limber, flexible body also reduces the chance of pulled muscles from doing everyday activities. Regular stretching exercises are an effective way to keep your body in proper riding condition.
- **Core Strengthening:** Core muscles include, abdominal, back, and those around the pelvis. Strong core muscles keep bones, joints, and other body parts in their proper position and make doing everyday activities easier to perform. Core strength is particularly important for maintaining proper posture and movement on a motorcycle. One of the advantages of core body strengthening is that you don't need a special facility or equipment to do it. [Click here for simple core strengthening exercise demonstrations.](#)

In addition to prolonging your riding years, leading a healthy lifestyle can make those golden years much more enjoyable—and it's important to start before aging ailments set in.

Other Rides

If physical leg strength or flexibility threatens your continued riding of traditional two-wheeled motorcycles, there are other viable options available. If you are no longer comfortable riding a traditional two-wheeled motorcycle, scooters and trikes are vehicles worth considering if they can keep you riding safely.

- **Scoot into A Scooter:** Today's high performance scooters are not only fun to ride they also have features that make them easier to ride than traditional motorcycles. Their twist-and-go drive trains eliminate the need to coordinate clutch, throttle, and gearshift motions. Scooter seats are generally lower than traditional motorcycle seats and don't require riders to swing a leg over them to mount the bike. Scooter design also creates a low center of gravity, which, along with a low seat, makes balancing them at stoplights much easier.
- **Try Three Wheels:** Another option is to put a three-wheeled bike in your stable. Traditional trikes and reverse trikes, which have their two wheels in front, do not require balancing at stoplights and some even offer automatic transmissions.

I guess Kathy and I are officially old - we both own and ride Goldwing trikes and Burgman Executive scooters. They are both a blast to ride!

Of course there comes a time for all of us when we will have to finally surrender the keys to our favorite ride. And, as the Kenny Rogers song *The Gambler* advises,

You've got to know when to hold 'em
Know when to fold 'em
Know when to walk away
And know when to run

Remember though, you can stop riding and still remain a member of GWRRA. The friendships and social activities don't end just because you can't ride anymore – come in your 4 wheeler to gatherings and rides and you can still remain active with your chapter events.

Hope to see you at events in the future, however you get there!

Randy and Kathy Reese
Texas District Educators
TEAM GWRRA University Assistants
2017-18 International Couple of the Year
All The Gear All The Time



RED DOME RIDE



SHIRT AND HAT SALE

The Chapter has some hats and shirts available. Designs vary a little since they were ordered at different times, but most are a variant of the front and back shown in the picture. The back is the large logo while the front has the G2 designator on the left breast. Let me know if you're interested and I'll bring to a gathering or arrange some other way so you can see them.

Jim Wiggins– jimwtx@verizon.net

Item	Size	Qty	Price
Blue Long Sleeve Tee	M	3	\$15.00
	L	8	\$15.00
	XL	3	\$15.00
Blue Short Sleeve Tee	M	1	\$15.00
	L	1	\$15.00
	2X	1	\$15.00
Blue Polo Shirt	M	1	\$30.00
Embroidered hats		3	\$15.00
Yellow Short Sleeve Tee	M	1	\$12.00
Yellow Windbreaker	M	1	\$12.00



FOR SALE

2009 Starlight Trailer model #16 made by Neosho Fiberglass in Neosho, MO. Asking \$500.00.



Also have two NEW HJC Helmets, (never worn) aHJC 1S-33-11 silver open face size small



HJC 1S MAX 11 full face module silver size 5XL

Both with Sierra Electronic Intercom HD-1H1H1787 custom

Both helmets \$125.00

For information email Joe Holt holtjoew@gmail.com or Text 214-908-2753

FOR SALE

Tommie has three hitches for sale. Two are for 90-degree receivers and one for a straight receiver. Tommie said the prices would be very reasonable so give him a call at (214)802-5046 if interested.



TEAM GWRRA

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Clara & Fred Boldt	Director of GWRRA University	toledotriker@gmail.com	641-484-5140
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Mike & Barri Critzman	Director of Motorist Awareness	itsawingthing@hotmail.com	760-486-3405
Dan & Rachel Sanderovich	Executive Director Overseas	dan.sanderovich@gmail.com	942-542-300-311

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Assistant District Director	Tom & Dawn Sprague	858-755-6071
District Treasurer	Tim Brooks	254-290-5462
Administrative Assistant	Wanda Osborn	512-528-8105
District Educators	Randy & Kathy Reese	512-744-3635
Assistant District Educator	Chris Schoenthal	972-660-6286
Membership Enhancement Coordinator	Lyle & Sheri Altes	512-897-0860
District Trainer	Open position	
Assistant Trainer	Jim Scholes	832-627-8423
COY Coordinator	Dale & Carleen Garrett	254-554-4123
Couple of the Year 2017-18	Sal & Phylis Pesta	210-662-8161
Chapter Of the Year Coordinators	Sheri Altes	512-897-0860
Motor Awareness Coordinator	Scott Finnell	512-591-7631
Ride Coordinator	Butch and Marie Schmit	817-573-7763
Vendor Coordinators	Michael Pineda	210-707-8411
Webmaster	Tom Sprague	858-755-6071
Newsletter Editor	Tom Sprague	858-755-6071
Activities Coordinator	Open Position	
Entertainment Coordinator	Open Position	

UPCOMING EVENTS

Showing events after 8/2. [Look for earlier events](#)

Tuesday, August 6

6:00pm

Gathering at Buffet Palace in Greenville

Tuesday, August 20

6:00pm

Gathering at Napoli's Restaurant in Wylie

Tuesday, September 3

6:00pm

Gathering at Buffet Palace in Greenville

Tuesday, September 10

7:00pm

Ice Cream Social

Tuesday, September 17

6:00pm

Gathering at Napoli's Restaurant in Wylie