



# G2 ROADRUNNERS

July, 2018



# **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**

It's been a bit slow this month. We did have two gatherings and met for the quarterly Ice Cream Social. It seems that people have a lot to do in early summer.

Barbara spent a couple of weeks in Indiana visiting her Mom this month, so I was alone to tend to all the things that crop up here. I'm glad she's back home again.

Fourteen people attended our monthly gathering on the 5th at the Buffet Palace. George again provided a delicious cheesecake to auction off. Bobby, a new participant attended the meeting and helped some of us understand the operation of tower cranes.

Seven people attended the Ice Cream Social this month at Braum's. Great ice cream and we got to visit with some of our CMA friends that meet there every Tuesday.

Eight people attended our gathering at Napoli's in Wylie this month. We always enjoy the delicious food and good conversations. A new member, Glenn attended. He's a long-time rider with many miles logged. It was a very enjoyable evening.

We've decided to have the annual garage / bake sale from 7am – 2PM September 15<sup>th</sup> in Quinlan at David & Shirley's house. We've just started to plan it and will discuss details at the gatherings. Please let David, Shirley, Barbara or I know if you'd like to help organize parts of this. Of course, start saving those treasures that you're willing to donate to the sale.

A technical problem has occurred with our website and the calendar cannot be displayed, you only an error message. We are aware of it but don't know the exact fix now. It's likely a result of updates by our website provider but not proven.

It's not too early to plan for Wing Ding 40 in Knoxville. Online registration and information for the rally is available at <https://wing-ding.org/> or press the "Wing Ding 40" icon on the first page of the G2 website <http://www.g2txroadrunner.org>. The schedule was recently released and is available on the wing-ding.org website. George has planned a route and hotel recommendations to and from Knoxville that includes riding the Cherohala Skyway and Tail of the Dragon on the way to Knoxville. Contact George for details if you're interested in riding with the group. His email address is [gsaugustas@att.net](mailto:gsaugustas@att.net).

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.

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# G2 ROADRUNNERS

## FIND US:

### WEBSITE:

<http://www.g2roadrunner.org>

### FACEBOOK:

GWRRA-ChapterTX-G2

### 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 on 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.

## RIDING & HEAT RELATED FIRST AID TIPS

Maybe it's just me but I haven't been on my bike much recently. Other than a couple of events with Jim and a short ride up to visit my brother in Bonham it's been too darn hot. So, I just wanted to piggy back off a GWRRA e-newsletter on riding in the heat and address some of the symptoms of heatstroke/sunstroke and heat exhaustion and identify some first aid tips you can use for yourself and fellow riders.

I recently spent four years riding around in the southern California high desert region, summer temps on the roadways well exceeding 140 degrees. I learned quickly on the use of proper clothing and staying hydrated. We also learned to look for signs of heatstroke and made sure everyone stayed hydrated. You can beat the heat even in TEXAS with all our humidity.

### Symptoms of Heatstroke or Sunstroke

- Headache, nausea, dizziness
- Red, dry, very hot skin (sweating has ceased)
- Pulse-strong & rapid
- Small pupils
- Very high fever
- May become extremely disoriented
- Unconsciousness and possible convulsions

### First Aid for Heatstroke or Sunstroke

- **HEATSTROKE IS LIFE THREATENING!**
- Remove victim to cooler location, out of the sun
- Loosen or remove clothing and immerse victim in very cool water if possible
- If immersion isn't possible, cool victim with water, or wrap in wet sheets and fan for quick evaporation
- Use cold compresses-especially to the head & neck area, also to armpits and groin
- Seek medical attention immediately--continue first aid to lower temp. until medical help takes over
- Do NOT give any medication to lower fever--it will not be effective and may cause further harm
- Do NOT use an alcohol rub
- It is not advisable to give the victim anything by mouth (even water) until the condition has been stabilized.

The underlying cause of heat stroke is connected to the sometimes sudden inability to dissipate body heat through perspiration, especially after strenuous physical activity.

This accounts for the excessive rise in body temperature and it is the high fever which can cause permanent damage to internal organs, and can result in death if not treated immediately.

Recovery depends on heat duration and intensity. The goal of emergency treatment is to maintain circulation and lower body temperature as quickly as possible.

## Symptoms of Heat Exhaustion

- Nausea, dizziness, weakness, headache
- Skin is pale & moist, possibly heavy perspiration
- **Temperature is low or normal**
- Weak pulse
- Dilated pupils
- Disorientation or fainting spells

## First Aid for Heat Exhaustion

- **Remove victim to cooler location, out of sun**
- Loosen or remove clothing and cool victim with water, fanning for quick evaporation
- Use cold compresses-especially to head & neck area, also to armpits and groin
- **Do NOT** use an alcohol rub
- **Do NOT** give any medication to lower fever
- Give victim electrolyte beverages to sip or slightly salted water (1 tsp. per quart) 1/2 cup every 15 minutes
- **Do NOT** give any liquids containing alcohol or caffeine as these may interfere with the body's ability to regulate its internal temperature.
- **If the victims' condition does not improve or worsens seek medical attention immediately.**
- Heat exhaustion starts with the accumulation of large quantities of blood in the skin in the body's attempt to increase its cooling efficiency.

Usually this is due to temperature conditions the individual is not accustomed to. This causes a loss of circulating blood volume which decreases the blood supply to the brain and can cause fainting. While this isn't as serious as heat stroke, the individual should be closely monitored.

- I've had a couple of close calls dealing with the heat and it seems the older I get the less time I can spend in excess heat. I've gone from either riding or fishing to some riding and dreaming about being on the lake.
- Who's up for a taco run?
- David

# CHAPTER STAFF

## Directors



Jim & Barbara Wiggins

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## Assistant Directors



David & Shirley Hale

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## DEER STRIKES- AVOIDING 'BAMBI'

This article is reprinted from the October 2001 Issue of the Chapter B Newsletter, *The Touring B News*."

The article won an award for the best safety article of the month. That was back when they were judging them.

We generally think of deer as a delicate and demure wild animal, not a threatening beast and rarely attacking us Homo sapiens. Moreover, it is one of those motorcycle hazards that we simply don't encounter on L.B.J. Freeway or other parts of Big "D". But for the cross-country, touring motorcyclist, more frequent encounters with a deer can be expected and deadly. How big is the risk of a motorcycle striking an animal? I haven't found any statistical data on motorcycle-animal collisions, but anyone who has been riding for any length of time or done any long-distance riding, has had at least one close call. For a cross-country or touring motorcyclist (and co-rider), colliding with a deer represents a significant accident potential.

Wild deer are found all over North America and in some places, in fairly large numbers. Deer have habits and instincts that can place them on a collision course with all kinds of motor vehicles. Typically, a deer strike occurs when the animal suddenly leaps in front of a vehicle, often at night. The motorist can't stop and the vehicle slams into the deer with sickening consequences. It is startling the damage even a small deer can cause to a speeding vehicle. If the deer contacts the front of a car, it often totals the car and the motorist can be injured by broken glass or the sudden deceleration. But if the motorist happens to be a motorcyclist, the odds are about even that both deer and rider (and or co-riders) will be seriously injured.

The insidious thing about motorcycle-deer collisions is the unpredictability. You may be lucky and have ridden thousands of miles, proficiently avoiding the left-turning, inconsiderate four-wheelers only to be confronted on some early-morning easy country ride with a deer suddenly leaping into your path. I haven't found any published statistics on animal strikes, but they occur often enough to consider countermeasures when riding in known "deer country". If you generally ride outside of "deer country", the first thing you need to do is to adjust your THINKING and your riding style to your new surroundings. Some excellent countermeasures are taught in the Motorcycle Safety Foundation's Experienced Rider Course (ERC). Defensive riding maneuvers taught in the ERC is an excellent defense against animal strikes as in avoiding collisions with left-turning four-wheelers. I recommend this course be taken (at least) every two years. I recently completed an ERC course on 9-22-01.

When and where do deer strikes occur? Ever see those diamond shaped yellow signs along the road with a leaping deer silhouette and the words "Deer Xing". I'll bet you figured the state game people counted deer migration across the highway, right? Wrong! The highway department counts deer strikes and erect big yellow warning signs after many dead deer are found on that particular section of the road. These warning signs are a huge advantage and you should then take steps to slant the odds in your favor. The first step is SLOW DOWN (at least 10 mph). Give yourself more time to spot a deer, have more time to react and reduce your maneuvering distance.

No yellow signs? You can be on the lookout for deer around forested areas where trees and brush provide them cover. Deer also feed on the lush tender grass on the shoulder of roads where the highway department mows. If you spot one deer, you can look for another (or others) nearby. Deer prefer to hide in a grove of trees, so watch for a stand of trees, located level with the road. Unlike a dog or other domesticated animal, a deer may not pay any attention to you until you get really close and begin to “invade their space”. They are nocturnal feeders, so risks increase when the sun goes down. Leaping deer will often use a “zigzag” maneuver (wolf pack evasion). They may “zig” initially, (away) and then “zag” (towards you) right back into your pathway. Since hard braking is a reliable evasive tactic, it pays to “wrap a couple of those fingers around the brake lever” when riding in known deer country. Seeing a deer ahead, you should slow down or even consider stopping and simply allowing the deer time and space to prance, leap or otherwise, get the heck out of the way. Considering using a swerving maneuver assumes you could predict which way a deer is going to leap. Since you should avoid braking and swerving at the same time, straight line-hard braking is a preferable defense maneuver.

Don't rely on deer whistles, bright lights, air horns or battery powered high frequency sound generators to save you from “Bambi”. The key to avoiding a deer strike is going to be the same as just about all those other traffic hazards out there;

1. Learn to read the situation ahead,
2. Adjust your speed and riding style to the conditions, and
3. Be skillful enough to get out of the way.

Meanwhile, remember, Ride Safe, Ride Friendly.

L. A. Teague Chapter “B” Educator

9-30-01

Article submitted by George Augustas



## Planning for a Long-Distance Ride



Submitted by Randall Reese, Texas District Educator

How many of you are planning for a multi-day ride this summer (such as Wing Ding in Knoxville)? I am already making my list and checking it twice for our ride up there via the west coast. Other than the obvious TCLOC and maintenance items, I have a pretty extensive list that I have developed over the years for what and how to pack. These are some of the highlights of things to consider before you head out:

- Lightweight synthetic clothing – such as T-shirts and underwear – can be washed in a hotel sink and dried overnight (cotton fabrics take too long to dry in this manner).
- Don't fold your clothes – roll them. They take up less space that way.
- On long trips, consider bringing your rattiest underwear (or other clothing), then just throw it away when you're done with it!
- Flip Flops are easy to pack and feel so good after a long day in boots.
- Zipper-lock plastic bags of various sizes can be extremely useful for organizing items in saddlebags and duffle bags. They can make it easier to find and retrieve particular items without unpacking your entire motorcycle. Use the one-gallon size to pack one day's worth of clothes – jeans, undergarments, and shirt. This makes it easier to unpack just what you need.
- Take a couple of soap pods and a roll of quarters for washing clothes.
- Pack items that have more than one use. A multi-tool is handier than a basic pocket knife.
- When traveling with other riders, conserve space by comparing packing lists and eliminating duplicate items.
- Don't forget your battery chargers for cameras and cell phones. Bring spare batteries if applicable.
- When traveling (two-up) with a spouse or "significant other", ask yourself questions such as: "Can we share a tube of toothpaste?" or "Can I get by using her shampoo for a week?"
- Medical History....consider an Alert Bracelet. Also your Medical Health Insurance Card
- If you take medication, be sure to bring an extra 3-5 days' worth longer than you intend to be gone.
- Cooling vests and extra bottles of water to combat heat exhaustion.
- A small towel can be wrapped around your neck during a rainstorm to keep water from running down your back – and doubles as a shop rag.
- Even if you don't have a planned stop each day, plan a general route and leave it with someone. Don't forget your Gold Book!
- Check the cargo weight limits of your bike - as wells as the bags and racks - and adjust tire pressure and suspension accordingly.
- Few things are as easy to pack as money or credit cards. If you're struggling with whether or not to bring a particular item, consider simply buying it on the road if you need it.
- If you watch the ounces, the pounds will take care of themselves. When possible, lighter is better.
- When loading your bike, keep as much weight as possible close to the bike's center of gravity. That means low and toward the tank, distributed evenly from side to side.
- A day or two before you leave, do a dry run. Pack the bike and go for a short ride, then adjust the load as needed.
- If you're camping, set up your tent once or twice before you leave (and don't forget to waterproof it). Practice setting it up in the dark.
- With your bike fully loaded for your road trip, check your headlamp to make sure it's properly aimed.
- Pack your cold weather and raingear no matter what time of year it is. Weather can be unpredictable even in the summer months.
- Carefully program your GPS if you have one, but still take some maps for backup.

Enjoy this riding season and I hope to see you in Knoxville!

Ride Often, Ride Safely, and HEY! Be careful out there!

# IN THE KITCHEN

## No Bake Cherry Cheese Cake

Author: Lindi @ Love Create Celebrate  
Serves: 12

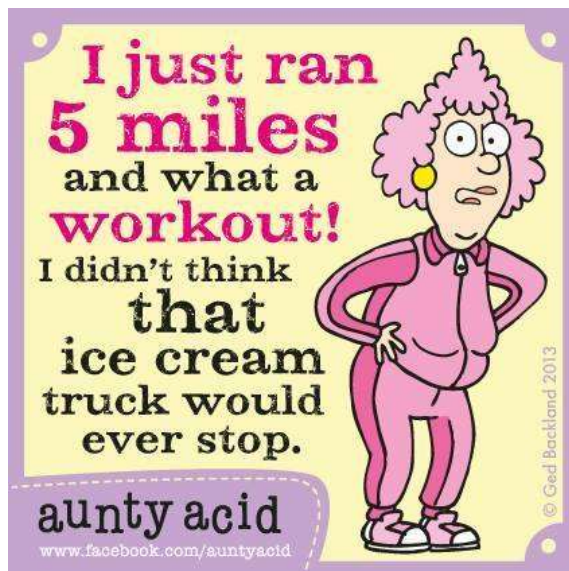
A delicious, sweet summer treat - perfect for sharing with friends and family!

## Ingredients

- 1½ cups finely ground graham cracker crumbs
- ⅓ cup white sugar
- 6 tbsp butter, melted
- 1 pkg (250g) cream cheese, softened
- 1 can sweetened condensed milk
- ⅓ cup lemon juice
- 1 tsp vanilla extract
- 1 can cherry pie filling

## Instructions

1. Mix graham cracker crumbs, melted butter, and white sugar together, Press into the bottom of mason jars (or a pie plate). Let this set in the fridge for an hour.
2. Beat the cream cheese until fluffy. Gradually beat in sweetened condensed milk until combined. Stir in lemon juice and vanilla. Pour over the prepared crust in the mason jars and let chill for 3 hours.
3. Top with cherry pie filling before serving. Serve and enjoy :)





# GUESS WHO-



Be the first person to guess who this is and win a \$5.00 gift card to Braum's. Send your guess to Vickie at vicpie11@yahoo.com The mystery person, her spouse and QP are not eligible to play. The timestamp on the e-mail will determine the winner. The contest ends at the close of the chapter meeting on Tuesday, July 3rd.

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## COMING SOON



**September 15<sup>th</sup>**

**7:00 AM – 2:00PM**

**DAVID & SHIRLEY'S**

**QUINLAN**

# TEAM GWRRA

## NATIONAL OFFICERS

|                          |                                    |  |                 |
|--------------------------|------------------------------------|--|-----------------|
| Anita and JR Alkire      | President and Wingman              | <a href="mailto:aalkirer@gwrra.org">aalkirer@gwrra.org</a>               | 623-445-2680    |
| Tim and Anna Grimes      | Director of Rider Education        | <a href="mailto:tgrimes@gwrra.org">tgrimes@gwrra.org</a>                 | 301-994-1394    |
| Larry and Penny Anthony  | Director of Membership Enhancement | <a href="mailto:mepgwrra@gmail.com">mepgwrra@gmail.com</a>               | 205-492-9728    |
| Clara & Fred Boldt       | Director of GWRRA University       | <a href="mailto:toledotriker@gmail.com">toledotriker@gmail.com</a>       | 641-484-5140    |
| Randall & Janet Drake    | Director of Finance                | <a href="mailto:financedirector@gwrra.org">financedirector@gwrra.org</a> | 303-933-6073    |
| Mike & Barri Critzman    | Director of Motorist Awareness     | <a href="mailto:itsawingthing@hotmail.com">itsawingthing@hotmail.com</a> | 760-486-3405    |
| Dan & Rachel Sanderovich | Executive Director Overseas        | <a href="mailto:dan.sanderovich@gmail.com">dan.sanderovich@gmail.com</a> | 942-542-300-311 |

## TEXAS DISTRICT OFFICERS

|                                    |                                   |              |
|------------------------------------|-----------------------------------|--------------|
| District Directors                 | <u>Jim &amp; Alvalin Woodul</u>   | 254-634-4658 |
| Assistant District Director        | <u>Dan &amp; Donna Rymarz</u>     | 847-702-6667 |
| Assistant District Director        | <u>Tom &amp; Dawn Sprague</u>     | 858-755-6071 |
| District Treasurer                 | <u>Tim Brooks</u>                 | 254-290-5462 |
| Administrative Assistant           | <u>Wanda Osborn</u>               | 512-528-8105 |
| District Educators                 | <u>Randy &amp; Kathy Reese</u>    | 512-744-3635 |
| Assistant District Educator        | <u>Chris Schoenthal</u>           | 972-660-6286 |
| Membership Enhancement Coordinator | <u>Lyle &amp; Sheri Altes</u>     | 512-897-0860 |
| District Trainer                   | <u>Open position</u>              |              |
| Assistant Trainer                  | <u>Jim Scholes</u>                | 832-627-8423 |
| COY Coordinator                    | <u>Dale &amp; Carleen Garrett</u> | 254-554-4123 |
| Couple of the Year 2017-18         | <u>Sal &amp; Phylis Pesta</u>     | 210-662-8161 |
| Chapter Of the Year Coordinators   | <u>Sheri Altes</u>                | 512-897-0860 |
| Motor Awareness Coordinator        | <u>Scott Finnell</u>              | 512-591-7631 |
| Ride Coordinator                   | <u>Open</u>                       |              |
| Vendor Coordinators                | <u>Michael Pineda</u>             | 210-707-8411 |
| Webmaster                          | <u>Tom Sprague</u>                | 858-755-6071 |
| Newsletter Editor                  | <u>Tom Sprague</u>                | 858-755-6071 |
| Activities Coordinator             | <u>Open Position</u>              |              |
| Entertainment Coordinator          | <u>Open Position</u>              |              |