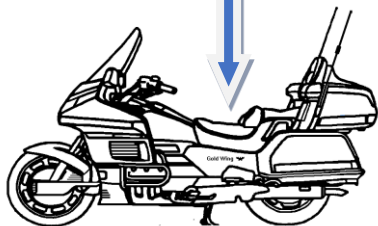


## From the Director's Chair



October, 2019

### A Fun Safe Ride, Start to Finish

#### Rest and Fuel Stops

This article is part of a series we introduced back in August that explores all aspects of a fun a safe ride. As part this article we're going to look at the importance of planning rest and fuel stops.

As we get older, and **we all do**, we inevitably begin to notice that we do not have the same physical strength that was readily available when we were younger. At the same time, we may also notice that we have more needs than we did when we were in our 20's. Years ago, I felt I could ride all day long without needing a break; the only stop that was an absolute was the need for fuel. Back then, most gas tanks only held 2.5 to 3 gallons of gas, not the 6 that is common in today's machines; so I was probably taking just as many stops then, as I am now, even though I don't want to admit it.

Let's think for a minute about what happens during a quick fuel stop. When I stop at the gas station, I'm out of the saddle of my Wing, I'm walking, stretching, and able to relax the intense focus I maintain while on the road. Just this simple thing reduces tension and lets me renew my strength and wellbeing. If I'm fortunate, I might even have a short conversation with a stranger. Sometimes, opportunities to share the benefits of GWRRA even present themselves while I'm taking a break.

For those of us who are fortunate enough to have a Garmin, Tom Tom, Zumo or other GPS device, much of the ride navigation work is already done; we just listen to the automatic prompts and off we go. If, however, you find that, at some time, you need to pull over and pull out a map or reconfirm your heading, try thinking of this inconvenience a bit differently. While it may take a few moments to complete this task, remember that you will be safer and better able to maintain your focus when you are not distracted by concerns about whether you are taking the correct route. Additionally, these stops also provide some of the same benefits of a fuel stop – they give you the chance to stretch, recharge just a bit and then resume your ride with renewed energy and focus.

As you plan your group or individual ride, keep your strengths and limitations in mind. Ignoring your physical limitations can lead you into challenging or potentially dangerous situations. Rather than minimizing or ignoring your need for a break, use that need to your advantage. Take that break to eat, hydrate, relax a bit and recharge your batteries. Breaks should be viewed, not as absolute necessities, but rather as factors that are essential to a safer and more enjoyable ride.

**October Events**

**October 5, 2019** – Breakfast Meeting – 9:00 a.m. – Cherokee Sirloin Room, 4625 Nicols Road, Eagan, Minnesota 55122 – (651) 454-6744.

**October 10, 2019** – Dinner Social – Rebel Chef – 953 8<sup>th</sup> Street, Farmington, Minnesota – (651) 344-7311

**October 18, 2019** – Friday Fun Night – Details to be determined.

**October 19, 2019** – Fall Planning Session – Dehn's Country Manor, 11281 Fernbrook Lane, Maple Grove, Minnesota (763) 420-6460

**October 20, 2019** – Pumpkin Carving Contest at the Carlson's

## District Educator Newsletter



Holy buckets, where did our riding season go??!! Thankfully we were able to salvage a few nice days the second half of September. It was downright hot for a few days, but I will be the last to complain about that.

Fall is in the air and the leaves are changing colors. That means two things:

### **Temperatures**

Remember to add an extra layer in the mornings. You can always take a layer or two off as the day progresses and the temperatures climb, but you can't add what you don't have. If you have electrics, a long sleeve shirt should be enough. Too many layers and you won't as easily feel the effect of the heating.

### **Pavement**

The pavement is much cooler now and tires aren't as sticky as we've gotten used to. It's time to slow down and be smooth and steady with both the throttle and brake. With the changing of the colors, watch for wet leaves on the roadways. They make for slippery surfaces. Also watch the paint stripes on the roads marking crosswalks, etc. They also can be slippery with the morning dew.

Yes, I think our riding season is coming to an end, hopefully later rather than sooner. Mine may be shortened a little due to having to travel for work a few days the beginning of October but it's been a good ride. My personal opinion is that it's going to be a long, cold winter here in Minnesota. I have family (both blood and GW) in Arizona so a trip south might be in order sometime in either January or February. Just a long weekend to beat the cold and thaw a little.

Till next time, keep the rubber side down and the glossy side up!