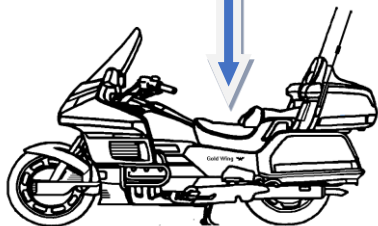


## From the Director's Chair



August, 2019

### **A Fun and Safe Ride – From Start to Finish**

This month's newsletter is the first in a series of several articles that will unfold over the next few months. The articles in this series will focus on some of the key elements that make a group or solo ride safe and fun – from start to finish.

As part of this series of articles, we'll be looking at the entire ride, from planning and preparation through completion of the ride and post-ride follow-up and maintenance.

#### **Ride Preparedness**

This month, we are beginning with a few notes about planning and preparation. So, what do you really mean by "preparation"? For many of us, it's little more than a quick check. We mentally go over a little list of what we already have in the bike and what other things we might need for the ride we are about to take.

While this process might work "most of the time" we really need to become a little more thorough and consistent to avoid finding, in the middle of the ride, that we left something important behind.

In addition to thinking about the "things" we already have in the bike, there are several other factors that should be considered before we press the starter:

1. **Physical and Mental Readiness** – How is the rider feeling physically? Does he or she feel physically well rested? While "wind therapy" is great when we are mentally stressed, it's important to make sure we are also physically up to the ride we are about to undertake. If you have a co-rider make sure he or she is also feeling well. Co-riders make important contributions to the ride – especially as a second set of eyes that can help us make navigation decisions and alert us to potential hazards such as deer or approaching vehicles.
2. **Gear Requirements** – When considering the gear you need, be sure to adequately consider the length and conditions of your ride. Always bring enough water to keep you hydrated; especially in warmer weather and always take a quick look at the weather forecast. It's better to overpack than get drenched by an unexpected cloud burst and nothing takes the fun out of a ride like riding in the rain!

While space is always at a premium and we don't want to be "weighed down" on our freedom ride, don't forget that Murphy's law says we only need the fire extinguisher or first

aid kit when we don't have it with us – keeping these items handy is great way to hopefully prevent some serious “ride spoilers.”

3. **Rest and Fuel Stops** – We'll talk more about this in later articles, but remember to plan for quick comfort and fuel stops; even when you are on a longer solo ride. Additionally, if you are making a longer ride, have you ever considered jotting down the telephone number of the county sheriff or other law enforcement official in the area you are planning to ride.

That number can come in handy if you need to check on an unexpected road closure. (We're not even going to START talking about the importance of checking route information right now. Since most of us have “book” of stories about gravel roads, closed bridges and unexpected detours, we'll save that topic for another article.)

While we all know what goes into effective ride preparation, we have also likely been caught in a situation in which we skipped an important step or item and paid for it later. Over the next few articles we will be spending a little time focusing on all the things we know are important to produce a safe and fun ride – but just forget from time to time.

Wishing you lots of safe and fun rides!

Bruce and Joanne Carlson  
Chapter N

**August vents:**

**8/3/2019** – Regular monthly breakfast meeting – 9:00 a.m. Apple Valley American Legion

**8/3 and 8/4/2019** – Chicken and Cranberries Overnight Ride to Tomah, Wisconsin

**8/8/2019** – Dinner Social Ride – Mr. Pig Stuff, Shakopee, Minnesota

**8/8 to 8/11/2019** – Region E Reunion Ride – Days Inn, La Crosse, Wisconsin

**8/18/2019** – Wings for Wings – and Things Fund Raiser, Whitetail Woods Regional Park, 17100 Station Trail, Farmington, Mn. 55024

**8/27 to 8/31/2019** – Wing Ding – Nashville, Tennessee

## **District Rider Education Newsletter – August, 2019**

The MN & ND rally is now a fond memory. Thank you to Bob and Renae Hicks, our District Directors. They did a fabulous job and I know that the rally was a great success!! I've heard many positive comments about the rally this year and the fact that many of our members are really looking forward to next year in Worthington.

Congratulations are in order!! While at the Wisconsin District Rally in June, Bob Hicks became certified as a Trike Course Instructor, along with our Wisconsin friends Bruce Gephard and Jerry Hempe. Great job to the three of them!!

A huge thank you to Bob Hicks for having confidence in Scott and I and agreeing to let us use his Trike to become certified as Trike Course Instructors on July 21<sup>st</sup>. Minnesota now has three GWRRA Rider Course Instructors certified to instruct both two-wheel and three-wheel classes. Woo Hoo!!!

I also need to extend a THANK YOU to Dan Davis from Illinois for giving his time to come and certify the Instructors from both Minnesota AND Wisconsin. Without Dan, his flexible schedule and his understanding wife, this wouldn't have been accomplished. Dan Davis and Kris Andre (both from Illinois) are the very reason that I decided I wanted to do this for our Members. As former District Directors and now District Educator, Scott and I have been involved with several Trike Rider Courses instructed by Dan and Kris over the years. They both encouraged Scott and me to consider the position. Well, we took the plunge and Bob Hicks was right there with us!

One more thank you. Thank you to the members that put their faith in Bob, Scott and me and attended our class. You also made this possible and I hope you took at least one thing away from the class with you.

At this point, it's late in the season and I'm not sure we can do another TRC until next year. A minimum of six trikes are a must in order to hold the course. It's not our intent to make money, just cover the costs associated with the classes.

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

Joy Mattson