



Since 2014

Valley Riders

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What's Happening



Mammoth Ride: Our Mammoth Trip could not have been better. It was hot going over on Thursday, but once on Sonora Pass it was as if a refrigerator door opened up. The scenery was breathtaking. The river was flowing wildly going in and out of the snow drifts. The weather in Mammoth was perfect. We all got together at Lakanuki that first night to share lots of laughs. The next day, we rode up to Twin Lakes and looked at and then over the waterfall coming from and feeding those lakes. On Saturday, we rode the "mayor's ride" through many different landscapes and over what we call the "whoop de doos". I think that was Coral's favorite ride! We left Sunday and headed back over Sonora Pass back home to Fresno. Lots of laughter and memories to take back with us.



Monthly Meeting: At the July meeting we had 14 in attendance. We know lots of people are traveling, visiting or just staying out of the heat. We had a fun time with John C and Sindi leading the group. Caren and Jim were visiting with family in Santa Cruz enjoying some time out of Fresno.

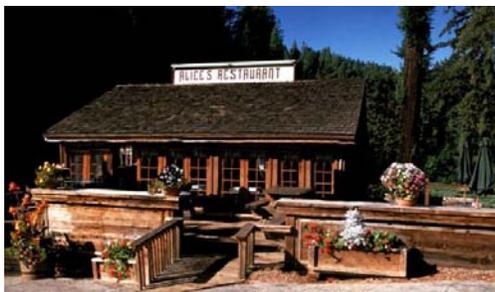
John opened by thanking everyone for attending then proceeded to go down the agenda. First was list of people that are celebrating their anniversary and birthdays this month and we all sang them a song. Sindi shared some fun motorcycle trivia with the group which made for some interesting answers and conversation. Everyone seemed to enjoy the little know facts.

On the agenda was the possibility of changing the time for our monthly socials from 6:30pm to 5:00pm. All in attendance agreed that earlier is better so a vote was taken. Our Monthly Socials will now begin at 5pm. You can check the Happenings page for locations of our upcoming socials. Sindi reminded everyone that the Christmas party, Dec. 9 must be paid in advance to secure the reservation. John also discussed summer riding and how to stay cool. Sindi also brought a copy of the new logo as we are in the process of having it be redone by Mac for T-shirts. We discussed some of the cost and how as a group we can pay for it.

John & Sindi talked about the upcoming rides to Santa Cruz later this month and Jones' Store early August. The Sedona AZ ride in early October and the dates have been changed as this trip is going to take a little longer than originally believed and the majority of those planning to attend wanted a longer trip. A show of hand showed about 8-10 people are planning on going. We will be leaving on Tuesday, October 3 and returning by Sunday, October 8. Make your reservation and plan to attend. I've been told it's beautiful and the majority of people planning to attend have never been. It's going to be a nice trip.

The final piece of business was in regards to our group leadership. Jim and Caren have been fantastic leaders for over 3 years. I think the best way to describe it is they would like to be a part of the group instead of always leading. It's hard when you have such great leaders to see them step down. They have assured me they have no intention of leaving the group; they just think it's time for some other leadership to step up. Sindi asked the group to think about who might be a good leader, and to consider a 1-year commitment. A few names were thrown around, and a suggestion was made that it doesn't need to be a couple. We know we have Caren and Jim until September so we'll talk further about it next month as a group.

A big Thank You to John C for sharing the meeting leadership with me. It was fun and I look forward to seeing everyone next month.



Alice's Restaurant: We had 5 bikes and a car for a total of 9 members for the ride to Alice's Restaurant today. We finally got to meet Scott's wife, Shelly and it was nice seeing Sherbie after her back surgery. As soon as we hit Casa de Fruta the temp dropped 10 degrees and it kept getting cooler. The scenery heading toward the restaurant was beautiful. The burgers at Alice's were great! On the way back we stopped at Casa de Fruta again for ice cream and then headed home to Fresno. Many thanks for those who were able to go on this ride.



Celebrations

Birthdays: Aug 9: **Beverly Gee**; Aug 13: **Becky Overley**; Aug 26: **Butch Erlewine**

Anniversary: Aug 12: **Mac & Sharon McIntosh**



Safety

Hot Tips for Riding Your Motorcycle in Warm Weather

If you're thinking about taking up motorcycling, you probably have a good handle on the gear you'll need — helmet, jacket and pair of riding pants (or one-piece motorcycle suit), gloves, boots, and possibly body armor. If you're not sure exactly what might need, consult the Motorcycle Safety Foundation for specific details. You're also probably thinking about extras such as rain gear, long underwear and anything else that might help protect you while you're exposed to the elements.

You're probably not thinking about how to manage all of this on a blazing late-summer/early-fall day, when the heat radiates both from the atmosphere and from the pavement, and a brutal sun beats down. To be fair, many veteran riders who are accustomed to cooler climates or shoulder-season rides may not be familiar with the best way to approach a hot-weather ride, either.

If you're going to be riding a motorcycle in a hotter climate, you need to carefully consider your hot-weather riding gear, and your best hot-weather riding practices.

Make Sure You're Wearing the Right Gear

- Dress in layers. According to *Motorcycle Cruiser Magazine*, more is still better when riding in hot weather. While you're riding, you'll experience a wind-chill effect, so you don't want to dress too lightly. When you stop, remove layers as needed. Stay cool with one moisture-wicking layer, as the cover will retain moisture and help your body cool itself. It also protects you from direct sun and wind.
- The folks at *BikeBandit.com* recommend a full-face vented helmet. Race-oriented helmets are best, because they feature large vents and lots of air flow. (There will be additional noise with these, so ear plugs are a good idea.)
- The site also recommends getting a mesh or vented motorcycle jacket.
- A cooling motorcycle vest, which you soak in water, wring out, and wear underneath a vented jacket, is also recommended by *BikeBandit*. It's the closest thing you'll get, they say, to air-conditioning on a bike. (Full cool suits are also available.)
- Mesh or vented motorcycle gloves.
- Vented motorcycle pants made of breathable material.
- And well-ventilated motorcycle boots (don't forget moisture-wicking socks, so your feet will stay dry and cool).

Cool Technique: If you're wearing a T-shirt underneath your motorcycle jacket, SoundRider.com suggests soaking it, wringing it out and putting it back on underneath that vented jacket. It's not as fancy as a cooling vest or cool suit, but it'll give you an extra blast of A/C on an uncomfortably hot day.

Adjust Your Riding for Hot Summer Days

- Route planning: Northwest Motorcycling Sound Rider suggests choosing higher-elevation routes if possible; if there's no alternative; adjust your timing so you're riding in the cooler mornings and evenings rather than in the heat of mid-day. Also, the Used Harley Dealer blog recommends choosing routes with shade (i.e. not the freeway), routes free of stoplights, and routes free of construction or traffic jams. If you do get stuck, turn off your engine, especially if you have an air-cooled bike.
- Hydration: *HowStuffWorks.com* advises the use of a hydration bladder — a backpack-style reservoir that allows a motorcyclist to drink without using his or her hands. Hydration backpacks can be filled with water, ice or sports drinks.
- Take advantage of evaporative cooling: *Olympia Gloves* recommends wearing motorcycle gear specially designed to be protective yet well-ventilated; combine that with light layers underneath (see all aforementioned gear tips!). And, don't forget the sunscreen. Protect all exposed skin, especially on the backs of your hands, on your wrists, and on the back of your neck.
- Cell phones and umbrellas: Bring both, says Used Harley Dealer. If you break down, you'll want to be able to call for assistance... and give yourself some shade while you wait for help to arrive.
- Extra oil: Have this on hand, says *Olympia Gloves*, in case your bike overheats.
- Keep an even more careful eye on the road: *Olympia Gloves* notes that patches of oil can be extremely hot and slippery on a summer day. Avoid them.
- Know the signs of heat exhaustion and heat stroke. Watch yourself, and your companions, because these are dangerous conditions. Northwest Motorcycling Sound Rider provides a good list of symptoms and action steps.



Rides/Activities



Sat Aug 5: **Jones' Store Ride** leaving Starbuck's Riverpark 8 am

Sat Aug 26: **Quaking Aspen Ride** leaving Brook's Ranch 8 am



Next Get Together



Friday Night Coffee and Conversation: **Starbuck's in Riverpark** (near the circle) 7:00 pm

Monthly Dinner Social: Thursday, Aug 10: **Casa Maria Mexican Restaurant** 180 Shaw Ave Clovis
5 pm

Monthly Meeting: Saturday, Aug 19: **Yosemite Falls Cafe** 4278 W Ashlan Ave Fresno
(Ashlan/Hwy 99) 8:30 am



Valley Riders

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