



# Gold Wing Road Riders Association Friends for Fun Safety, & Knowledge

Chapter CA-1F, San Diego, CA July 2000



## Introduction

Rick sends his apologies for not being able to get a newsletter out for this month. Too much going on before they all left for Wing Ding. In the interim, I put this together to keep you updated on developments and rides coming up in July and August. Be sure and check the website for the most current details on up-coming rides

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## Change of plans.....

### **CA2B Poker Run: July 22**

CA2B has cancelled their poker run.

### **Palm Springs Ride: July 23**

This ride is cancelled since the tram is shut down from June to August for renovations. We'll try to reschedule in the fall.

### **Bowling: August 6**

Bowling is cancelled on this Sunday so that we can support the Touring Society Charity Ride for St. Vincent de Paul.

### **Mammoth Mtn / Bodie: August 19-20**

Since we're going into the Sierra's the following weekend for CA2N's poker run, this ride was cancelled.

### **CA1B Laughlin Run: November 1**

This poker run has been rescheduled for November 17 & 18.

### **CA1N Toy Run: December 3**

The Toy Run has been rescheduled for November 25.

## Got the hots??

Recently, I traveled to Las Vegas, NV and then on up to Bryce Canyon in Utah. The ride over to Vegas was uneventful and actually somewhat cool because of the desert storms I had to ride through. On the return trip, the heat was unbearable. The 300 mile ride from Bryce to Henderson, NV had temps that averaged 108 degrees and although that was pretty bad, the worst was yet to come. After spending a night in Henderson, I left for the short run home. It was about 0800 and the temp in Henderson was already 102 degrees. As soon as I hit the state line, the temp had risen to 112 and peaked shortly thereafter at 118.

So, what do you do to stand temps like this? Well, you use common sense.

1. Carry extra water
2. Wear layers
3. Use sunscreen (not on your forehead)
4. Take breaks
5. Soak the inside of your protective gear
6. Soak the inside top of your helmet (this is particularly helpful)
7. Carry one of those silver emergency blankets to create shade if you need it
8. Drink, drink, drink lots of water  
(get a Camelback)

If you begin to feel really uncomfortable, or you stop perspiring you need to stop and get wet. Open your gear and get your core temp down. This is nothing to play with. Because of the speeds we were running, I was riding with my all black Tour Master suit on because I elected protection over some heat discomfort. In retrospect, if this kind of heat can be handled with a black suit (or an Aerostich) then using these survival rules will help even casual riders.

Next month we'll expand on this further  
Mark Matousek, Chapter Educator



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## **Dinner Rides**

- All Dinner rides depart from Wal-mart 7PM
- 7/13 Parkway Plaza Food Court
  - 7/20 Dickey's, Mira Mesa
  - 7/27 Baker's Square, San Marcos
  - 8/3 Pernicano's, Pacific Beach
  - 8/10 Tyler's Taste of Texas, El Cajon
  - 8/17 Moonlight Ride! Sizzler @ Aero Dr
  - 8/24 Hamburger Factory, Poway
  - 8/31 Horton Plaza Food Court

## **Day Rides & Etcetera....**

- 7/9 **CA-1F Fun Run Research Ride**  
Depart Wal-Mart, 9AM
- 7/22 **CA-1F Member's Choice Ride!**  
Depart Wal-Mart, 9AM
- 7/28 **CA-1F Fun Run Planning Meeting**  
Come help plan our Poker Run  
Carmen and Rae's home, 630PM
- 7/29 **Larry's Mid-Summer Night Ride**  
Depart Wal-Mart, 7PM
- 7/30 **Angeles Crest Ride**  
Depart McD's Escondido, 7AM
- 8/5 **CA-1F Member's Choice Ride!**  
Depart Wal-Mart, 9AM
- 8/11 **CA-1F Fun Run Planning Meeting**  
Craig & Crystal's home, 630PM
- 8/12 **CA-1F Chapter Meeting**  
Sizzler, 8AM (breakfast),
- 8/12 **After Meeting Ride!**  
Doug Yennie to lead
- 8/13 **CA-1F District Rally Planning Mtg**  
Dan & Dianne's home, 4PM  
Come help plan our skit for District
- 8/19 **CA1F & CA1N Drive-In Movie Nite**  
Depart Wal-Mart, 630PM
- 8/20 **Casino Run!**  
Depart Wal-Mart, 9AM
- 8/26 **CA-1F Member's Choice Ride!**  
Depart Wal-Mart, 9AM

## **Rider Education Program**

- July 29 Parking Lot Practice**  
Santo Road Chapel, 8AM
- July 29 Group Riding Seminar**  
Depart from PLP (~11AM)
- August 27 Bike Rodeo & Cook-out**  
Contact Mark Matousek for details

## **Over-Nighters**

For those of you who haven't taken advantage of the two and three day trips we've been planning this spring, your time is running out. There are only a few more over-nighters planned between now and the end of the year. Don't miss out!

- July 15&16 Solvang Weekend**  
Depart Wal-mart 7AM,  
Contact Doug Frizzell for details  
Call 800-848-8484 to reserve  
a room before July 12 (res# TCI4422)
- August 4-6 CA2J Poker Run**  
**San Francisco**  
Depart Friday AM, Aug 4  
Contact David Dirig for details
- August 15-18 Tri-Region Rally**  
**Pocatello, ID**
- August 25-27 CA2N Poker Run**  
**Angels Camp**  
Depart Friday AM, Aug 25  
Contact David Dirig for details
- September 1-3 California District Rally**  
Bakersfield