



OCTOBER 2009

THE “PREZ SEZ”

GOODBYE, NECK BRACE – LET’S RIDE

Well, things are progressing along, doc stated it’s now OK to start driving and riding – just don’t over do it. Guess the trip to Alaska is off. LOL.

CHARITY EVENTS: There are a lot of charity events coming up over the next (3) months. I have been sending out informational e-mails for some of these events that I receive, and that is just for general information. Should anyone wish to participate, that is great, but these informational e-mails are just that – for your info. It is your choice should you choose to participate or not.

RIDES: The Road Captains are busy putting together the last (3) official Chapter rides of the year – two this month – one next month. While many from our chapter will be at Big Bike Weekend, Lin will be leading the Oct. 10th ride. This will be the ride that got rained out in Sept. The R.C. volunteers spend a lot of time (and personal money) putting these events together, hope to see everyone out. Let’s have some fun as the year winds down.

EDUCATION: At our Chapter meetings, I am now starting to include topics on health and rider safety. Much of this material is found on the internet, reading various publications, listening to other riders, etc. I might “suggest” to anyone – everyone – to take just a few minutes each month, read an article / chapter, pick up a good book (such as “*Riding in the Zone*” by Ken Condon).

Motorcycle skills are demanding, and the more knowledge we pursue, **AND PRACTICE**, the better rider we can become!

I look forward to finally being able to participate with everyone again ON A MOTORCYCLE. The days of the “green monster truck” chase vehicle may be coming to an end. A HUGE “thank you” to everyone who helped get me through the summer with your thoughts and deeds. I am not sure I could have maintained the “positive” outlook without all of you.

Victor Tibbs
President
Chapter 186

AND THE MEMBERS SAID ...

This is your section to share with other Chapter members
Ride Reports, etc.

CHAPTER RIDE September 12th, 2009

[By *Pauline Carlton*] Holy shoot, its 10 minutes to 7!! I’ve overslept, but even still I am gassing up at the Shell station in Pleasant Hill about 7:35 a.m. So are Samuel and Michael, I also see Jenn there too. Coming around the corner, there’s Lin and Bob Bridges. Larry Thompson, Lone Eagle and Barbara, Jerry and Mr. Wiki now signing-in and all of having breakfast at Denny’s. Yes, it’s raining. Yes, it’s lightening; and yes, you can hear the thunder.

So what does this brave, dedicated group of Chapter 186 riders say: hey, let’s ride! But instead of doing the original ride route, let’s go east instead, over Marsh Creek Road, Vasco Road, and entering virgin territory for couple of the riders: Mines Road and into San Jose.



Google Earth Photo of Mines Road

Samuel didn't want to make the ride for personal reasons, I also bailed. These are the rider's stories:

[From Michael Smith] Per my GPS, the Mines Rd portion was 64.0 miles, the first point (the turn onto Mines Rd in Livermore) began at 11:00 a.m. sharp and the last point ended at 1:36pm in San Jose; that's 2 hours and 36 minutes on **NON-STOP** twists and turns. Our average speed was 25 mph and in this case it is right on the nose!!

If you take the opportunity to view (and play) the Mines Rd file in Google Earth you will see EXACTLY what we did. Zoom in to see the switch-backs, especially on the second half leading down into San Jose.

It was a GREAT ride and we had the added pleasure of seeing the Mt. Hamilton Observatory area, a first for me. There was one store along the way but no gas stops to speak of... or at least I didn't see any, although there could have been one up at near the store- it was up on a hill so its full view was out of sight. Because of the time and 'non-stop twist' I would classify the road as challenging but doable for the entire Chapter. I would highly recommend a few break-points be built in which will extend the time even more but make for a more pleasurable trip; although there were not a whole lot of opportunities along the rode. Also, as we all agreed this needs to be a pre-lunch ride since it requires one's unhindered attention for the entire duration.

Please know that Lin, Mike Prawicki and myself expressed extreme interest in doing this ride again, I suspect that Larry & Jerry might be interested as well.

[From Jerry:] I think we all had a very good ride this weekend. I know I did, Mt Hamilton is always a good ride. Lots of twisty road as you know. Lots of fun. We had lunch at the Firehouse in San Jose. Good food, service was O. K. all n all it turned out a good day, except for the rain, but that really was not all that bad either.

HORSEPLAY Poker Run

LOS RIDE

Saturday, September 26th, 2009

Pauline's Comments: The Boss in his green machine loaded with water, neck wraps and long-sleeved t-shirts for those who might need them later led nine bikes and a Toyota into Mach-1 to register for the event. Registration is a little chaotic because they are under-staffed, but it's all good: there are friends that you haven't seen for a while from other Chapters there to visit with until it's your turn to pay your fees, fill-in the ride waiver form, buy 50/50 or raffle tickets, get your ride directions, poker-hand sheet, and ride pin. Don't forget to draw your card. ☺

By previous arrangement with both Lin and Lone Eagle, because I am familiar with this area, I will be leading the ride today, and have decided to improvise a little bit (I'm sorry, but who can read those ride directions? WHAT?). Instead of going straight down Hwy 29 to the 2nd stop, we're going over Hwy 37, by Sears Point Raceway, right onto Carneros Highway, and into Napa that way, ending up at Napa Yamaha. Yeah, it's about a 25-mile detour, but very pretty and easy riding.

Leaving Napa Yamaha, and picking up the Modesto people who want to ride with us, it's another "detour" going through the back country roads which brings us to Silverado Trail after only about 10-15 miles, and then onto Monticello Road, ending up at Moskowite Corners by Lake Berryessa some time later. It's already getting hot, and several of us are drinking water, and putting on neck wraps. Larry's wondering when's lunch?

Going by Conn Dam, the pace is good, a right onto Pleasants Valley Road, left into Vacaville, right onto Gibson Canyon Road which turns into Dobbins

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Street, a left onto Monte Vista Avenue, another left onto Allison and a right into the shopping center to bring the troops back to Monte Vista, and into Vacaville MotorSports where the 4th card is drawn.

Dan is drooling over the new Warrior and Raider. But ... come-on Dan, it's getting hotter and hotter, and HORSEPLAY is only some 10-15 minutes away where pulled pork BBQ sandwiches, potato salad, baked beans, watermelon, and some of the best brownies wait for us. A short blast down Hwy 80, turning off on Dixon/West "A" Street, left over the freeway, right onto Schroeder, a mile later, a left on Silveyville Road, and ½ short mile later, we arrive at the HORSEPLAY facility where the last card is drawn. Bob wins the HIGH HAND AWARD with 3-10s.

Tables and chairs have been placed under the trees where it's pleasant, cooler, and its good conversation along with good food. Jim Long of the Sacramento STAR Chapter won the 50/50 [\$75.00], and our Chapter cleaned up on the raffle prizes. Everyone won something. ☺ But mostly, the kids today were the biggest winners.

Comments:

Thanks for leading a great ride today [Mike Prawicki]

From Lin: Thanks Pauline for such an awesome route! Loved it! Great ride

From Larry: Today was just plain old fashion fun! Loved it!

From Samuel: It was a great day. Pauline's alternate route made it a much more enjoyable ride than the standard route would have been. We never got lost or made any unplanned u-turns. The morning weather was perfect for riding. Fortunately, it did not get too hot until late in the day, but since almost everyone had access to either an evaporation vest or a neck-cooler, no one suffered from heat stroke. Also important to note: everyone stayed "rubber-side down" on the dirt road and gravel. It was wonderful spending time with the Story Teller, Sonshine and Fish Witch. The event was well conducted with good food and reasonably decent raffle prized.

I believe that the whole thing can be summed up by the old chestnut: And a good time was had by all!

From Michael: A Wonderful Day with Good Friends for a Great Cause and a little extra heat thrown in to spice it all up... what more could anyone want! Lunch was excellent, loved the Watermelon- a perfect touch! Thank you all,

From the Boss: A View from the Back:

Aah, the "chase" vehicle - carrying the additional iced waters, frozen neck coolers, first aid kit(s), and other sundries. I did enjoy keeping the windows wide open to "feel" the warm air, listen to the bike radios, etc., dreaming of "the ride". Sure was "fun" - especially through the twisties keeping up with the bikes, but - alas - the chapter "chase vehicle" will soon be a thing of the past. Yahoo!

As (9) bikes - and (2) vehicles pulled out from our meeting location, I wondered how we would all stay together - not a problem with our chapter members. Rather than staying on "the main roads", it was decided to add our own little "twist" to this run - and wow - we saw some great, winding side roads - some of us had not been on these before. Once at the start location for this poker run in Vallejo, about 1/2 dozen members from Modesto decided to "join" our group - as the "buzz" was there would be a little "spice" to the ride. A white sports car leading, a green "monster truck" chasing, this was going to be fun. I think there was some "thought" the "front of the pack" would try to outrun and loose that monster truck - but never fear, that won't happen. LOL

I believe the projected heat actually kept some members from the Region (in general) at home, but all that were present had a great time riding, sharing some awesome food (i.e. pulled Kailua Pork) with the volunteers from the Horseplay Therapeutic Riding Center, telling "stories" with the other chapters, and best of all - our chapter cleaned up on the Raffle Prizes - Bob even won the High Hand award (cool trophy and prize Bob). Thanks, Pauline / Jenn / Lin for organizing another great Chapter **LOS** ride.

KEEP THE SHINY SIDE UP!

Safety Tips/Tech Talk

This is your section to share "techie" stuff

Safety Tips:

- Carry your cell phone on your person.
- Do not look away from the road for longer the one second. It's a good idea to practice "One Thousand One" and look back at the road. You can then look away again but only for one second. This is a good practice even in the car. It will keep you from being bored and your mind from wandering too long on anything else but the road.
- Don't **ASSUME** ... **ANYTHING** !
- LOOK before you change lanes.
- Safety starts at the driveway.
- On longer rides, did you do your stretches?
- Riding posture



OTHER SAFETY INFORMATION

Some excellent reading:

Riding in the Zone: Ken Condon
Proficient Motorcycling: David Hough
Motorcycle Consumer News (subscription)
Blood, Sweat & 2nd Gear: flash gordon, m.d.

Slime the Ones You Love



How is it that your kids didn't inherit your "tinker gene?" They have no curiosity of how things work and you fear they've become dependent on you to fix anything broken.

This couldn't be more apparent than in the reoccurring dream you have of them on the side of the road with a flat tire, and all they can do to help themselves is text their friends and Facebook buddies with pictures.

Put that dream to rest with the **Smart Spare** from Slime. It was designed for the mechanically challenged, letting you fix a bike's tire with no special tools in 15 minutes or less.

If your kids don't ride, there are plenty of Slime kits for their cars, which are much easier to change tires on but still may have them calling you at all hours of the night for backup.

We've arranged a limited number of 25% discounts on Slime products if you enter the promotional code "MRCA" at checkout, so have a look at their full line of **tire products** - <http://www.slime.com/index.php>

PRACTICE, PRACTICE, PRACTICE

As many of you may know, I have become good friends with some of the local Gold Wing Road Riders Association (GWRRA) members, and periodically look on their website(s) to see what they are "up to". Though we are two separate associations, many of our core values, to me anyway, could be similar. I have always been impressed with one of their values – parking lot practices.

Within our Chapter, we have always admired Dan, and now Dominic and Jerry and maybe others, with their capabilities to handle their motorcycle(s). At the Big Bike Weekend last year, we sat in awe of the motor-officers as they competed within their skill criteria. Often, as we watch, some of us (myself especially), sit back and say "Wow, I wish I could do that", when as Dan has mentioned, any of us can do that – if we just practiced.

I found this article on a GWRRA website which I really related to that I wanted to share, because I know it really hit home for me, and maybe it will for some of you as well. *The Prez*.

Parking Lot Practice? Who Me?

By Rick Ford, CA-1F

Hi All, Some of you may know me, and for those that don't, I'm Rick Ford, the CA-1F Newsletter Editor. I am also a dedicated Gold Wing rider. I have been riding motorcycles for many, many years, so when I bought my first wing I thought no problem! Just another bike - just a little bigger. Then I was invited to a chapter F dinner ride by a winger that had stopped to see if I needed some help. You see, I was sitting on the side of the road, broke down on my new wing, so I went and I was hooked. One of the things that I heard about at the meeting was the Parking Lot Practices, our chapter educator was telling everyone to come on out.

Well, being a little, how should I put this, self-centered, overconfident and yes, cocky! I thought to myself, I don't need to spend my Saturday practicing, "Hell, I'm a great rider, been on motorcycles all my life". The sad fact is that I kept telling myself that every time a parking lot practice came and went.

I log 1000 plus miles per week, not counting fun rides on weekends and holidays. That's a lot of riding, so again I asked myself "why practice?" It's funny how things work out, just happens that one of the San Diego Gold Angel Drill Team members stood up at one of the meetings and invited everyone to come out and see them practice and even try out if you wanted. Well here goes that ego again. I thought, what the heck I could do that! So I went out on a Sunday just to see what it was all about.

To my surprise it looked like a parking lot practice, just a bunch of guys riding their bikes really slow through a funny looking obstacle course. Hey this should be a piece of cake! So I tried out for the team. I did the snake and the u-turns and the tight turns and a bunch of things I don't even know the name of. We went from the Experienced Riders Course to the Top Gun Course. I am here to tell

you that anyone can ride a bike fast, but I am living proof that not just anyone can ride a bike slow!

I'm not sure how many times Gunny (Dan Klukas), the Drill Instructor, yelled at me or told me to try it again, take a break, quit looking down, pick your head up, look at me, not the ground or even how many times I found myself picking up my pride and joy (wing) off the payment. Oh yea! Mister ego, I'm a great rider, dropped his bike more than once. Gunny taught me one thing and one thing well. I DON'T KNOW SH___T!! about riding a Goldwing. It may look easy and even seem easy, but to truly become a good rider it takes practice! And not just running around the streets or going to a motorcycle safety course once. I mean true dedication to riding safe, knowing how to handle an 800 lb bike in a slow turn or being able to swerve to miss an obstacle in the road, wearing protective clothing even when it's hot and sometimes uncomfortable, and the comfort of knowing that the guy riding next to you also knows what he is doing.

Our motto of friends for fun, safety & knowledge is not just a motto or slogan, it is something that all of us have to practice and take to heart not just say! It really is true that my safety is your responsibility. I'll probably never become a great rider, not like Gunny or Bulldog, our team Captain, but with a lot of practice and the help of a great instructor I hope to become a good and safe rider, and that is what counts! So the next time you see a PLP on the schedule, tell yourself I can make time for that, believe me, it can and will make a difference.

Rick "Wine Maker" Ford

"Information below received from RoadRUNNER Newsletter - Sept. 2009"

TOURING TIP: BECOME A RISK MANAGEMENT RIDER

Although it might not be evident from recent events, risk managers in the business world focus on the risk of events that could cause financial loss to their companies. The job is simple in concept: identify where risk exists, assess how significant that risk is and implement an appropriate mitigation strategy. This three-phase approach to risk management in the business world is just as applicable to touring motorcyclists. And it is arguably more important to

us riders, because were not just risking financial loss; we're also risking our life and limb! For most of us the risk of bodily harm far outweighs the financial risk of a damaged motorcycle.

There have been many books written and courses given (e.g., MSF Basic Riding Course) about the risks faced by motorcyclists, but the three-step risk management process enumerated above is an effective way to train your mind to identify, assess and mitigate those risks. Following is a matrix that illustrates several examples of how rider risk management can work.

Rider Risk Management

The Situation: Riding in rain

Step 1: Identify

Wet pavement and possible loss of traction

Step 2: Assess

Is the surface shiny or dull? When I lightly drag my boot does the surface seem slippery? Does the surface show signs of oil? How much tread is left on my tires?

Step 3: Mitigate

If traction is likely compromised, decrease speed, especially on curves.

The Situation: Riding at night

Step 1: Identify

- Possible objects in the road that may cause a crash.
- Low visibility to other drivers.

Step 2: Assess

- Does area have high level of nocturnal animal activity or likely road hazards?
- How visible am I to others? Do they seem to see me?

Step 3: Mitigate

- Add auxiliary lights; follow driver's side tires of car ahead.
- Wear reflective clothing and add auxiliary lights. **Avoid riding at night whenever possible.**

The Situation: Riding in cold weather

Step 1: Identify

Risk of hypothermia

Step 2: Assess

Am I exhibiting any of the symptoms, like shivering, slurred speech, or diminished coordination?

Step 3: Mitigate

Stop and replace any wet clothes with dry ones, drink warm liquids, perform moderate exercise to generate body heat.

You, undoubtedly, can expand upon the above example and it's not a bad idea to do so by cataloging these types of risk items in advance. Incorporate every type of risk that you've read or been taught about. Your goal is to make the three-step risk management process mentally comprehensive and second nature, operating on a virtually subconscious level when you're riding.



By Mike Prawicki



For any current or new members that want to become a Star Vet, go to the National Web Site www.startouring.org to get the Star Vet Application (DD Form 214 required) as well as the form to get Star Vet Patches. I'll have a hard copy of the Star Vet Application and Patch Form on our rides.

Star National's Star Vets Page for anyone wanting to look at it, get forms or patches.

<http://www.startouring.org/starvet.aspx>

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www.star186.org

Support our Veterans! www.bearhugaussoldier.com

Let's Say Thanks :

This site allows you to pick out a card, select a message or type one of your own, and is then printed out and sent to the military member. You only have to provide minimal info - your first name and city.

<http://www.letsaythanks.com/Home1024.html>

HAPPY OCTOBER BIRTHDAY !!!

[Editor's Note: From the responses that I received]

6th – Nancy Ferrasci
9th – Grace
10th – Shirley Karrer
10th – Samuel Israel
13th – Dave McNamar
22nd – Valorie Johnson
24th – Bill Petaccio
25th – Robert Tharalsen
29th – Marguerite Brackett
29th – Dave Nelson

CALENDAR OF EVENTS

Check the website calendar for further information

**** 2009 ****

CHAPTER EVENTS

Saturday, October 10th: CHAPTER RIDE:

Starting out at Denny's, Location #1. Pre-ride meeting at 8:30 a.m., KSU at 9:00 a.m. A scenic ride through Solano, Napa, Sonoma counties. Estimated mileage - 210 miles. Some nice twisties, but doable for all rider skills. This ride was originally scheduled for September but was rained out.

October 21st Chapter Officer's Meeting

Sunday, October 25th: Last Sunday CHAPTER

RIDE: Exploring the California Caverns. [Lin Tomy,

Ride Captain] \$12.75 (cash) per person for a 1 to 1-1/2 hour tour [horizontal]. Picnic table available for a picnic / brown bag lunch or at the Valley Springs Restaurant. 6-7 hour ride.

Wednesday, October 28th: Chapter Meeting

Discussion of 2010 Chapter Officer positions, state of our Chapter, amongst other ideas.

November 11th Chapter Officer's Meeting

Saturday, November 14th: CHAPTER RIDE:

Jackson Rancheria for lunch. [Perry Meyer, Ride Captain] Meet at the Chevron gas station in Oakley, Location #2, at 8:30 a.m. for the pre-ride meeting; KSU at 9:00 a.m.

Wednesday, November 18th – CHAPTER MEETING

– Nomination of next year's officer team

December 12th CHAPTER CHRISTMAS PARTY

(Election of 2010 Officers, some awesome prizes, great food – come on out)

Chapter Rides: 2nd Saturday /

4th Sunday (April – October)

Chapter Meetings – red

EVENTS NOTIFICATION

Saturday, October 3rd: HOLY HORSEMEN'S

Feed the Children Food Drive [Starts at Antioch Wesleyan Church, check-in: 9:00-10:00 a.m. Fun, Barbeque, Cash Prizes, Raffle Prizes, Music, and More!!! Poker Run Instructions (There are 2 ways to win!!!) The cost per hand is \$10.00 per person. See the event announcement e-mail from the President for further details.

IMPORTANT: Please let Rich or Robin Flay know via e-mail - richflay@sbcglobal.net by Monday, September 28th if you're planning on coming: they need a head count for enough BBQ goodies.

Sunday, October 4th: RIDE LOVE & LAUGH

Poker Run for Autism. \$25 per rider / \$20 passenger. This is a different kind of event with not only the poker run but a comedy show too. Check out the info at Mike's website:

<http://prawicki.com/wordpress/ride-love-laugh-for-autism>

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Sunday, October 4th: Northern California Ride for Kids. Registration opens at 8 a.m. and closes at 9:45 a.m. The escorted ride starts at 10 a.m. sharp, rain or shine!

Ride for Kids is the primary fundraiser for the Pediatric Brain Tumor Foundation (PBTF). The minimum donation to ride is \$35.

Solano College 4000 Suisun Valley Rd., Fairfield, CA 94534.

BIG BIKE WEEKEND: October 9th-11th: Check it out at www.bigbikeweekend.com where you can see the events being planned, dates, times, sign-up for the raffle of new motorcycle, etc. Registration for the event is now available

Sunday, October 25th: If any one is interested in the **OAKLAND RAIDER APPRCIATION DAY**, please let Lone Eagle know by October 9th.

Saturday, October 31st: RIDE OF THE HEADLESS HORSEMAN poker run sponsored by the Chico STAR Chapter #395. Registration starts at 9:00 a.m., last bike out at 11:00 a.m., at Biker Bobs, 15430 Highway 99. \$15 for the ride/\$10 for passenger. Ride pin to the first 100 people. Lunch is includes; raffle prizes, and t-shirts cost \$15. All proceeds benefit Handi-Riders of California, a therapeutic activity for children and adults with special needs. Contact Dennis Duncan at star395prez@yahoo.com or (530) 873-1060.

Saturday, November 21st: Sacramento STAR Chapter's 1st annual COATS FOR KIDS for kids 3-15. 9:30 – 11:30 a.m. for the new and/or gently used coats / jackets to be donated at either PCP or Roseville Yamaha. No-host pizza party at Steve's Pizza Place, Hwy 50 & Truxel Road starts at 11:30 a.m. Cash donations are also welcomed. Benefits the children of MUSTARD SEED [a school for kids living on the streets with their families]. Contact: Janet "Sonshine" Sturkey at blesseddaily@comcast.net or (916) 390-7244 for further information.

For those not attending the International Motorcycle Show, this would be a good opportunity to support our STAR Sister Chapter's first-annual event. Leave time(s) will be posted on the website. Pauline will also be accepting coat donations at the October Chapter meeting, and will make sure they

find their way up to Sacramento for the kids on November 21st.

November 20-22 International Motorcycle Show [let the Boss or Mike White scccchapter209@aol.com know which time slot you'd like to work] It has been suggested for the local STAR Chapters to work the early morning, later shifts to allow those out-of-town STAR Chapters [like Redding/Chico] to have the middle of the day shifts.

