



CHAPTER 186 Contra Costa, CA
Star Touring & Riding Association

THE ROTATING WHEEL

APRIL 2010

THE “PREZ SEZ”

**REMEMBERING MUSICALS PAST
AND GREAT RIDES TODAY**

This past month, I cannot get “*The Sound of Music*” out of my head. “*Climb Every Mountain*”, “*My Favorite Things*”, “*Edelweiss*”, “*So Long – Farewell*” (after a great ride), another Oscar Hammerstein song – “*There’s a Hill beyond a Hill*”. As tough as times may be today, I often find great inspiration from those songs, along with the sights and friendships we all share together while out on our rides.

I want to thank our (8) guests who rode with us this month, and all of our members, and significant others, who got to dust off their bikes and participate on our Chapter and Remembrance Rides. I would like to thank those members, including our newest “shutterbug” (Eric’s daughter) who are taking some great photos of our adventures, and sharing with everyone.

CHAPTER RIDE RATINGS

I encourage everyone to check our website description for a specific ride and the technical “rating” (albeit subjective) our Ride Captains have given that ride. This information will offer some specifics, such as approximately how long the day might be (roundtrip), estimated costs, and/or if there might be a lot of twisties involved, which at the end of a long day, might “wear” some folks out. I encourage everyone to constantly read articles and/or books and practice to better improve your riding skills, i.e. u-turns in a parking lot helps us with switchbacks on a curvy road we may

encounter, left foot down/right foot on rear brake might help us if we get stuck stopped on a hill, properly maintaining our bike (i.e. checking our tire pressure).

The “*Hills are Alive*” with their spectacular beauty this year, and our Ride Captains have come up with some great new routes for April. I look forward to seeing everyone again this month.

One last thought: rooms are filling up fast for the High Sierra BBQ, and our two weekend Chapter rides. If these events are something you might be considering, please consider making those reservations as soon as possible, this is going to be a fun year!

Ride Safe – Ride Smart

Victor Tibbs
President

CALENDAR OF EVENTS

Check the website calendar for further information

**** 2010 ****

**CHAPTER RIDE /
EVENTS INFORMATION**

Chapter Rides: 2nd Saturday / 4th Sunday

Chapter Meetings – red

April 10th – Chapter Ride – Tail of Two Little Dragons

April 21st - Chapter Officer’s Meeting

April 25th - Chapter Ride - East Bay Hills - Skyline

April 28th - Chapter Meeting

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AND THE MEMBERS SAID ...

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

LAKE BERRYESSA / CLEARLAKE / CAPAY VALLEY CHAPTER RIDE

Saturday, March 13th, 2010

By Bob Bridges

First, I want to say, **Wow** Lin, you really put a great ride together, and second I want to thank the Weather Gods for giving us a Great Day, considering the weather on Friday.

As we gathered in Pleasant Hill we were joined by Brian, Scott, Jaime and Kim, which we gladly welcomed into the 186 family, and hope they can join us for many more rides in the future.

We started out with 21 eager bikes ready to hit the road. We headed up 680 north to Cordelia where we crossed over Hwy 80, and cruised up through the beautiful mountain back roads to Lake Berryessa. We stopped for a break and a few of us got some warm coffee, but mostly just enjoyed each other's company standing in line for the bathroom. We then headed west through Pope Canyon, Pope Valley and Butts Canyon area which was so green and enjoyable to ride through this time of year. We turned north on 29 and meandered through the Hidden Valley Lakes and Twin Lakes area to where we took an amazing road along the west side of Clear Lake until we got to Lakeport for lunch. Though it was a beautiful day, we were glad to stop and stand in the sun to warm up from the crisp morning air.

We had a good meal and great conversation and then sang Happy Birthday to Larry and Pauline who are 35 and 31 respectfully.

We slowly got everyone back on their bikes and headed out to journey around the north side and then down the east side of Clear Lake which had some wonderful views and beautiful homes right along the edge of the lake. The ride was so relaxing I think a lot of us could have just stopped and taken a nap in the sun on one of the grassy edges of the lake. We continued on down through

the hills on 20 to 16 south to the beautiful Capay Valley until we hit 505. Though Brian and I split off, the rest of the group headed back to Cordella for Ice Cream.

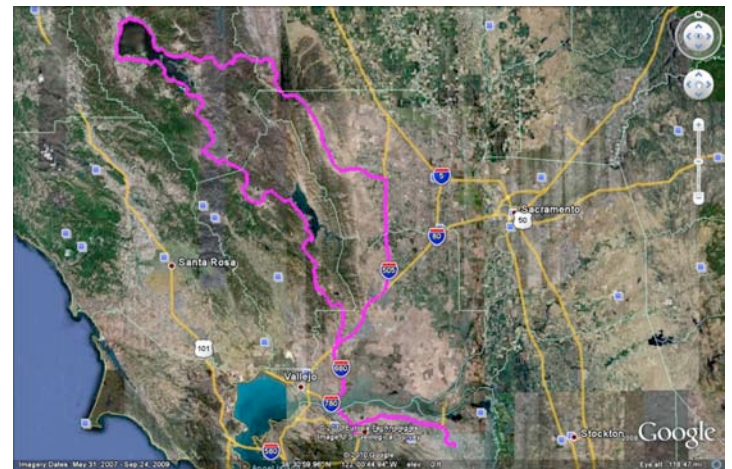
It's sure Great riding with so many wonderful likeminded people, and I can't wait for the next ride.

Comments: "Great time with great bunch of people. My thanks to you and your group". Kim Leong -Pres. / CEO, California Sport Touring

"I had fun, yes indeed. Good people, good times and many opportunities for new friends. I want to thank all who worked hard to organize, promote and carry out today's ride. The fellowship dynamic at this STARS activity was definitely a positive one and quite addictive I'm sure among the membership". Jaime

"Thanks for allowing me to tag along. Had a great time. You have a nice group of people in your chapter. Felt right at home". Brian.

Larry's photo show which also includes photos taken by Dominic and Mr. Wiki has been added to the Photo Gallery on the Chapter's website; be sure to check it out.



(Our ride route)

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Merced STAR Chapter's SUPPORT YOUR VET Ride

Saturday, March 20th, 2010

By Lone Eagle

Remembering those who have proudly served our country, and those currently serving, several from our Chapter departed today to join Merced Chapter's 5th Annual Veteran's Support Ride. This year, along the generosity of various Nor Cal STAR Chapters, donated supplies which quickly filled up approximately half a trailer, as well as a large amount of money to cover shipping costs throughout the year, to send those donations to our troops in the Middle East. Respect was paid to our Fallen Heroes at the San Joaquin Valley National Cemetery. We were blessed us with great weather, and a fantastic time was had by all.

Merced Chapter put together a musical slide-show of the event. Here is the link: <http://s701.photobucket.com/albums/ww17/bikerm1ke/?action=view¤t=VetRun2010SlideShow.flv> I hope you all enjoy it as much as I did.



DAVE PERGUIDI MEMORIAL BBQ

Sunday, March 21st, 2010

By Pauline Carlton

I'm leaving the house at 9:00 a.m. to meet up with everyone in Discovery Bay at 11:30 a.m. to attend

the Memorial BBQ for the Modesto STAR Chapter's SAA (Sergeant-At-Arms) Dave Perguidi. Even though I was in Medford, OR. last year at the NW STAR-B-Q, I don't recall having met him.

I am on this ride and attending this memorial out of respect for his wife who suddenly lost her husband and best friend; his daughter who just lost her Dad, and the Modesto STAR Chapter who lost not only a Chapter member but a family member, riding buddy and friend as well.

I would estimate about 200 STAR vests were there eating hamburgers and chips, drinking sodas, paying their respects.

The memorial itself was sandwiched in between the raffle where anyone who wanted to share their experiences, love, or stories about Dave came up to the microphone to do that. I learned quite a bit about this man who was someone who drove you to be all that you could be, and then pushed a little harder for that extra inch which he expected from himself too. It's hard to see the tears; it's harder still to feel their pain.

And the reason you always say *I love you* when you can.

OCEANS AND GARDENS

Chapter Ride

Sunday, March 28th, 2010

By Debbie Bridges

On a beautiful Sunday morning, with plans to head to Filoli Gardens, Chapter 186 adventured out with our fearless President leading the ride. There were 15 bikes with many doubled up with their better halves and one daughter. Go Ladies and Gents! It was wonderful to have such a great turnout.

We started out from Pleasant Hill and went south on 680 to 24 and on thru the Caldecott Tunnel. We crossed the Bay Bridge and headed down 101 through San Francisco. The city was so beautiful with the skyscrapers and bay views. As we passed it, I thought of its history with many different cultures and unique atmosphere that give you a yearning to return.

We continued on 101, taking 280 down to Highway 1 and into Pacifica for our first break. There must

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have been 50 to 60 surfers or more in the water, trying to catch that big wave. After a short break, we headed down Highway 1 along the beautiful coast with its many breathtaking views. We turned onto Highway 84 and headed up through the mountains to Skyline Blvd.



We stopped for another short break across from Alice's Restaurant to grab some deli sandwiches and some warm sunny weather. We left and continued through the beautiful hills towards Woodside with a few nice views of the bay. We crossed 280 and headed north until we got to Filoli Gardens. After passing the entrance, we continued on to the main parking area where we parked all of the motorcycles in one Bus parking spot that had been reserved for us, which was pretty impressive.

Now it was time to head for the main event where we were checked in and taken to a private room to eat lunch. The reason for the private room wasn't because we were special guests, but because we weren't suppose to bring our own food, so they quickly made arrangements and were very gracious and accommodated us. **Three cheers for Filoli Gardens Staff!!!**

The Filoli Gardens and House were immense and awesome. You felt that you would like to take in each and every piece of the property. The flowers were so well kept, perfect and were a spectacular sight to the human eye. Even though there were many gardens of different flowers and a field of daffodils that caught our eye, my favorite was the Sunken Garden, which contained the swimming pool. The 654-acre estate was a very impressive and gorgeous site to say the least. As a passenger, I got to enjoy the many great views

along they way and really enjoyed the Filoli Gardens.

Victor, thank you for planning and taking us on such a wonderful trip and destination.

GOIN' HOG WILD III



MAY 8TH, 2010 MARK YOUR CALENDAR!

Plan now to join us for our Second Annual **Hog Roast** BBQ to be held at the Rankin Park in Martinez. Catering this year will be provided by **RANGEL'S BULLDOG BBQ**, located in downtown Martinez. Their food is **awesome**.

This is our Chapters' main fundraiser for the year. It benefits **The Contra Costa Food Bank** who help those in our community in need of their services.

The committee this year (Larry, Lin and Robin) are working extremely hard to make this bigger and better than last years success, but they need your help. Sign up sheets for volunteers, and / or items needed will be available at our upcoming rides and meetings.

Please help us make this a successful event!

- **FREE RIDE PIN TO THE 1ST (100) PEOPLE WHO PRE-REGISTER.**
- \$5.00 less this year from last year
- HORSESHOES
- A FUN AFTERNOON FOR ALL.
- INVITE your co-workers, family and friends
- CHECK out the website for pre-registration information.

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We'll SEE YOU THERE !!!



KEEP THE SHINY SIDE UP!

Safety Tips/Tech Talk

This is your section to share "techie" stuff



OTHER SAFETY INFORMATION

PRODUCT REVIEW

Hi Pauline,
I recently discovered www.customdynamics.com while searching for some add-on parts. So far, I am very pleased with this place. They were cheaper than anyone else, did not charge sales tax, had free shipping (based on the amount of the sale), and shipped the items same day I ordered them.

Jeff Brackett

AMA Position Statement on Distracted and Inattentive Vehicle Operation

All road users are responsible for the safe operation of their vehicles on public roads and highways. Advances in mobile technology have made it easier than ever to become momentarily distracted by operating the controls of a stereo system, a global positioning unit, or some other device.

The American Motorcyclist Association (AMA) acknowledges that motorcyclists – in addition to car drivers, truck drivers, and even bicyclists -- share this responsibility. Distracted motorcycle operation can be every bit as dangerous to the operator, other road users, and pedestrians as the distracted operation of a larger motor vehicle.

The AMA recognizes that distracted or inattentive driving has become a major concern to the motorcycling community. Far too many cases have been documented of motorcyclists being injured or killed as the result of other vehicle operators being distracted or inattentive.

Motor vehicle operators engaged in distracted or inattentive driving behaviors are not just a danger to motorcyclists – they endanger pedestrians, bicyclists, roadside assistance and emergency medical personnel, highway construction workers, law enforcement personnel, and the list goes on. For too long, inappropriate non-driving activities while operating a motor vehicle have been accepted as "just the way it is."

Even the National Highway Traffic Safety Administration (NHTSA) acknowledges that distracted and inattentive driving behaviors have significantly contributed to motor vehicle crashes. From an NHTSA report:

"Driver inattention is the leading factor in most crashes and near-crashes, according to a landmark research report released today by the National Highway Traffic Safety Administration (NHTSA) and the Virginia Tech Transportation Institute (VTTI). Nearly 80 percent of crashes and 65 percent of near-crashes involved some form of driver inattention within three seconds before the event. Primary causes of driver inattention are distracting activities, such as cell phone use, and drowsiness."

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Within the last few years in nearly every state, new legislation has been introduced to address some facet of distracted or inattentive driving. Most of the bills are well intentioned. However, almost all focus on only one or a few in-vehicle behaviors, such as cell phone or text messaging system use, rather than addressing the main issue. Other bills, particularly those with age-based restrictions or prohibitions, are virtually unenforceable in the real world.

Several bills, however, specify that distracted or inattentive behavior that contributes to a crash would subject the vehicle operator to enhanced penalties, similar to aggravating circumstances such as operating a motor vehicle under the influence of alcohol or drugs. This approach is promising because enhanced penalties for violations resulting in injury or death to other roadway users holds violators more accountable for their actions. Note that specific restrictions or prohibitions are not required – any distracted or inattentive behavior that can be documented prior to a crash can be used as evidence.

Therefore, the AMA supports legislation that includes enhanced penalty options to be determined by the courts. Examples of penalties include the following, but are not limited to enhanced fines, operator's license suspension, points assessed on an operator's record, community service, and imprisonment. Additionally, the AMA supports the prominent placement of signage that notifies roadway users that the state provides specific sanctions for those convicted of moving violations while operating a motor vehicle in a distracted or inattentive manner. The inclusion of these sanctions depends on a state's current penalty structure of similar-magnitude offenses.

The AMA has adopted this position statement on distracted and inattentive motor vehicle operation because roadway users such as motorcyclists, bicyclists and pedestrians pay a disproportionately higher price for motor vehicle operator distraction and inattention.

References

Source: "Breakthrough Research on Real-World Driver Behavior Released," NHTSA, April 20, 2006, <http://tiny.cc/5ohRr> "The 100 Car Naturalistic Driving Study," NHTSA, DOT HS 808 536, <http://tiny.cc/vOUMA> "An Overview of the 100-Car

Naturalistic Study and Findings," Vicki L. Neale, <http://tiny.cc/mL8QL>

(Note from the President) Below is a summary from a workshop Sue provided at STAR DAYS last year, entitled **Bugs, Eyes & Horse Lips**, that I found on the LOS forum. Now that riding season has truly "begun" with this great weather, let us all consider different ways to make us comfortable, fight fatigue, etc.etc).

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Hello Bikers ~ Happy to share some tips . . .

Fill 'er Up . . .Water, Water, Water . . .dehydration is probably one of the biggest factors contributing to fatigue. If you're thirsty you're already dehydrated. Drink often and much. You can add 100 miles of comfortable riding if you stay hydrated.

Bug Eyes & Horse Lips . . .Our facial muscles get locked in one position when we ride . . .we squint, frown, lock our jaw, clench our teeth . . . open your eyes wide, stick out your tongue, make horse lips (lift your face shield if you're a spitter), wiggle your nose, raise your eyebrows . . .do anything to get those muscles moving in a different pattern (remember what your Mom always told you . . .if you keep frowning your face will freeze in that position)

Yawning, Sighing and Laughing . . .More muscle movement . . .how loud can you sigh? Laugh out loud . . .laugh till you're out of breath . . .don't feel like laughing? Fake it!

A-Ten-Hut . . .poor riding posture contributes to fatigue. Do you slouch when you ride? Back rounded? Shoulders hunched? Straighten up . . .shoulders back . . .gut sucked in . . .head over your spine. Pile your vertebrae into a neat straight tower. See if you can hold this position for 1 mile. Start at a mile marker and see if you can remember to stay that way till the next mile marker. Sounds simple . . .for most of us it isn't. Don't slouch!

Bouncing & Shaking . . .when you get off the bike, give your hands and arms a good shake. This stimulates nerves and unlocks muscles that have been in one position too long. Stand in one place and bounce up and down on your heels for 30 seconds. Stop bouncing and feel the tingle all

over. More muscles and nerves awake and active again.

Happy, Comfortable Riding . . .

Sue Kinas
Upper Midwest Regional Director

*Note from the President: Currently being discussed on the Cruiser Café forum this month, **How to make yourself more VISIBLE !!** some ideas on how to stay safe and be seen. Check out and follow this thread on our STAR Touring Cruiser Café,— and maybe, add your thoughts.*

- Remember this one at dawn or dusk, an off-duty police officer that I worked with back in the nineties was killed when another car turned in front of the officer on his personal Harley Davidson motorcycle. The reconstruction team later responded back to the scene a day or so later at the SAME TIME and determined that the motorcycle rider was riding OUT OF A SETTING SUN and the driver NEVER SAW HIM AT ALL due to the light from the sun behind the motorcycle. **RIDE LIKE YOU ARE INVISIBLE.** I was given this tidbit years ago when I started riding.
- Make sure your maintenance is up to date, you have good tires that are aired up properly and your brakes are working. A high visibility vest like the construction guys wear may not be a bad idea.
- Avoid driving the motorcycle in other vehicle's blind spots. When in an adjacent lane of travel, avoid the area from the rear passenger door to roughly 20 feet behind a neighboring vehicle.
- Watch for, and anticipate, other vehicles, particularly on multi-lane roads. Realize that oncoming drivers, depending on the relative positioning of other vehicles, might be unable to see you even though you can see them.
- Consider placing small flags or pennants on the rear of the cycle. These enhance visibility.
- **NEVER, NEVER ASSUME** that just because you have the right of way, or, if you see someone with a turn signal on, **DON'T**

- THINK FOR A MOMENT** that person will always turn; sometimes they don't.
- Think well ahead of yourself and attempt to anticipate the moves of other vehicles. Allow plenty of reaction time. **NEVER EVER** follow too close.
 - **ALWAYS** give yourself an "out" or place to go while on the road.
 - I have aux. brake light pods that blink when the brakes are applied. I find the cars stop further behind now that I have the blinking lights.



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.

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 April BIRTHDAY !!!

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

7th – Lori Brackett
8th – Rich Flay
12th – Dan Hughes
-o0o-

CHAPTER RIDE / EVENTS INFORMATION

Chapter Rides: 2nd Saturday / 4th Sunday
Chapter Meetings – red

May 8th - CHAPTER BBQ

May 15th – Blessing of the Bikes

May 19th - Chapter Officer's Meeting

May 23rd - Sunday Chapter Ride

May 26th - Chapter Meeting

June 4 – 5 – High Sierra BBQ

June 12th – Carson River Chapter Ride

June 16th - Chapter Officer's Meeting

June 23rd - Chapter Meeting

June 27th – Sunday Chapter Ride

July 10th – Chapter Ride – Coastal Ridge Area

July 16 – 18 Mono Lake Chapter Weekend Ride

July 21st - Chapter Officer's Meeting

July 25th - Sunday Chapter Ride

July 28th - Chapter Meeting

August 14th – TBD

August 18th - Chapter Officer's Meeting

**August 20th – 22nd – Chapter Weekend Trip
(Trinity Chapter Ride)**

August 25th Chapter Meeting

August 29th - Sunday Chapter Ride

September 11th – Tahoe Chapter Ride

September 15th - Chapter Officer's Meeting

September 22nd - Chapter Meeting

September 26th – Marina Dune Chapter Ride

October 9th - Chapter Ride

October 20th - Chapter Officer's Meeting

October 24th - Sunday Chapter Ride

October 27th - Chapter Meeting

November 7th – Daylight Savings Time Ends

November 13th - Chapter Ride

November 17th - Chapter Meeting

Nomination of Officers

December 11th - **Christmas Party**

Election of Officers

OTHER EVENTS Notification

April 22nd-25th LAUGHLIN RIVER RUN

<http://www.laughlinriverrun.com/>

May 15th – Holy Horsemen's BLESSING OF THE BIKES (Wesleyan Church, Antioch)

May 22nd – Modesto/Merced STAR Chapters
Poker Run supporting their charity Sierra Vista
Children's Services

May 22nd – Underground Gardens Ride with
Santa Clara Chapter #209

June 4th-5th HIGH SIERRA STAR-B-Q

June 19th – Ride to River Rock with Santa Clara

June 21st - **National Ride to Work Day**

July 3rd - Holli-STAR Rally

July 20-23rd – **STAR DAYS** (Chattanooga, TN)

August 14th - (The date TBD Santa Clara County
STAR Chapter #209's BBQ Camp-Out)

August 20th-21st – **NW STAR-B-Q** (Prosser, WA)

September 22-26th **STREET VIBRATIONS**, Reno

Saturday, October 2nd: - HOLY HORSEMEN'S
Feed the Children Food Drive

Sunday, October 3rd: Northern California Ride
for Kids.

October 8th-9th **BIG BIKE WEEKEND** -

Saturday, October 30th: **RIDE OF THE
HEADLESS HORSEMAN** – Chico STAR Chapter

Saturday, November 20th: **Sacramento STAR
Chapter's 2nd annual COATS FOR KIDS**

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