



August 2010

THE "PREZ SEZ"



The heart of any Chapter is its members, and I would like to **welcome** and thank our newest members to the Chapter 186 family:

Michael Kuttner, John Holm, Jaime Ray (and Dolce – woof woof), Mark (Carrie and Brianna) Sadighian, Bob Hayes.

SUMMERTIME = GREAT RIDES



This year, summer sure came in with a bang; some great rides offered by our fabulous team of Chapter Road Captains, and warmer weather. Also, we had the first of our two official Chapter Weekend trips – the second one coming up this month to the Trinity Alps.

CHAPTER MINUTES / HYDRATION: At our July Chapter meeting, all members present shared their ideas on how to keep cool during these warmer riding days. Maintaining constant proper hydration, along with keeping your core body temperature cool, is extremely important, in some cases life saving. If you have not had a chance to do so,

please read the Chapter Meeting minutes. Pauline sent out those minutes on behalf of Robin who was on a much deserved vacation, and/or those minutes are posted on our website. If anything, the hydration information are suggestions for you to consider – making your riding day safer and enjoyable.

UPCOMING RIDES: Over the next couple of months, the team has put together some great suggestions and activities. I hope all of you can come out and enjoy a day with the 186!

PERSPECTIVE FROM THE BACK: I am **extremely proud** of all our members / riders who have joined us for the rides, and everyone's commitment to riding safely. Whether that is looking where you need to travel, using hand / electrical signals when turning / changing lanes, not crowding someone in front of you, having proper gear on the bike (i.e. rain / hot weather apparel), our Chapter members continuously take riding safely to heart and I would like to thank everyone for that ongoing commitment.

Look forward to seeing everyone on the road(s), have fun, ride safe.

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

August 14th – Cooler Weather PLZ Chapter Ride
August 18th – Chapter Officer's Meeting
August 20th – 22nd – Chapter Weekend Trip (Trinity
Alps Chapter Ride)
August 25th Chapter Meeting
August 29th – Strange Attractions / Pee Wee Golf
Chapter Ride

AND THE MEMBERS SAID ...

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

Coastal Ridge Road Chapter Ride aka "The Machete Pass" Saturday, July 10th, 2010

By Jaime Ray

There was some discussion about what to call this new route / ride among those of us who remained to review our experiences along a hot sidewalk in Alamo, everyone trying to eat their double scoop ice cream cones before they could melt. I teased, 'what about The Machete Pass' referring to the primitive roads, overgrowth of dense vegetation and thickly forested areas that sent trees and vines out over our heads and above the narrow single-lane pavement.

Our STARS 186 July calendar listed our July 10 ride as the 'Coastal Ridge Ride.' Fair enough, but somehow for those who braved the curves, the amazing vistas, the various micro climates, etc., this title seemed wholly inadequate. This awesome journey began in classic California chaparral but soon offered gorgeous, dense, mixed conifer and deciduous groves that dropped off into dark and hidden riparian glens each decorated with

hundreds if not thousands of wildflowers all at their glorious peak. River beds were adorned with mossy logs and ferns with plenty of boulders to keep the serious rock-hopper jumping with satisfaction.

For anyone in search of a remote get away without having to drive across state or just a chance to escape the sweltering heat typical in Contra Costa this time of year, this ride would be most rewarding. After the initial ride south and west we began a northward climb from the valley floor in Gilroy onto the southern flank of the ridge most people refer to as the Santa Cruz Mountains. The topography in the areas where Hwys 101 and 152 meet are a natural air duct that regularly sucks in fog off the Pacific, so if you are traveling this way during the summer months, be prepared for chilling bursts of refreshing ocean air. Think, 'Southern end of Skyline,' but there were many roads south of Hwy 17 before we were atop the ridge and over to what is properly referred to as Skyline Blvd. If we had dropped off the west side of the ridge (which we didn't) we could have easily accessed coastal towns such as Rio Del Mar, Aptos and Soquel. From its southern most point, this ride soon passes through Mt. Madonna County Park, then our 14 bikes (17 participants) rode the ridge above The Forest of Nicene Marks State Park. Many people come to this area to ride the numerous mountain bike trails.

These roads south of 17 were unfamiliar for many of us and Bob and Victor did a good job of describing the route during anticipatory briefings. This was particularly helpful for the big cruisers. One person pointed out that the roads were better suited for an enduro class motorcycle while another likened them to, 'paved fire roads'. Bumps, humps, gravel, sand, rocks, pot holes ruts and quite possibly a downed tree should be anticipated. A few turns gave riders of the longer bikes a chance to detail their license plates - LOL, they were that sharp! We were practicing our hand signals which included a new one used to indicate a four wheeler coming round a blind turn – tap on helmet. Jeff suggested that if the vehicle was really big or coming fast, the person in front of them should tap on their helmet "violently" (hard and fast). This kind of silliness continued along the route as spirits were high.

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Stops along the way permitted riders a chance to change out layers that fit the varying temperatures. When we stopped in the small town of Corralitos we ran across riders from Monterey STAR Chapter, some of whom were hosting the HolliSTAR event the week before.

Eventually, we worked our way over 17 and to a stone wall along Skyline Blvd., where everyone gathered around a hidden picnic table and ate their lunches that had been packed for the day. There was a trailhead at this location with inviting trails for the hikers among us. After lunch we continued north to stop again at the gas station across from Alice's Restaurant which marked the official end of this amazing and memorable ride.

This is the kind of ride you'll want to document so that you'll be able to come back again with your other riding friends.

Jaime

MAMMOTH LAKES Chapter Ride

Friday July 16th, thru Sunday July 18, 2010
By Greg Brackett

This was my first ride with the Chapter and just like Michael Kuttner, I was quickly asked to write the next ride report (and I do believe I saw people grinning as well). ☺

Jeff was the ride Captain, Rich was the Tail Gunner and Marguerite planned all the stops for this ride. The ride began in Pleasant Hill where most of the riders gassed up and headed towards Livermore. The pre-ride briefing was conducted in Livermore at 9:30 a.m. while the temperature quickly climbed. After warm hellos and introductions for the new people (me), 10 bikes left Livermore and headed towards our first stop – Groveland, CA.

Groveland is located on Highway 120 and 26 miles from the Yosemite Park entrance. Groveland is the most convenient gateway to Yosemite National Park. We had lunch at the Iron Door Saloon, which is said to be the oldest continuously operating



saloon in California. The temperature was now 104 degrees and the riders really enjoyed the food and water, but especially the air conditioning. After we were fully rested, the bikes were filled with gas and the extra waters were loaded up, we headed for the park entrance.

Yosemite National Park covers a huge area of the western Sierra Nevada Mountains in central California and has lakes, meadows, forests and granite summits with endless unspoiled alpine scenery. The Chapter members joined the nearly 5 million visitors to the Yosemite National Park annually. After a small photo-op of Half Dome,



we took off towards our final destination for the day – Mammoth Lakes. Wait... what just happened??? The temp just dropped from 100 to 50 and the sky is **black**. Riders pull over and put on their rain gear because we are going to get wet. The rain pelted us from the middle of the park all the way out the back side and into Mammoth Lakes.

The next day we all had a laugh as John headed off to the car wash at 7:30 a.m. to wash his bike for today's ride (little did he know it was going to rain an hour later ☺). We headed off to ride the June Loop, with lunch in Benton, CA., over to Bishop and back to Mammoth Lakes. The June Loop is along the southernmost rim of the Mono Basin. The entire loop is approximately 16 miles and then returns to 395. It follows a horseshoe shaped canyon containing four lakes: June, Gull, Silver and Grant. Benton, California is located on the back

highway (Hwy 6) outside of Bishop, on the way to remote regions of Nevada. Benton was a really sleepy town where we decided to take a water break and then head to Bishop for lunch. Bishop is known as the "Mule Capital of the World" and a weeklong festival called "Bishop Mule Days" has been held since 1969. We ate lunch at Bar-B-Q Bill's which is known for BBQ beef, prime rib, ham, ribs and chicken, salad bar, charbroiled hamburgers and chicken sandwiches.



The ride back to Mammoth was fantastic, and the weather was great (high 90's with light sprinkles).

Our final day's ride was slightly altered as our Ride Captain said "how can you come to Mammoth Lakes and not see Mammoth Lakes?" We decided to leave the hotel at 9:00 a.m. and ride the Mammoth Lakes "loop", then over to Strawberry, CA and then back to Livermore. Mammoth Lakes resides on the edge of the Long Valley Caldera. The area around the town is geologically active with hot springs and rhyolite domes that are approximately 1,000 years old. Jeff reminded John and Victor to go easy on the throttle (due to their loud pipes) as we are touring the Twin Lakes, Lake Mary, Lake George and Lake Mamie, located above the Town of Mammoth Lakes, because we will also be riding through some camp sites. As promised, the Mammoth Lakes were breathtaking. If you have never been there, you should make the trip. After a quick ride back through town (due to road construction), we were off to Strawberry. With the temperature well over 100 degrees, we pulled into Strawberry, California. Strawberry is a small mountain community with Dodge Ridge Ski Resort nearby, plus Pinecrest Lake, Beardsley Lake & the



Stanislaus River. After lunch, we headed back towards Livermore. The

ride to Livermore was packed with lazy S turns through tall pine trees and captivating scenery.

As we were coming through Oakdale where the sun was taking its toll on us, we took a small break. Thank you Jamie for all the work you did and the extra water!! The freezing cooler water helped us tremendously. With the heat still over 100 degrees, we decided that we would take one more break in Tracy and call the ride from there. So much for Lords ice cream in Livermore... maybe next time. ☺

As a guest, this was a great experience. The Star 186 Chapter is a close family that will invite you in, make you laugh and keep you safe. If you have friends or family members that are thinking about joining this group for a ride, I would highly recommend it.

Thank you again to Jeff, Rich, Marguerite, and Jamie for taking care of us and putting on a great ride.

KEEP THE SHINY SIDE UP!

Safety Tips/Tech Talk

This is your section to share "techie" stuff

Bob's Safety Tips:

<http://www.activemusers.org/tipstricks/choosingacoolingvest.html>



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OTHER SAFETY INFORMATION

The Educated Biker

by Trauma Mama

~ Keepin' it **Cool** ~

It's exciting to join friends on daily or weekend adventures or groups for a charitable ride and even participate in a poker run. Just as it is important to prepare your bike for a ride, it's important to prepare yourself as well. The heat, humidity, along with the asphalt and our biker black or protective gear increases body temperature more rapidly and you can become a riding inferno.

Dehydration occurs because there is too much water lost, not enough water taken in, or most often a combination of the two. Dehydration also occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and always changing. This is especially true with water in the body. Water is a critical element of the body, and adequate hydration is a must to allow the body to function. Up to 75% of the body's weight is made up of water. Dehydration is classified as mild, moderate, or severe based on how much of the body's fluid is lost or not replenished. When severe, dehydration is a life-threatening emergency. Prevent dehydration from even happening by starting your morning with a light breakfast including juice and water. Pack plenty of water, juice or sport drinks to take with. Freezing them the night before will help them stay cold throughout the day.

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. The skin may be cool and moist. The victim's pulse rate will be fast

and weak, and breathing will be fast and shallow. Symptoms include nausea, headache, muscle cramps, weakness and fatigue and excessive sweating. Treatment includes rehydration and helping the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour.

Heat stroke is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. Unlike heat cramps and heat exhaustion, two forms of hyperthermia that are less severe, heat stroke is a true medical emergency that can be fatal if not properly and promptly treated. Different people may have different symptoms and signs of heatstroke and include the symptoms of dehydration and heat exhaustion except sweating now is absent and the person might be confused, agitated, hallucinating, may have seizures due to lack of electrolytes or may even become unresponsive.

First and foremost, cool the victim. Get the victim to a shady area, remove clothing, apply cool or tepid water to the skin (for example you may spray the victim with cool water from a garden hose), fan the victim to promote sweating and evaporation, and place ice packs under armpits and groins. Victims of heat stroke must receive immediate treatment to avoid permanent organ damage. This is a 911 situation!

Education is key to injury prevention! The most important measures to prevent dehydration, heat exhaustion and heat stroke are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather. If you have to perform physical activities in hot weather, drink plenty of fluids (such as water and sports drinks), but avoid alcohol, caffeine, and tea which may lead to dehydration. Take frequent breaks to hydrate yourself. Wear hats and light-colored, lightweight, loose clothes. Your body will need frequent replenishment of electrolytes (such as sodium) as well as fluids if you sweat excessively or perform vigorous activity in the sunlight for prolonged periods.

Until next time,
Ride safe and keep it cool!

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Teresa "Trauma Mama" McClelland RN, TNS
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www.accidentscene.org
www.rescueriders.org
www.roadguardians.org

TECH TALK

This is your section to share "tech" stuff



Pretty "techie" ... don't'ca think ?? ☺

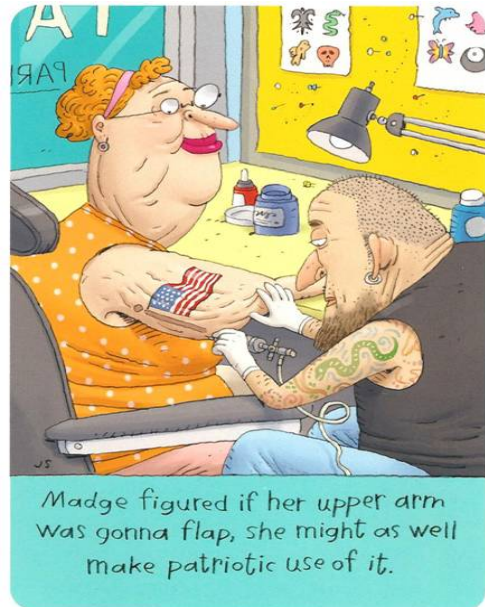


For any current or new members that want to become a Star Vet, go to the National Web Site www.startouring.org to get the Star Vet Application (DD Form 214 required) as well as the form to get Star Vet Patches. I'll have a hard copy of the Star Vet Application and Patch Form on our rides.

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>



Madge figured if her upper arm was gonna flap, she might as well make patriotic use of it.

HAPPY August BIRTHDAY

!!!

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

3rd – Paul Schwind
4th – Rimma Darmstead
23rd – Kim Garner
24th – Joe Smart

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CHAPTER RIDE / EVENTS INFORMATION

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

September 11th – Tahoe Chapter Ride
September 15th - Chapter Officer's Meeting
September 22nd - Chapter Meeting
September 26th – Chapter Ride – location TBD

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 – 2011 Officer
Nominations**

**December 11th - Christmas Party Election of
Officers – place and time TBD.**

OTHER EVENTS Notification

August 21st - Special invitation to our Chapter members: Santa Clara County STAR Chapter #209's BBQ Camp-Out – 12PM – contact Victor for details

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

Sept. 18th - **STAR 302 Redding Poker Run. Note: this will be a weekend trip – leaving Friday returning on Sunday – more details to follow!**

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** –

October 16th – Solano County STAR Chapter #315's **CHOCOLATE RIDE**

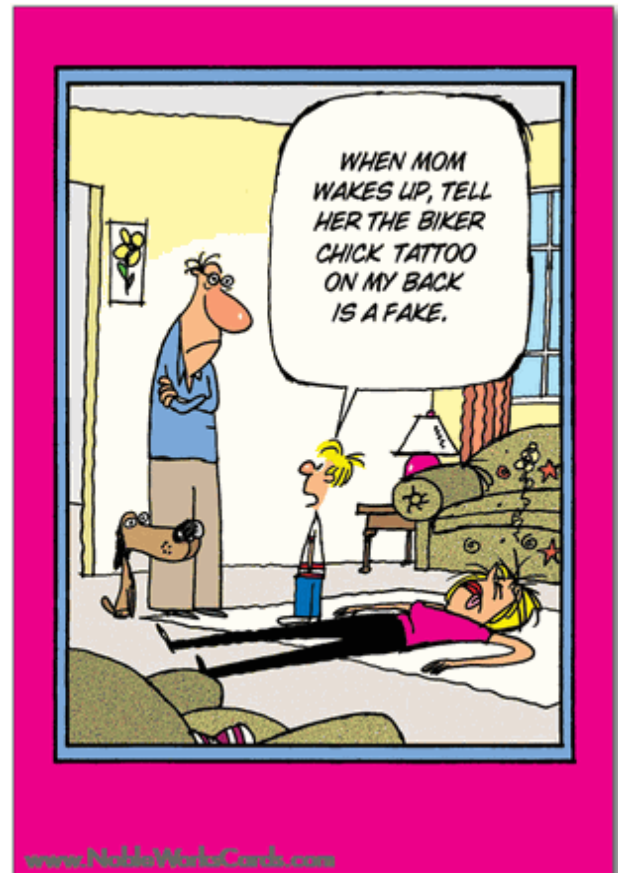
Saturday, October 30th: **RIDE OF THE HEADLESS HORSEMAN** – Chico STAR Chapter

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

November 19th – 21st -

International Motorcycle Show

<http://www.motorcycleshows.com/5daystoSave>



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