

Chapter W2 – Memphis Gold

October 2009



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Meeting Time – 1st Thursday of each month
Eat at 6:30 PM – Meet at 7:30 PM
Perkins – 1340 S Germantown Rd.
Germantown, TN

From the Chapter Director

By: Glenda Keough

Well, here we are in a rainy pattern once again. It's supposed to let up next week and will I ever be glad. I hope October turns out to be a good month weather wise. We have lots going on in the month of October. First, our monthly gathering is on the first day of the month this time. Saturday, October 3rd is Wings Across Tennessee and I am hoping several of us will travel to Jackson to lead the GWRRA chapters from across Tennessee to St. Jude Children's Research Hospital for the annual finale to their fund raising efforts throughout the year. We are hoping to break the \$1,000,000.00 mark this year. How exciting is that? We will leave Memphis in time to eat breakfast at Casey Jones in Jackson before leading the way back. If you would like to make the trip with us and you need more information, please contact me.

October 15th through the 17th is the Mississippi District Rally in Tupelo. It's close enough this year

to make it a day trip if that's what you would like to do. Alan and I are spending a couple of nights there so that we won't be making that trip multiple times. I hope you can all join us in supporting the Mississippi rally.

Thursday night, October 22nd will find us making our way to Millington to Old Timers. Times and meeting place will be finalized later, but we will probably leave from Collierville around 6:00 and eat around 7:00.

Most of you have heard that the Region N rally that was scheduled for October 29th through the 31st has been canceled for this year. The economy has hit us just like it has everyone else. There just wasn't enough participation from either rally goers or vendors to have it this time. Let's put our thinking caps on and think of another destination that we can travel to that weekend. Savannah, GA has been mentioned as an interesting place to visit. Let us know what you think.

RIDER EDUCATION

By Alan Keough

RIDER ED 'GIMME 5'

Stay Awake, Stay Alert, Stay Alive...

Rider fatigue can be deadly. It can happen any time, but it is most frequent on long rides after dark. Along with feeling drowsy, other signs of rider fatigue are back tension, burning eyes, shallow breathing, inattentiveness, and erratic riding.

One aggravating factor is alcohol. Alcohol is a depressant, and even one drink can be enough to produce a drowsy rider. Other culprits include today's Gold Wings themselves. They are smoother, quieter, and more comfortable. Cruise control is a wonderful feature but can contribute to falling asleep while riding.

The National Safety Council recommends the following tips for staying awake – and staying safe – when you are riding.

- Get enough rest. This may seem obvious, but if you have not had a restful sleep, you are inviting rider fatigue.
- If possible, do not ride alone.
- Try to avoid riding long distances at night.
- Use the audio on your radio to help keep you awake and alert.
- Use the cruise control sparingly.

- Watch ergonomic factors. Ride with your head and eyes up along with a good riding posture.
- In the daytime wear sunglasses to fight glare and help prevent eye fatigue.
- Take frequent breaks.
- Avoid overeating; have light meals and snacks. Don't drink any alcohol.
- If you still find yourself getting drowsy riding, pull over into a rest stop or just stop for the night at the next motel.
- ***GOLDEN RULE:***
Listen to your Co-Rider who may well know what's going on better than you. Co-Rider, watch for the warning signs for fatigue and tell the rider YOU need a break. Once stopped, visit about your observations.

Remember, safe riding is important and demands your full attention

...stay awake, stay alert, and stay alive.

Iowa Senior District Educators
Joe and Judy Pirillo



The gang – Eureka Springs



Ready to Ride – Hardy AR



Mud Street Café – Eureka Springs

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 W2 Meeting	2	3 Wings Across TN
4	5	6	7	8 MS Y Meeting	9	10
11	12	13	14	15	16 MS District Rally	17 MS District Rally
18 D2 Meeting	19	20	21	22 W2 Dinner Ride	23	24
25	26	27	28	29	30	31 Jim Boyles B-Day



It's eating time again.



Haunted Room – Crescent Hotel

GWRRRA Memphis Gold - W2
9116 Deer Meadow Dr
Cordova, TN 38016