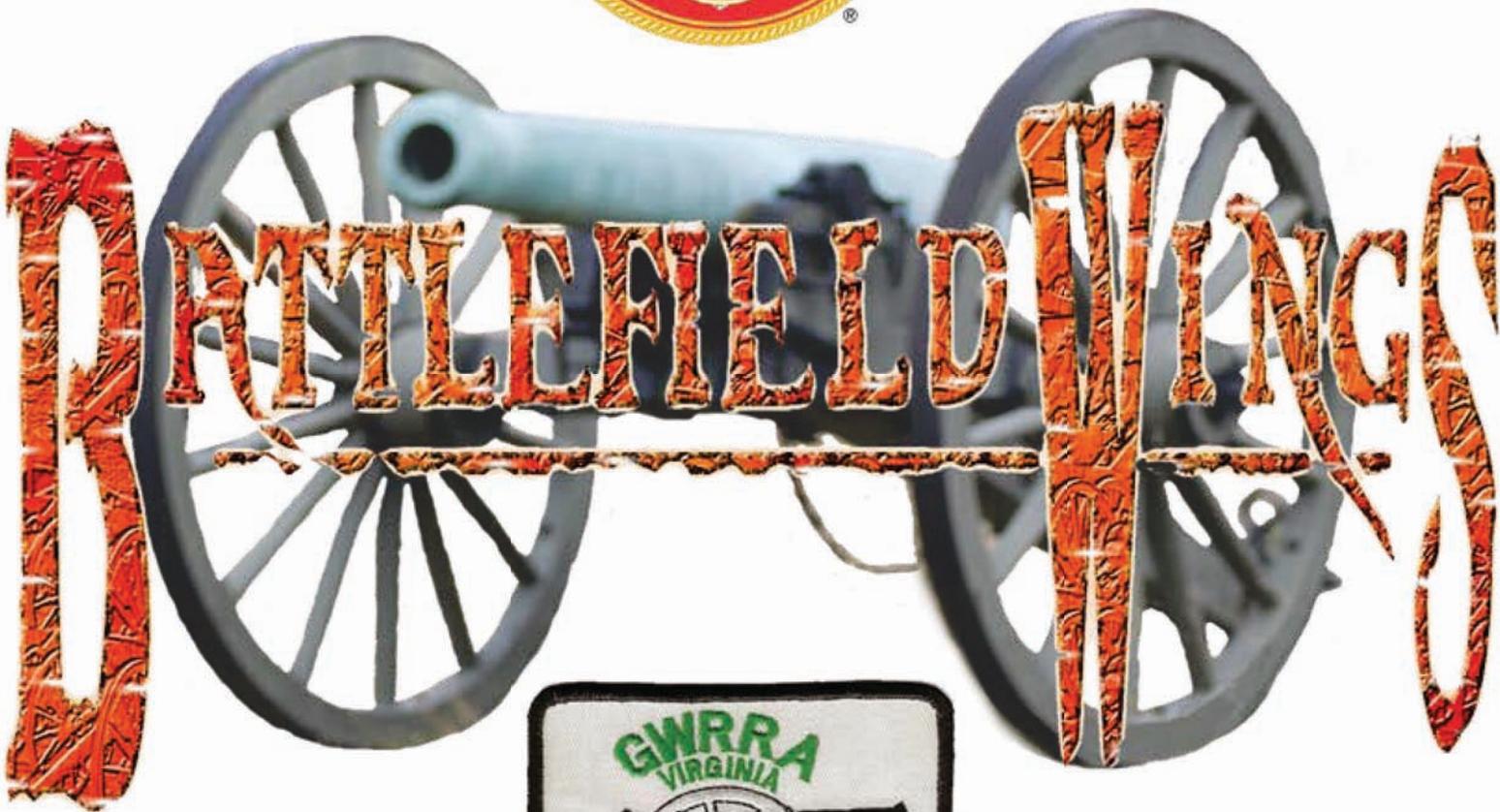


JUNE 2010

GWRRRA, REGION N, VIRGINIA DISTRICT

CHAPTER VA-E



BATTLEFIELD WINGS, VA-E



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CHAPTER E DIRECTOR'S NEWS

June 2010



Hello GWRRA Family, Friends & Associates. I will approach writing this News Letter with a sense of bewilderment. You are now asking yourself, what's he going to say now. As all of you know, within the last six weeks we've had some tragedy in our District. Have you ever asked yourself why do bad things happen to good people? I will not try and quote scripture to you but I look at it as God has something better planned for us in the future.

May has been a very busy month for Chapter-E but a very enjoyable one. On Maintenance Day many bikes were checked for safety and some were torn apart to install needed filters etc.. I was told that in order to change the Air Filter in a GL-1800 you had to pretty much take the bike apart. I had never seen it done nor did I expect it to be so in-depth. Seeing this first hand as Dan Fritz took the upper casing apart just to install the filter and put it back together took almost a full day's work. I don't think I'll try that on my bike. I'm sure it will be easier for me to take my bike to someone else to have it done rather than try to do it myself. It was so good to use the Charlie's garage. It seemed that everything was perfect for those who came. We had all the tools needed, and space was not an issue as well and the weather was perfect. Naturally after working so hard on the bikes we needed food. The Pot-Luck was something to talk about for days because the food was delicious as well as the deserts.

On Sunday our dinner ride was to Dan's Stake House in Luray, VA. What a beautiful day to ride. We left from WaWa's at 2:00PM and arrived at 4:10PM. It was rather around 72 degrees when we left but as we crossed over into the mountains the temperature dropped to 59 degrees. I felt a chill into the air but was determined not to tell anyone. After arriving we went inside and ordered our meals and were quite surprised at the size of the stakes. Talking about a stake covering the plate, these stakes were so big it seemed as if they covered the table. I sat beside Tony who ordered Prime Rib. I ordered Fish. As he sat and ate his Prime Rib, my mouth just watered and charmed his meal, but I was determined not to ask him for a piece. After he finished, I told him how my mouth watered for what he was eating because it looked sooooo tender. Many of us went separate ways on our way back as some wanted ice cream and others wanted to go straight home. I made sure that I put on a warm sweater before leaving to ward off the chill I encountered going over the mountains.

We are looking forward to Saturday June 12 for Tour De Burg. Many plans have been gathered to make this a grand occasion and we want to see Chapter-E Members come out and support the chapter. It has always been a lot of fun. I've learned that if you participate and help out you will feel as if you are a part of any function, but if you just sit back and watch others, you will always feel left out. SO COME ON OUT and have some FUN!!

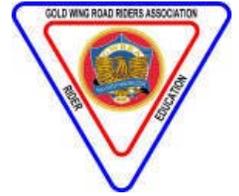
As usual, we are willing to help out anywhere and anytime in this wonderful organization.

Sly & Tina

Chapter Directors

Chapter-E

CHAPTER E EDUCATOR'S NEWS



Co-Rider Skill Improvement

At our May maintenance day, 3 co-riders and 3 rider/co-riders watched the GWRRRA Co-Rider Seminar video and perused an article on how a co-rider can take basic control of a motorcycle from the back seat in the event of sudden rider incapacitation. Comments I heard after these activities were less than enthusiastic. I apologize for that. I suppose most of this material is already well understood and Heaven knows I'm not an experienced co-rider that can offer any insightful comments. But, a couple of things do occur to me and I'll use this space this month to present them.

First, I think riders who spend any significant amount of time riding with a co-rider should bring a co-rider with them to Experienced Rider Courses (ERCs) and Parking Lot Practices (PLPs). (Of course, the co-rider would have to be willing – maybe even demanding – to be included.) In the ERCs and PLPs I've attended, I have not seen this done but I know some couples do it. I am not suggesting co-riders come to watch. They should climb aboard and enjoy. A good co-rider should be almost "invisible" as far as motorcycle control is concerned and there is probably as much of a skill development opportunity for co-riders as there is for riders at these sessions. Almost no time is spent riding in a straight line so it is far from boring. I almost never have a co-rider but if I did I would certainly want to try these events with a co-rider. Quick stops and swerves would, I think, "feel" a little different. Other maneuvers may not feel different but I think I would be a little more tentative doing a U turn with a co-rider than I am alone and it would be helpful to work through the mental block I think I would have. Co-riders may have some mental blocks that can be overcome with experience. (Funny story: Sylvia has been on my motorcycle exactly one time. We rode from in front of our house to an intersection 2 blocks away. I warned her we were going to turn and said "no, no, I'm not ready for that." I think she had to get off and I had to turn the motorcycle around alone. She did ride the 2 blocks back home. Your mental anxiety may not be like Sylvia's but you may have some anxiety that can be worked through with practice.) Co-riders are allowed at Germanna ERCs for all exercises but the first. Other venues may have different rules so if you take me up on this suggestion, check first.

Second, I think co-riders should consider taking the MSF Basic Rider Course (BRC). There is no need to become a rider if you take the BRC, you can take it just to be a better informed co-rider. The BRC curriculum assumes students have no motorcycle experience whatsoever. It even starts out by showing students where all the controls are and what they do. Complete newbies exit 4 hours of classroom discussion and 10 hours of range time with some riding skills and plenty of knowledge on techniques, risks, etc. that co-riders need to understand just as much as riders do. And, by most accounts the BRC is pure fun. The only students that don't seem to enjoy the class are those that are there because a judge has directed them to be there and that think they already know it all. Every once in awhile, a student falls but usually there is no injury at the modest speeds involved. (Of course, this is no guarantee. Karen Kestner can tell you injuries are possible.)

So, there are my two thoughts and neither is based on real world experience. Some of you must have real world experience that should be shared. Can I coax one of you to describe something you did that saved the day or that ruined it and you now avoid like the plague? Such thoughts could be extremely useful to others and our newsletter has plenty of room for your writeup. You could become a published author! (And, it would reduce my guilt pangs for not being able to write much to co-riders.)

Co-riders are the biggest asset a rider can have after horsepower, chrome, extra lights, vest patches and pins, good rain gear, fancy boots, twisty roads, etc, etc. Just kidding. The actual fact of the matter is co-riders who know what they are doing are a huge boon to rider safety and enjoyment. We appreciate you.

Larry

CHAPTER E'S MEMBERSHIP ENHANCEMENT COORDINATORS' NEWS



Greetings E Team Members,

We had a great General Meeting on May 19th. We had 35 members and 3 guests in attendance. The ride pot was won by Butch Groves, Jeff Burke and Diana Evans won the 50/50. It pays to come to our meetings.

Below you will find every ride/event we have scheduled between now and the end of September. We would love to see you out at any of these events. If you have any questions, please contact me.

June 6th Richmond Ride for Kids

June 12th Tour De Burg

July 10th Dinner Ride to Grottoes

July 24th Pot Luck at Ed & Wanda's

August 1st Triathlon in Culpeper

August 14th Pot Luck at Frankie & Delores's

September 11th VA-C Fall Sprawl

Please check these websites:

www.gwrrava.org

www.gwrra.org

www.battlefieldwings.com

www.region-n.org

May	21-23	V	Officer Certification (OCP) - No. Virginia	VA District
	22	P	TBD - Bedford	VA-V
June	6	-	Richmond Ride for Kids® - Richmond Times Dispatch Bldg., Mechanicsville	PBTF
	12	P	Tour de Burg - Moose Lodge, Cherry Rd., Fredericksburg	VA-E
	17-19	-	Down Home Rally - Summerville, WV	WV District
July	Jun 30- Jul 3	-	Wing Ding 32 - Des Moines, IA	GWRRA Nat'l
	10	P	Poker Run - Chester	VA-W
	18	P	TBD - Charlottesville	VA-P
	24	P	Poker - Hanover	VA-U
	Jul 30- Aug 1	V	Officer Certification (OCP) - Central / Eastern Virginia	VA District
August	5-7	-	Bluegrass Blast - Somerset, KY	KY District

	7	V	All Chapters Picnic, Buena Vista, VA - www.glenmaurypark.com	VA District
	14	V	Leadership Training (LTD) Instructor Development / Certification - Central Virginia	VA District
	21	P	Casino Picnic - Williamsburg	VA-O
	28	S	Poker Run - Manassas	VA-I
September	11	P	TBD - Burke	VA-A
	10-11	S	Fall Sprawl - Simmons Farm, Whitestone	VA-C
	23-25	-	Wings Over the Smokies - Fletcher, NC	NC District
October	2	P	Poker Run - Richmond	VA-D
	7-9	V	Rally in the Valley®, Salem Civic Ctr, Salem	VA District
	23	P	Fall Colors Ride - Leesburg	VA-Y
	29-31	V	Officer Certification (OCP) - Central / Western Virginia	VA District
November	6	P	Goldwing Celebration - World of Sports, South Boston	VA-J
	6	-	28th Annual Children's Hospital Teddy Bear Run, Colonial Harley-Davidson, Colonial Heights	Blue Knights VA-III
December	11	V	Leadership Training (LTD) Instructor Development / Certification - Roanoke / Salem	VA District

Looking forward to time spent with my E Team family,

Gordon Combs - Membership Enhancement Coordinator
Home 540-891-0574 Cell 540-840-0394 Work 540-891-1603
gorcom@msn.com



This is the website that has the listings of all of the VA District Officer listings:
<http://www.gwrrava.org/documents/diststaff121409.pdf>

This is the website that has the listings of all of the VA District Chapters with Directors' names, locations, monthly meetings, etc.:

<http://www.gwrrava.org/Chapters.html>



Chapter Couple Competes in Marine Corps Half Marathon

Charlie's Time 2:15

Ellen's Time 3:25

Wondering why we weren't at the dinner ride on 16 May. We really were planning on attending since it was going to be such a beautiful day. But as you all know we had signed up to compete in the Marine Corps Half Marathon. Little did we know what laid ahead for us? The day started out by us getting up 5:00 am in order for us to make the start time of 7:00am. We ended up parking in the Wal-Mart parking lot in Central Park. On the walk to the starting line, we were thinking do we really need to be added on to 13.1 miles. We finally got to the start line and the race began. We couldn't have asked for a better day, it was a beautiful day for running. This course is certainly not a good course for the first timer. We found that out within the first 3 miles, the steep hills began. At this point were thinking where are our friends with the gold wings, we need a ride back. What!!! Not a gold wing in sight, I guess we are going to have to tuff it out. Well a few hours later we are nearing the finish line. We almost started crying it wasn't because of the self pride we felt for finishing, it was because our legs hurt so badly. Needless to say our dinner ride had to be cancelled. We were unable to lift our legs up enough to get them over the bike. So now you know the rest of the story. Wait this isn't the end; Ellen called and raised my life insurance and signed us up to do The Rock and Roll Half Marathon in VA Beach, VA in September. I honestly think she is trying to kill me. HELP ME PLEASE.

Tech Tips From the Webdude :: Cell Phone Envy

The War of the Gadgets

You know, I hear that the iPhone is better than the Blackberry. I hear that the new Google phones (phones that run the Google Android operating system) are way better than the iPhones. I hear blah, blah, blah. Mine does this, mine does that. Whatever! Really, what good is a phone if the service is slow, coverage is spotty, etc. 3G, 4G, CDMA, EVDO? Anyone know what all of that means? Not many do and I am not sure that I understand it enough to explain it to you. One might argue that their device is better because it fits THEIR lifestyle appropriately. It may not fit yours or the next person's, right? Well, I just got a new smartphone last month trying to figure out what that lifestyle is for me. I started with a Blackberry Tour. I loved that phone so much that I almost kept it. Email is amazingly fast and the 3G speed are just what the doctor ordered. So I thought.

It's All About Personal Preference

I have been following the evolution of the Motorola DROID through blogs and techie/gadget articles to see if it is the real deal that can give the iPhone a run for its money. So I took a chance. I exchanged my Blackberry (plus a \$35 restocking fee) for the Motorola DROID. I liked the fact that it has a larger screen, higher resolution display, and an app community that will drown an unsuspecting user. After using for just a day, I knew that it was the real deal. I think I am geeky enough to know that the DROID is highly configurable to the point that would make one's head spin. The model behind the DROID is that it can be configured/personalized six ways to Sunday, more options than some people are willing to deal with.

Too Many Options and Configurations?

Consider the iPhone? You can't even change the battery in the iPhone. You can't take it to the AT&T store if it stops working because you have to take it to an Apple retail store. No physical keyboard? That's where the differences really are. Would you buy a car with the hood welded shut? Just something to think about.

References

Motorola DROID:

<http://www.verizonwireless.com/b2c/store/controller?item=phoneFirst&action=viewPhoneDetail&selectedPhoneId=5069>

iPhone:

<http://www.att.com/wireless/iphone/>



Established
10/24/87

CHAPTER E NEWSLETTER JUNE 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 STAFF MEETING	2	3	4	5
6 Richmond Ride for Kids	7	8	9	10	11	12 TOUR De BURG
13	14	15	16 GENERAL MEETING	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



As our lovely Wanda “Vanna” is showing us, this quilt will be silent auctioned at our Tour de Burg, June 12th.

MEMBER NEWS AND ITEMS OF INTEREST

STAFF MEETINGS ARE
SCHEDULED FOR THE FIRST
TUESDAY OF EACH MONTH MEET
AT 6:30 PM TO EAT
MEETING STARTS AT 7:00 PM
Ledo's Pizza, Massaponax



Visit with us for our Chapter Meetings the

3rd Wednesday of each month

DYNASTY BUFFET - FOUR-MILE FORK

Meet at 6:30 pm to Eat

Meeting begins at 7:30 pm



4 Jim & Bev Travis

6 Maurice & Robin Keller

17 Anthony & Althea Davis

18 Ron & Linda Hardisty

23 Butch & Nancy Groves



10 Mike Lucas

14 Michelle Randall

15 Howard Jones

17 Norman Butler

17 Renee Best

21 Debbie Carter

26 Alec Kestner

27 Andrew Clark

29 Ted Odle

The MSF Inspired Comment

2-4-12 second confusion?

Well, the crickets were pretty loud during our last chapter meeting, when, during the educator presentation, Ray asked the attendees the meanings of the 2-4 and 12 second distances. Yes, in the motorcyclists world, time is distance. A few who had taken the Chapter ERC a few weeks before, chimed in with some partial answers, but failed to describe the “meat” of the strategy, how we think and why we react. Where have I failed them?

Okay, our MSF theory of learning is that some people need to see it, some need to hear it, some need to read it, and some need to do it, and some need some combination of the four. The ERC lacks the video presentation of the BRC, but there are “classroom cards” to read and discuss during breaks on the range (with pictures). I detect some inattention.

Let's digest 2 seconds first. (3 seconds by the DMV manual and test). 2 seconds following distance from other users going the same direction and speed when conditions are perfect. Anything that increases risk, such as tiredness, not mentally or physically perfect that day (attitude, sick, etc) riding east or west at sun up or down, rain, crazy weekend beach traffic, and rush hour commuting, to name just a few, means that following distance should be INCREASED! 2-1/2, 3 seconds, whatever. Now to inject reality..... as Ray joked during the meeting, in heavy traffic we may soon be backed into our driveway because we are likely to be constantly cut-off if we leave 2 seconds in front of us.... so we follow too closely, 1 second, and we admit it to each other. But does our brain acknowledge it? At a time when other users are talking on the cell phone, texting, emailing, using laptops, reading, shaving, dressing, eating, putting on make-up, and endless other things, we are TAILGATING! AT POSSIBLY THEM OST DANGEROUS TIMES! We will continue to do so. So we must acknowledge what we are doing, and realize that we are assuming greater RISK. Only when we admit to ourselves that we are purposely adding risk, can we increase our focus and attention to the traffic.

Now for the 4 and 12 second scanning ahead. Imagine much less traffic here, in town or the country, but not rush hour traffic. There may be some traffic, or very little. 4 and 12 live together, they are a team. The brain is in the 12 second area, preparing and protecting the body from the 4 second area. As Frankie remembered during the meeting, 4 seconds also happens to be almost equal to our stopping distance. 4 seconds is called the immediate path of travel because once another user is within (closer than) 4 seconds away, we probably can't stop to avoid them. 4 seconds is our “red zone,” any evasive moves must begin by at least the edge of that zone, 4 seconds away, immediately. The brain scans out to 12 seconds, back through the 4 second zone, and even does quick mirror checks. What do I see, how can it affect me, what's the worst that can happen, what will I do, where will I go? If they do this, I'll do that.

Remember, Time is Distance. I am a believer that when we see that left turner or that car on the right 12 seconds away, we must convince ourselves that regardless of eye contact, or that auto sitting there seemingly waiting for us, that they will wait until we are within our 4 second “red zone” and then make their move. All of our motorcycling friends across this nation that have fallen prey to an auto pulling in front of them have had this happen in less than 4 seconds away, that's why the crash occurs. Only if we expect it can we truly rid ourselves of being startled or amazed by the move, which increases braking and maneuvering distance, made up of mental perception, physical reaction, and braking or maneuvering techniques. 60 mph is 88 feet per second, and a 1/2 second of not being startled, amazed, afraid, angry, or whatever, is 44 feet more of space to brake or maneuver. The math doesn't lie, live by it. Autos pull out in front of other autos everyday, 24-7, 365 days a year. Also in front of big trucks, and even trains. Of course they're going to pull out in front of motorcycles, too. Get over it, it's going to happen.

Whenever we find ourselves using evasive moves in traffic, we should look at our 2-4-12 second strategy, and ask ourselves if we are truly using it correctly. Is our brain riding the ride 12 seconds in front of us, allowing us to digest the situations, make small speed and track adjustments to flow through situations with few obvious maneuvers? Our brain is our most powerful riding gear.....use it.

During ERC's and BRC's it is obvious to me that we riders don't brake as early before curves as we think we do... we don't roll on the throttle throughout the curves as much as we think we do... we don't turn our heads and look through curves as far as we think we do....we don't ride as well as we think we do....man, this must be what an intervention feels like...So..... do we anticipate while scanning 2-4-12 as much as we think we do? Do we really think EVERY left turner and auto on the right is going to fail to yield the right of way from 3 or 2 or 1 second from us? EVERY TIME? Considering the consequences, we had better.

In the spirit of Chinese Proverbs, here's Greg's Motorcycle Proverb #1.... On that day when your "number comes up" in the left lane, may you have already moved to the right track.....at least 4 to 12 seconds ago.

Ride Safe....and See you on the Road

Greg Kestner

GOLDWING SUPPORT FOR TRIATHLONS

Sunday August 1, 2010: 7:00 - 11 AM (4 Motorcycles Needed)

Mountain Run Lake Park - 9642 Mountain Run Lake Road - Culpeper, VA 22701

Race Starts at 8AM - 16 Mile Bike

Saturday October 2, 2010: 9:00 - 1PM (3 Motorcycles Needed)

Lake Anna Beach Marina - 349 Pleasants Landing Road - Bumpass, VA 23024

Race Starts at 10 AM - 24 Mile Bike

Sunday October 3, 2010: 9:00 - 1PM (3 Motorcycles Needed)

Lake Anna Beach Marina - 349 Pleasants Landing Road - Bumpass, VA 23024

Race Starts at 10 AM - 12 Mile Bike

Notes:

1. All events pay \$50/bike. Lunch/food will also be provided if you can wait until the first runners come in.
2. If you could be onsite 1 hour prior to the race starting for orientation and placement that would be great.
3. Some folks will have officials on board, others will lead out the first cyclist, follow the last cyclist, or patrol for mechanical/safety issues.

Thank you very much in advance! If you have any questions please give me a call at 336-577-2801.

CHAPTER E POC: DAN FRITZ HOME: 540-286-1142 CELL: 540-903-2897



COFFEE & DONUTS EARLY

**JUNE 12, 2010
CHAPTER 'E'
FREDERICKSBURG, VIRGINIA
TOUR DE BURG
TOURS WILL BE AVAILABLE**



**TRACTOR PULL
& OTHER GAMES**



HOT DOGS, SLOPPY JOES & OTHER FOOD ITEMS INCLUDED

STARTING TIME: 9:00 AM. LUNCH 12:00 P.M. AWARDS 1:00 P.M.

DIRECTIONS:

TAKE ROUTE 3 WEST FROM I-95 OR RT 1. APPROXIMATELY 3 MILES FROM I-95 TURN LEFT ON OLD PLANK ROAD, TURN LEFT AT STOP SIGN ONTO CHERRY ROAD. MOOSE LODGE IS ON THE LEFT

POC SYLVESTER SAVAGE CELL: 540-379-8708

ADULTS \$10.00 COUPLES \$18.00

CHILDREN 7-12 - \$4.00

COY'S OUR GUESTS



GAME PRIZES

PICTURES PROVIDED BY
TONY POULAKOWSKI



DINNER RIDE DAN'S STEAK HOUSE 5/16/2010



MAINTENANCE DAY 5/8/2010



TRIATHLON SUPPORT MAY 8-9 LAKE ANNA STATE PARK