



PURCHASE AREA WINGS

Friends for Fun, Safety and Knowledge

Chapter KY-Y Mayfield, Ky.

July 2022

Volume 22 Issue 7

Where We Meet: Majestic Family Restaurant
700 South 6th Street
Mayfield, KY 42066

Eat at 6:00 - Meet 7:00

First Thursday of the Month

Chapter Directors:
Dan & Rita Bondurant
danbondurant@bellsouth.net

Pins & Patches:
Open

Rides beginning at the "Blue" Building:
901 N. 15th Street, Mayfield
(hint: the building isn't blue!)



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2022 Couple of the Year
Mae and Glenn Cope
maec@mediacombb.net

2022 Individual of the Year
Sherry Myers
sherrymyers21@yahoo.com



From the Chapter Director



Well I had my article for this month's newsletter almost ready and BAM Big news came out of Wing Ding. GOLD WING ROAD RIDERS IS SHUTTING DOWN THE END OF JULY!!! THAT IS TRUE, BUT PLEASE DON'T LISTEN TO ALL THE STUFF ON THE INTERNET! Rick Cridlin the District Director is at Wing Ding and going to meetings learning more at every meeting. PLEASE COME TO THE CHAPTER MEETING NEXT THURSDAY AND I WILL HAVE MORE TRUE AND CORRECT INFORMATION.

I can tell You Chapter Y will continue on along with the KY District!

Johnny, Sherry, Rita and I went to the KY Ride In in Bardstown on June 2nd. We had a good ride till we got to around Elizabethtown and then it got WET!! Of course by night fall the rain was gone and the trikes were DIRTY!! At 10:30 PM Thursday night I was at the car wash cleaning up my trike, lol. Steve and Jennie rode up on Friday morning to join us for a great weekend. The District had some great rides for everyone and we took advantage of them both days. We played games and all came home with prizes, had a good supper provided by the KY District on Friday night. Of course we found some new great Restaurants on Thursday and Saturday nights also.

The 2022 Kentucky Blast is a little over a month away. As of now Steve and Jennie along with Rita, Miss Pumpkin and I are planning to have a great weekend at Danville for the Blast. I was in Danville for the weekend the middle of June and it's a really nice area. I'm looking forward to all the fun planned. We will be having bike games starting back again this year and MORE new vendors and registrations already than were there last year.

Dan and Rita
KY Dist. Ride Coord
Chapter Y C/D's

View From The Saddle



The calendar may not say it's summer yet (as I write this) but check your outdoor thermometer. It's summer. These temperature extremes are way too early for us to be dealing with in June, soon to be July. We have 2 choices when it comes to riding in the heat: don't do it; or deal with it and keep riding.

If you choose to keep riding there are things that make riding in the heat not only more comfortable but safer, as well. Riding in extreme heat can lead to heat exhaustion, or worse, heat stroke. You need to do things when you ride that reduce the risk of heat related health conditions.

One of the most important things to do is to stay hydrated. That starts well before the anticipated hot ride. Start tanking up on water the day before your ride and continue to drink water as often as possible. Some folks like to drink

Gatorade and other drinks with electrolytes but I learned while working on wild fires that you should drink these electrolytes in moderation. You should drink 4 waters for every Gatorade and I try to get something to drink at every stop. Some people carry water with them and if I'm not on a trip carrying a bike full of luggage, I may have a cooler bag with a few waters and a cold pack to keep the drinks cool. We also have some cooling kerchiefs that have water absorbing beads in them. You soak the kerchiefs in water and put them around your neck. The evaporation helps cool the blood supply, especially to your head, and keeps you a little cooler. There are cooling vests and I think there are some that actually refrigerate the water circulating in the vest.

But I learned about dehydration the hard way. Jennie and I were making one of our first motorcycle trips from Nebraska to a rally in Taos, NM. We traveled through Colorado all day to get there and it was pretty warm, by Colorado standards. Jennie kept asking me if I needed to drink anything and I kept refusing because I didn't want to take time to stop and get a drink and, frankly, I didn't feel thirsty.

That evening I was sick. My co-rider nurse, without saying "I told you so." recognized the symptoms of dehydration and after drinking a lot of water that night, I was fine the next morning. Note to self: drink a bottle of water at each stop. So, everyone, listen to Dan and me when we advise you to stay hydrated when riding, especially this time of year.

Hats off to the District staff and Chapter A that hosted the Ride-In this year. It was really well done. The ride Jennie and I took, along with Johnny and Sherry and Dan and Rita included a train ride. It wasn't a long ride, about an hour total, but it was fun just to be on a train, which is not a common practice, in our part of the world at least. I've included some pictures from the Ride-In and I hope more of the Chapter will consider attending next year.

Check out District Educator Rick Artmayer's column this month. He included links to on-bike practice diagrams, called Shiny Side Up. Another link provides the instructions for each diagram and a 3rd link is for a Release of Liability if these exercises are done as a GW event. Looks like fun!

Steve Knode



Abbey of Gethsemani near Bardstown, KY



Johnny, Sherry and Jennie in the Railroad Museum



Johnny and Sherry Myers on the train ride



Dan and Rita Bondurant and Jennie Knode ready to ride.



Chapter Y Couple of the Year, Mae and Glenn Cope accepting "Smokey" from Chapter S Couple of the Year, Phyllis and David Rock at Chapter Y's June Get Together

District Educator Report

Rick Artmayer District Educator



It has been very encouraging for me to see the increasing interest in Rider Education and the Levels Program in our Kentucky District. I know several Members have asked about trainings, especially the ARC and the TRC, and we will have one of each at the KY Blast in August. These courses, and the others in the Rider Education program that are similar, on-bike type courses, require a GWRRA instructor to present the classroom material, demonstrate and oversee the range exercises, and provide constructive evaluation. These formal types of education are full of information and opportunities to gain experience in proper riding technique in a controlled environment. But with the pool of instructors continuing to shrink each year, and the difficulty of finding a suitable location for these courses, what can the average Member do to work on their technique in the interim? The solution is called Shiny Side Up.

There are 15 “Shiny Side Up” exercises that, unlike the ARC, TRC, and other Rider Education courses, are published and available on the GWRRA.org website, in PDF format. This link, <http://www.gwrroa.org/regional/ridered/L-O-A/League-of-Aces-Motorcycle-Range-drawings-1050-21-May-16.pdf>, will provide the dimensions and cone placements for each exercise. This link, http://www.gwrroa.org/regional/ridered/L-O-A/Descriptions_of_Shiny_Side_Up.pdf, will explain the performance and goals of each exercise. And most importantly, this link, <http://www.gwrroa.org/regional/ridered/L-O-A/N.26%20GWRRA%20Rider%20Course%20Waiver%202020.pdf>, will provide the form that must be completed and signed by each participant, in case of an incident. (If you can't click on this link to open it, copy and paste it in to your browser - Steve)

These exercises may be used by Chapters and Districts in a variety of ways. On the Chapter level, a single exercise could be used as a skills practice prior to a ride. On a District level, groups of exercises could be used as a fun or competitive event. The exercises can be used in any combination and order as determined by the District Educator.

If used as a competitive event scoring is involved. Scoring is generally a style of “demerit” scoring. This scoring uses a “points off” system with points being deducted for crossing lines, hitting/skipping cones, putting a foot down, etc. Rather than dictating the scoring that a District or Chapter should use, the scoring should be designed by the presenter of the event based on how competitive they would like the event to be.

Richard Artmayer

KY District Educator

GWRRRA Levels Program

Dan Bondurant	Level 4 (Life Grand Master)
Steve Knode	Level 4 (Grand Master)
Jennie Knode	Level 4
Rose Sharer	Level 2
Charles Lenear	Level 1
Lisa Lenear	Level 1
Richard Thomasson	Level 1

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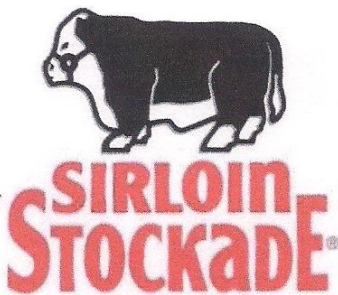
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Gold Wing Road Riders Association
2022 KY Blast District Rally
August 25-27, 2022

The Showroom, 2405 Lebanon Rd, Danville, KY 40422

***Hawaii Doin' in
Kentucky?***

Join the KY District on a **new date**, in a **new place**
and some **new rides!**

A Luau -Vendors- Food Trucks – Games

Couple of the Year Selection-Wingo

Daily 50/30/20 - COY Social Hour

Master Rider Coffee Chat – Chapter Challenges

Bike Show - **Rider Courses** and **MFA Course**.

There is really something for EVERYONE!

Accommodations:

Hampton Inn (859)236-6200

100 Montgomery Way, Danville, KY 40422

King&Double Rooms \$109.00 per night + tax

Mention Gold Wing Blast to get the discounted rate.

Chimney Rock Campground (859) 936-0271

Contact Leah for campsites (limited)

220 Chimney Rock Rd

Harrodsburg, KY 40330

\$40.00 per night (14 miles away)

Full Registration Fee Includes:

Year Bar (Convention pin for first time attendees)

Bike Display/Peoples Choice

Bike Parade (Proper Riding Gear Required)

GWRRA University Courses

On Bike Games/Chapter Challenges

Light Up the Bikes Show

Statistical Awards are based

upon Pre-Registration

Largest KY Chapter in Attendance by Percentage

Largest KY Chapter in Attendance

Largest District Outside of KY

Longest Distance 1-Up Male/Female

Longest Distance 2-Up Male/Female

Registration Information

Rider: _____

GWRRA# _____ Exp: _____

Co-Rider: _____

GWRRA# _____ Exp: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

State/Chapter: _____

Miles to Rally: _____ One Up: _____ Two Up: _____

*******Pre-Registration Ends on July 29, 2022*******

For PRE-REGISTRATION and STATISTICAL AWARDS, your registration MUST be postmarked by 7/29/2022.

GWRRA Member: \$25.00 x _____ Total: \$ _____

Non-Member: \$30.00 x _____ Total: \$ _____

Life Member: \$20.00 x _____ Total: \$ _____

Is this your First KY Rally? _____

Is this your first Rally of any kind? _____

******* Registration after July 29, 2022*******

GWRRA Member: \$30.00 x _____ Total: \$ _____

Non-Member: \$35.00 x _____ Total: \$ _____

Life Member: \$25.00 x _____ Total: \$ _____

Day Passes Sold on-site: \$15.00

T-Shirts will be available for pick-up at Rally

Short Sleeve T-Shirt

S ____ M ____ L ____ XL ____ Total ____ x \$15.00= ____

2XL ____ x \$17.00= ____ 3XL – 4XL ____ x \$20.00= ____

Long Sleeve Shirt

S ____ M ____ L ____ XL ____ Total ____ x \$18.00= ____

2XL ____ x \$22.00= ____

3X – 4XL ____ x \$24.00= ____

Luau: Friday, August 26, 2022 6:30pm

Number attending ____ x \$20.00 each= ____

Rider Education Options: Sunday, August 28, 2022

Advanced Rider Course:

Rider ____ Co-Rider ____ x \$30.00= ____

Trike Rider Course

Rider ____ Co-Rider ____ x \$30.00= ____

Medic First Aid Course

Rider ____ Co-Rider ____ x \$30.00= ____

Registration Total: _____

T-Shirt Total: _____

Rider Education Total: _____

Luau Total: _____

Total: _____

Make Checks payable to: GWRRA of Kentucky.

Mail Registrations to: Rick and Leah Cridlin
1601 Drake Ct.,
Hebron, KY 41048
PH: 859-534-5292

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GWRRA of Kentucky Member's Page

[Visit our District Website:](#)

www.gwrraky.com



I/We agree to conform and comply with the ideas governing this convention and we further agree to hold harmless GWRRA, co-sponsoring organizations or any property owner(s) for any loss or injury to self or property in which I/We may become involved by reason of/or participation in the convention. I/We agree to assume responsibility for any property which we damage or destroy. I/We have read and understand these terms.

Rider: _____

Co-Rider: _____

Date: _____

July

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

Independence
Day!

5

6

7

Chapter Gathering
Majestic Restaurant

8

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10

11

12

Willow Pond
Eddyville

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Ace's Chicago Pizza
Mayfield

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21

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Habanero
Draffenville

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2022