



WING'D RIDER

Chapter KY-Y
Mayfield, Ky.



November 2024

Volume 24 Issue 11

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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Dinner Rides:
Open



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2024 Couple of the Year
Jennie and Steve Knode
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2024 Individual of the Year
Jim Reising
jimreising@att.net

Chapter



From the Chapter Director



Rita and I would like to wish everyone a Happy Thanksgiving and hope you all get to spend Thanksgiving with your Families.

Finally getting some cooler weather and I'm glad as Deer Season is coming in and helps with the hunting. Of course between the farmers getting their crops out and then hunters in the woods, deer are starting to really move on the highways too so be careful.

The Mayfield Christmas parade that we have always ride in will be the Saturday after Thanksgiving Nov 30th and then the next Saturday Dec 7th is Murray's Christmas Parade.

Well the 2025 Kentucky Road Riders Operations meeting will be February 8th in Burlington, KY where we have had the Opps meeting for the last few years, if anyone is interested in going. I will be going and usually Sherry and Johnny Myers along with Steve Knode, also.

Please everyone remember to get out and vote on November 5th for your candidate and as the old saying goes "If you don't get out and vote you don't get to say anything about the outcome."

As always if you see or know of someone who rides and it doesn't matter what they ride invite them to join us.

Dan and Rita
Chapter Y C/D's
KY Assistant State Director

View From The Saddle



Every year I try to ride to my brother's place in Leakey, TX. This is a 1,000 mile trip so I try to break it down to two 500 mile days by stopping in Texarkana, TX. So on October 5 I pointed the Wing SW and headed for Texas. I racked up 492 miles that day but arrived earlier than usual at my motel. I think I checked in at about 3:30pm, which I attributed to what seemed like more 75 mph speed limits and very few stops. This leg is pretty much all Interstate highways so I had to play "dodge ball" with all of the semi's but, all in all, it wasn't a bad day.

On this trip I changed my route for the 2nd day. I usually head straight west from Texarkana and go south of the Dallas/Ft. Worth area but riding anywhere near Dallas can be nerve wracking. On my way home last year I hit stop and go traffic on I-20 south of Ft. Worth and it was 104 degrees.

Needless to say, it was exhausting. Standing straddle of the bike in bumper to bumper traffic in 104 degree temperatures isn't what you'd call fun.

So on this trip I traveled SW from Texarkana traveling first to Tyler, TX. It was a cool 47 degrees and while I was on a great highway in beautiful country there was hardly a vehicle in sight. This was a Sunday morning and pretty early but I couldn't have asked for a more enjoyable ride.



Got an early start on day 2 from Texarkana, TX

The rest of the day was uneventful as I made my way to Waco, Lampasas, Fredericksburg and finally to Leakey. This turned in to a 525 mile day and even though I rode from about 6:45am to 5:00pm, it was a much more enjoyable trip than fighting Dallas traffic and dodging semi's hour after hour. Remember my saying, "Nothing good happens around a semi."

The Texas Hill Country is really a very nice place to spend some time, especially on a motorcycle. Leakey is famous for being the home of the 3 Sisters (or Twisted Sisters) highways that offer some very challenging riding with some beautiful scenery. These are Texas Ranch Roads 335, 336 and 337.



Texas Hill Country from my brother's back porch

The weather this week was unusually warm so my brother, Scott, and I didn't accomplish much except his normal chores that revolved around taking care of his 2 longhorn steers, going to town for odds and ends and just catching up in general. But it was a fun trip and, as always, we had a good time.



Scott picking up hay his long horn steers scatter.



Thanks Jim Bryan from Chapter K!
This was lunch somewhere in TX.

Scott, and I rode one stretch of Highway 337, one of the Sisters, one morning because I wanted to get a picture of their version of Stonehenge with my current bike. I had taken a picture there back in June of 2013 with my 2006 Wing and thought I'd put matching pictures up on my wall in the pole barn where I keep my bike.



A Texas version of Stonehenge in Ingram, TX

So after 4 days of visiting, it was time to hit the road for home. I left Leakey around 7:00am and rode the same route back to Texarkana where I stayed in the same Econolodge I had stayed in coming down. On the trip down after a shower that evening I looked all over the room for a hair dryer with none to be found. So, with wet hair, I walked to the office where I was told that a hair dryer is not standard equipment in an Econolodge. But the desk clerk reached under his counter and gave me a new hair dryer. I asked if I needed to bring it back to him? After all, I didn't want to hog THE Econolodge hair dryer. But he told me I could just leave it in the room. I then wondered as I walked back to my room if a hair dryer rental fee would be added to my bill. But it wasn't. So when I made my online reservation for my return trip to the same motel, under the "other request" block I said I'd like to get the motel hair dryer. I was surprised that when I checked in that evening this same desk clerk reached under the counter and gave me THE Econolodge hair dryer...for FREE!

On October 12 I arrived home. I had ridden 2,186 miles on the trip and enjoyed every minute of it. My brother and his wife intend to come here for a visit this winter but I'm already looking forward to my trip to the Hill Country in 2025.

Steve Knode

Rider Education Report



Hello everyone. I would like to thank all our veterans for keeping this great country of ours free so we can enjoy riding how, where and when we want.

November is the month I like the least. The weather, especially the temperature, is all over the place, the days are short, the animals are active on the highways, the leaves are littering the roads, and work gets really busy. All of this makes me want to just stay inside and sit at my desk or just watch TV. Some of you may feel the same way. But this is not the best response to the situation. I recently was speaking with a chiropractor, and he agrees with the saying “Use it or lose it.”

Physical activity is one of the most important steps adults, especially older adults, can take to maintain physical and mental health, along with quality of life. Scientists have proven that being active can help reduce the risk of obesity, high blood pressure, diabetes, osteoporosis, stroke, depression, colon cancer, and premature death. Yet today, according to the Centers for Disease Control and Prevention, more than 60% of older adults are inactive.

I would like to suggest that instead of becoming sedentary during the winter months you work to be just the opposite. Here are two areas on which to focus:

Strength training prevents sarcopenia, which is the muscle deterioration that comes with aging, and it also helps maintain bone mass. Balance is a factor of muscle strength, and balance is important in riding motorcycles.

Aerobic activity keeps the heart strong, lowers blood pressure, and relieves anxiety and depression. This does not have to be like the Tae Bo or Insanity workouts as seen on TV; your aerobics can be as simple as walking or gardening. Some health clubs offer water aerobics for a no-impact workout that is great for the heart and lungs, especially for people with arthritis. Other activities that also count are washing your motorcycle, dancing, carrying the laundry or the groceries, skating, or scrubbing the floor. A regular routine of activity helps when you need to climb the stairs or play with the grandchildren. It will also give you a good base when it comes time to start riding again in the Spring.

As a word of caution though, be sure to consult your health care provider before starting any new exercise program.

Until next month, stay active and be safe.

Richard Artmayer
KRR State Educator

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Birthdays			Anniversaries
Jim Reising	6th		none
Rose Riggs	26th		
Randie Baldree	26th		
50 / 50 Winners			Prayer Requests
Bruce Hensley Ch. K - \$11.25			Jackie Myers, Johnny's Dad
Sherry & Johnny Myers - \$11.25			Mae and Glenn's son-in-law, Brad
			Hurricane and flooding victims
		White Tag	Dan- sugar level won't stabilize
		Don Edwards - \$5.00 absent	Glenn Cope
			Upcoming Election
			AS ALWAYS, OUR MILITARY, VETERANS AND COUNTRY
Door Prize Donors			Door Prize Winners
Jim Reising and Becky			Jim Reising
Rita and Dan Bondurant			Martha and Randi
Sherry and Johnny Myers			Rita and Dan Bondurant
Mae Cope			Sherry and Johnny Myers
Randi and Martha Baldree			Jennie and Steve Knode
Jennie and Steve Knode			Rose and Jack Riggs
Rose and Jack Riggs			Bruce Hensley- Chapter K
Chapter K			Jim and Kay Bryan - Chapter K

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Chapter K			Jim and Kay Bryan - Chapter K

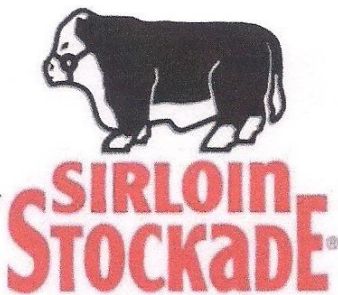
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November

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

Daylight Savings
Time Ends

4

5

Election Day

6

7

Chapter Gathering
Majestic Restaurant

8

9

10

11

Veterans Day

12

El Torrito
Paducah Exit 3

13

14

15

16

17

18

19

Farmington
Restaurant

20

21

22

23

24

25

26

Cook Out
Murray

27

28

Thanksgiving!

29

30

2024