



# WING'D RIDER

Chapter KY-Y  
Mayfield, Ky.



March 2024

Volume 24 Issue 3

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

Eat at 6:00 - Meet 7:00

First Thursday of the Month

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Pins & Patches:  
Open

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



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Open

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2024 Individual of the Year  
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**Chapter  
FUNDRAISER**



## From the Chapter Director



Hot, Cold, Wet or Dry it's spring and we're trying to ride lol. I definitely am liking the warmer weather. Have been on a few rides already eating some good food as always lol.

As every year as more bikes get out and ride, people aren't used to seeing us so PLEASE BE EXTRA CARFUL IN THE SPRING!!

As You're out and about look for bikes and invite them to come ride with us. Wing'd Rider is NOT just a Gold Wing Organization everyone is welcome and who knows you might just meet a great new friend.

We also got more info on this year's Ride Inn and KY Blast, so make your plans for May 31st & June 1st The KY Ride Inn in Henderson, hosted by Chapter K and the KY Blast dates of August 15th, 16th & 17th in Danville. I've ask Steve to include the 2024 KY Ride Inn Flyer in our Newsletter. I have booked some rooms if anyone is interested just let me know.

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

## View From The Saddle



Is it spring?? Sure feels like it. We've had several warm days, above average at least, and even the daffodils are blooming. Our local weather lady in Paducah said those were "March flowers" and, she said, everything is about 2 weeks ahead of schedule. I even have bluebirds checking out my nest boxes. So I expect the fruit bearing trees and bushes will start flowering too early and get bit again. That seems to happen frequently around here.

The days are getting longer, too, as we move from winter to spring. Earlier I'd have only a couple of hours of decent riding conditions before the sun started getting low in the west. And even though deer movements have slowed down, this is prime time for one, or more likely several, to decide to cross the road in front of me. But now my preferred riding time is getting longer with less need to push the ride in to "deer thirty".

This weekend (as I write this) I made my reservations in Litchfield, IL for the 2nd Wing'D Rider rally. From the hotel prices, I think they know we're coming. We have a good friend from Nebraska who's arriving at our place 2 days before the rally so we'll show him around the Silent K Farm and maybe ride some of my favorite roads before we leave for the rally. Jennie and I will only spend 3 nights there and then head for home but that will give us plenty of time to catch up with other old GW friends from Nebraska and attend the rally.

Next month Jennie and I will drive to my brother's place in west Texas to watch the solar eclipse. We've been planning this trip for quite awhile. My brother and his wife have never seen a total eclipse so I'm anxious to watch this one with them. As you all know from the one 7 years ago, it's an awesome experience.

I need to try harder this year to take an Advanced Riders Course this spring. It's been too long since I've had a tune up on my riding skills. An ARC in the spring is a great way to start the riding season.

If you bike needs any thing done to it before the serious riding season, you better get started. Honda shops get extremely busy as the weather warms up so now's the time to make an appointment for whatever you've been procrastinating on.

Our helmet's 5 years are up so I need to think about replacing them. I'm sure the label with the helmet's date doesn't say "best by" so this about the time when that plastic and foam liner start to get more brittle or break down providing less protection. There are new materials and construction techniques that I may look in to for our next helmets. It's hard to argue with a lighter helmet with more strength and comfort.

I've been carrying around a tire repair kit on the bike for several years so I should open it up and see if all of the components are still useable. If not, it would be like having a flat spare tire in you car. Not much help if you need it.

So, if it's spring, let's get serious about making sure the bike and our equipment are ready to roll.

Steve Knode  
Newsletter Editor

# Rider Education Report



Throughout my whole life I have been told over and over to go faster, hurry up, or just get it done. When I got my first job with taxable income in 1984, one of the first criticisms I received was because I was trying to go fast. “The faster you go, the further you get behind” I was told, and yet it was also made clear to me that the time it took me to make pizzas during the dinner rush was nowhere near fast enough. Sometime around 2010, I was informed by my supervisor that if I never made any mistakes, I would never get behind in my daily work. But, he continued, you make mistakes when you hurry. Even outside of work, the little voice in my head would tell me to rake those leaves faster to leave enough time to clean up, eat dinner, do the dishes, catch my favorite show, and still get to bed on time. I would start out sweeping the lawn just as fast as I possibly could to get the area clear of leaves. But every time I started fast, I would find myself perspiring and breathing heavily, I would get anxious to finish, and my energy level would be sapped in no time.

All these life experiences keep replaying in the back of my head. Until there is an epiphany, like the feeling you get during the last two or three moves completing a Rubik’s cube. After working and working, trying countless combinations of moves, you can see you have the solution, and you complete the puzzle with every piece in place. This exact thing happened on the way back from the Virginia Rally. I am not exactly sure where or when, but it happened. And I realized that riding a motorcycle well is very much like working well. You must slow down to go faster.

When you “slow down to speed up,” you allow yourself to take a steadier pace in exchange for a greater degree of control and focus over your work as a whole. The first set of twisties we came to on the ride home was a perfect place to test this idea. So, I slowed down. I worked to develop a rhythm of checking the GPS for the road ahead, checking the road signs, checking my speed, checking the road surface, and checking on my friends in the group behind me. I repeated this process over and over, turn after turn. I found that although I had started at a slower speed, I was getting down the road faster, more comfortably, and with less stress. Slowing down allows me to concentrate on everything I have learned in the Advanced Riders Course. I tried this when raking leaves. I set myself into a steady rhythm and focused on moving the rake one swipe at a time, steady and methodical. I found I can clear more lawn in less time with less fatigue, with plenty of energy remaining to move all the piles of leaves off of the lawn and into the woods.

Trying to work faster and faster ultimately will result in cut corners, missed details and lower quality, which often results in having to go back and redo what was done wrong the first time, lowering productivity. Focusing on only riding as fast as possible may result in data overload for many riders. To compensate, greater physicality is required, resulting in fatigue occurring early in the ride. More targets arriving faster increases stress and the likelihood of missing one or more. Missed targets may result in undesirable consequences, for which there is no do-over, and have a devastating effect on productivity.

Richard Artmayer

KY State Educator

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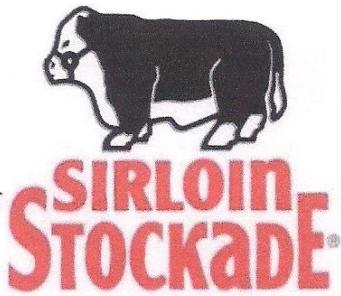
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# Wanna Ride?

**All Riders and All Types of Bikes  
Welcome**



Hosted by Chapter K, Henderson Wings  
An Affiliate of Wing'D Riders

**May 31-June 1, 2024**

## **KRR Ride In**

### **Join the Fun!**

Join the Kentucky Road Riders (KRR) for their annual Ride In. Cost is \$30.00 per person, Wing'D Rider Members, \$25.00. Registration includes, guided rides, Friday night dinner, Saturday morning pancake breakfast, games, fun and new friends! Visit our website for registration form and to learn more about us. KRR is proud to be a state affiliate of Wing'D Rider.

Contact us on Facebook: Chapter K-KYWing'D Riders Henderson, KY

COURTESY, CONFIDENCE & CONNECTION

### **Guided Rides**

*Riding, food, fun & fellowship*

### **Self-guided Rides**

### **door Prizes**

*meet other motorcycle enthusiast from Kentucky and surrounding areas!*

### **Kentucky Road Riders**

Hummingbird Hall  
1040 Market St.  
Henderson, KY 42420  
859-534-5292

[www.kyroadriders.org](http://www.kyroadriders.org)

May 31 – June 1, 2024



# March

*Sun*

*Mon*

*Tue*

*Wed*

*Thu*

*Fri*

*Sat*

**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

Chapter Gathering  
Majestic Restaurant

**10**

**11**

**12**

**13**

**14**

**15**

**16**

Begin Daylight  
Savings Time

Dinner Ride

**17**

**18**

**19**

**20**

**21**

**22**

**23**

St. Patrick's Day

Dinner Ride

**24**

**25**

**26**

**27**

**28**

**29**

**30**

Palm Sunday

Dinner Ride

Good Friday

**31**

Happy Easter!

**2024**