



Chapter KY-Y
Mayfield, Ky.



July 2024

Volume 24 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
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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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2024 Couple of the Year
Jennie and Steve Knode
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2024 Individual of the Year
Jim Reising
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**Chapter
FUNDRAISER**



From the Chapter Director



Well it's almost July and time is flying by. Due to the 4th being on Thursday, the day of our meeting, we agreed at last month's meeting to move it to Tuesday the 2nd.

It kind of seems strange not setting up and doing the Memorial sacks for the 4th. I hope everyone has a great and safe 4th of July. Please remember our pets and Veterans when setting off fireworks.

Was on a ride last week and one Lady got too hot from not staying hydrated enough and got sick. Please, if you're out in this heat don't just drink water, drink something like Gatorade and put some electrolytes back in your body BEFORE YOU THINK YOU NEED THEM!!!! By the time you feel like you need them it's WAY PAST TIME!!

I've been looking at lots of pictures from the Winged Rider Rally and looks like everyone had fun. Next year's rally will be in Rapid City SD, map quest says it's only 1,131 miles from our house to Rapid City if you're planning to go.

Just another reminder that the KY Blast dates are August 15th, 16th & 17th in Danville. I have booked some rooms if anyone is interested just let me know.

Hope to see You Tuesday night.

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

View From The Saddle



The WingD'Rider Rally no. 2 is history. The weather in Litchfield, IL was much better than last year when we were hit with strong thunderstorms. When that one hit helmets were blown off bikes and across park lots. Our jackets held the helmets on the bike but soaked the jackets thru and thru. We had to dry the liners in our helmets at the motel but, all in all, we made it ok.

This year Jennie was in Denver when I rode to the rally. I had a good friend from Nebraska arrive a couple of days early and spent two nights with us. We had a great time getting caught up and showing him the Silent K Farm and we get a short ride in touring the Dawson Springs back roads.

Then on Tuesday we rode to Litchfield. We saw 99 degrees so we were more than ready to get there that afternoon and cool off. As Dan suggested in his column, we had a Gatorade on the road but also water. I remember from Fire Camp when I was working law enforcement during some National fires that the Safety Officers said to drink 3 waters for every Gatorade so you don't get too many electrolytes.

One of the main reasons we go to National rallies like Wing Ding and WingD'Rider is to meet up with old friends who were members of our old Nebraska Chapter W.



Left to right: Sheryl McLean, Donna Jimenez, Ross Jimenez, Steve McLean and, our visitor guest, Phil Kelly

A few of us planned to leave on Friday morning, a day and a half prior to closing, so we took a short ride to a great pizza place Jennie and I found the previous year in Carlinville, IL. Just like we remembered, the pizza was very good! I had seen that there was a covered bridge not far from the pizza place, so after gorging ourselves on pizza (guilty as charged) we rode to the covered bridge.



Sugar Creek Covered Bridge, SE of Chatham, IL

The announcement that next year's rally will be in Rapid City, SD sent a buzz thru the crowd. Everyone was excited to have a rally in such an iconic place at the foot of the BlackHills. There are SO many things to see and do there not to mention beautiful riding and, generally, cooler temperatures and LOWER HUMIDITY! There can be afternoon thunderstorms, especially in the Blackhills, but you won't find a more interesting place to go. This area was practically in our back yard when we lived in western Nebraska so we've been there many times but you never get tired of the Blackhills. If you remember the story, this IS where we were hit by a cow buffalo on the Wildlife Loop of Custer State Park. Just sayin'...

I'd like to echo what Dan said about riding in this heat and humidity. Be sure to drink plenty of water and throw down a Gatorade every now and then. I've felt the effects of dehydration and too much heat before and it convinced me to stay hydrated. I kept telling Jennie I wasn't thirsty but I was losing water fast and not replenishing it, so I paid the price that night. I was SICK. I learned my lesson. There's more good info in Rick Artmayer's column below.

I've noticed deer moving more now. The fawns are getting big enough to go with mom to feeding areas so keep your eyes open. And you'll often see deer feeding earlier than normal before a storm. Sunset and sunrise are still prime times for deer encounters but they can be moving any time. So stay alert and if you see deer number one, start looking for deer number 2 and 3.

Steve Knode

Rider Education Report



Today's motorcycles have come a long way since their invention at the turn of the 20th century. One of the more important developments to become mainstream in motorcycle design is the control of heat. Burning fuel in a motorcycle engine produces lots of heat. If engine cooling is insufficient to remove the waste heat, the engine's internal parts will wear out prematurely or fail outright.

Early engine design used rows of fins cast directly on the hottest parts of the engine to conduct the heat away and disperse it into the air.

More modern designs have moved to liquid cooling to control engine temperature. The engine coolant contained in a closed system is pumped into and through various passages within the engine structure directly to where the heat is generated, then out through radiators equipped with fins to conduct the heat from the liquid and disperse it into the air. Some engine designs use a combination of air and liquid cooling, allowing for a more "classic" appearance, yet still providing heat control in the hottest parts of the engine.

Unlike motorcycles, which have experienced a great deal of evolution especially where heat control is concerned, we humans have basically remained the same for the last few thousand years. The food we eat is used to power our bodies and produces a lot of heat in the process. As in motorcycles, our body heat must also be controlled, or we will wear out and fail prematurely.

Our bodies use a combination of liquid and air cooling with both an open and closed system. Internally, our blood is pumped by our heart through every part of our bodies absorbing the heat generated at the source. As our body temperature rises, the closed system of blood vessels will move closer to the skin to disperse the heat there. Continued temperature rise will trigger our open cooling system of water perspiration. Sweat glands excrete water onto the skin which absorbs heat from the blood vessels below and carries this heat away as the sweat evaporates.

Both motorcycle and human body cooling systems ultimately rely on air circulation to carry the heat away from the parts needing to stay controlled. Motorcycles have electric fans that will keep the air moving over the radiators when the machine is stopped or otherwise moving too slowly to stay cool. Our bodies are not equipped with fans, so we must find alternate ways to supplement the natural cooling process. Drinking cool (not cold) liquids can help by absorbing heat in our core, and at the same time replenishing the water we are losing when we perspire. We can also place wet towels or other material in strategic places like around our neck where the top part of the item is sticking out where the airflow over our collars pulls the heated moisture away.

Both motorcycles and human beings have a maximum temperature where their cooling systems can no longer keep up with the heat being generated while working in their environment. Motorcycles usually have a gauge or other visual indication they are close to overheating. Human beings are not equipped with a gauge as such but do offer signs of the onset of heat related issues. Things like skin that is hot and dry to the touch, not needing to urinate at rest stops, dizziness, nausea, muscle cramps, headaches, and heavy breathing are some symptoms of heat stress. If you are riding and begin to experience any of these symptoms, stop and take a break in a cool place or a shady spot, and drink some liquids, preferably water. Motorcycles that overheat will need a tow vehicle. Human beings that overheat may need a hearse.

Until next month – stay cool.

Richard Artmayer

KY State Educator

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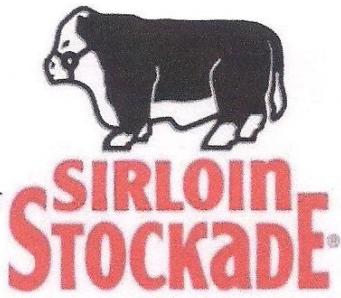
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July

Sun

Mon

Tue

Wed

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Fri

Sat

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Chapter Gathering
Majestic Restaurant

Independence Day!

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Willow Pond -
Eddyville

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Los Pinos, Mayfield

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I-Hop, Paducah

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2024