

Chapter T
Texas District
South Central Region H
GWRRA

June 2016



WINGNUT

Each month, Chapter T, awards this coveted award. In May it was awarded to Bob W (two months in a row). If you are not riding, you are not winning.



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Hello Chapter T,

Welcome to our new meeting night, we are excited about this move as it removes the need to miss the chapter gathering while attending many of the rally's and events of GWRRA. We hope this will also encourage many of you to travel with us and broaden our attendance throughout GWRRA.

Well since our last gathering we have had the Texas District, Arkansas District and Missouri District Rallies. We had a great time at all three and appreciate all who joined us for the fun. We are continuing to plan for our trip to Wing Ding and still have time for anybody who decides at the last minute to go with us. We will be RVing to Montana and trailering the bikes, camping along the way and riding curves and hills on the bike once we get there. We will probably visit South Dakota on the way up and return thru Yellowstone, Grand Canyon and other points of interest on the way home.

We have already received 2 pre registrations for T-fest, one from Oklahoma and one from Ft Worth, this is very exciting. As we have been attending other events we have been promoting T-Fest and inviting others to come check us out. PLEASE make plans to come out and help us make this a great event on October 8, 2016. We will start meeting and making plans soon, and gathering items for silent auction. I know Andrea is already working on vendors.

I have just received an email that Chapter K2, newly formed this year, is having a rally on September 17, in Castorville. We will make plans to go down and support them.

Also keep an eye on the other events like Oklahoma District Rally on September 29-October 1st. Mississippi District is October 13-15 and Chapter H rally is on October 15.

Region H is having a new event called Region H ride in Hot Springs, Arkansas on October 22, more information to follow.

So lots of fun to be had, all you have to do is make plans to join in. Hope to see you there.

Jim and Alvalin

Rider Education

“Safety is for Life”

Riding In Hot Weather

Hey we live in Texas and at times it is hotter than hell. Over many years of riding my bike, I've encountered my fair share of both hot and cold weather conditions. Since riding with full protective gear, or ATGATT (all the gear all the time), is always the best option for safety, I have learned how to keep cool properly while riding in hot weather.

Tips for Riding Cool

In these high-heat conditions, I wear a long-sleeved, tight-fitting shirt made of moisture-wicking material. I know that it seems counter-intuitive to wear long sleeves, but as long as you have air moving over the fabric, it will work great. Just think of the evaporation process as sweat evaporates, it takes your body heat with it. Moisture-wicking material draws sweat away from the body to be evaporated through the shirt, aiding the cooling process. Conventional materials can simply trap sweat next to the skin, limiting evaporation. The key to these materials is air flow. If there is no air movement over the material, then the shirt will become oversaturated, and sweat will not evaporate.

When air temperatures are high and the reverse wind chill is in effect, wetting down clothing will increase the amount of moisture near the skin. This moisture is now available to be evaporated, drawing heat from your body. Although much of the evaporation will be caused by the high air temperature itself, there will be enough water on the skin to reduce the amount you need to sweat.

Some techniques for wetting down include neck bandanas (particularly those with water-absorbing crystals), wetting down a regular cotton t-shirt, or even pouring water directly into your helmet. I have not poured water into my helmet, but I have placed wet rags on my head with very good results.

Keeping Hydrated

We have pushed hydration for years, during this time of year we need to greatly increase the amount of water that we drink. Staying hydrated is one of the most important things to do while on the road. As a rule of thumb we need to drink at least 20 oz. per hour. We also need to shorten your riding time. If you normally ride for an hour to an hour and a half between break, that needs to change. In extreme heat riding time needs to be 50 minutes to an hour only. This will assist in the drinking of ad-

Rider Education

“Safety is for Life”

dition water. Only Water is Water: Caffeine and alcohol are diuretics, which cause you to urinate and lose more water. When it's hot, steer clear of sugary drinks, caffeine, and alcohol. It goes without saying, never drink alcohol directly before or during your ride. There is another problem to also consider. As water evaporates it cools your body, if your clothing dries out the air that is cooling your body will become an enemy. That wind will also dehydrate you quicker than the heat will. Be careful and keep yourself wet and hydrated.

Tar Snakes

Tar snakes are another hazard for both motorized and two-wheeled vehicles and their riders. Many states use a tar-like material to fill in cracks on the roads; these can become quite slippery when it's hot. Avoid them if possible. Treat them the same as railroad tracks by crossing them at 90 degrees and in an upright position. Slow down if your rear tire starts sliding out from under you – stay calm – and the tire will grip again. Don't try to over-correct, keep your line, keep your head up, grip lightly, and keep your body steady for when the gripping action returns.

If there's a large patch of tar snakes and there is no way to avoid them all, I will sometimes pull in the clutch and treat the obstacle as I would a large patch of ice, coast through it, and after ensuring that the rear wheel is clear, re-engage the engine. This helps to keep from slipping.

Riding in really hot weather is not bad when you're prepared. Remember to hydrate, keep your skin covered, and avoid hazards. Don't let the heat weaken you to the point where you're not fully attentive to traffic conditions and the road. You must consider how your body will deal with the heat. Covering up in the heat will keep you cool.

Hot weather usually means lots of sun exposure, so get some good sunglasses or a darkened visor to prevent headaches caused by sun glare. And don't forget to put sunblock on the back of your neck and anywhere your riding gear leaves the skin exposed.

Ride safe **ATGATT**.

See ya' Ridin'

Dale and Carleen Garrett
Chapter educators



Save the Date

2016 DATES TO REMEMBER



Jul 16

Castle near Bellville, Tx

Aug 31-Sep 3

Wingding 38, Billings, MT

Sep 17

Chap K2 Rally in Castorville

Sep29-Oct 1

OK District Rally

Oct 8

Chap T, T-fest

Oct 13-15

Mississippi District Rally

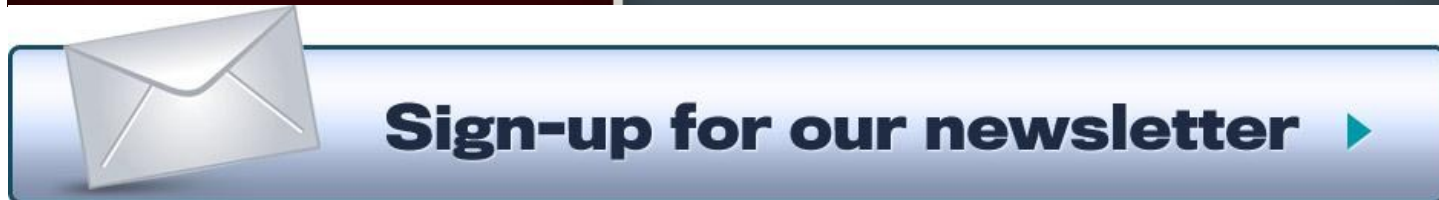
Oct 15

Chapter H Rally



New Hours
OPEN 9 AM - 7 PM Mon, -- Fri.
Sat 9 AM - 5 PM
Sunday 12PM - 5PM

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Chapter T Team



Chapter Directors:

Jim & Alvalin Woodul
Phone: (254) 634-4658

Asst. Chapter Directors:

Rider Educator:

Dale W. Garrett

Ride Coordinators:

Danny & Peggy Thacker

Chapter Couple of the Year:

Tim and Young Brooks

Membership Enhancement Coordinators:

Dale & Carleen Garrett

Treasurers:

Tim & Young Brooks

Webmaster:

Newsletter Editors:

Bob Weidinger and Harriet Foster

Assistant Newsletter Editors:

Dale & Carleen Garrett

Team members may be contacted by E-Mail using the: **Contact Us** page of the Chapter T website:

centexwings.org.



www.gwrra-tx.org



www.region-h.org



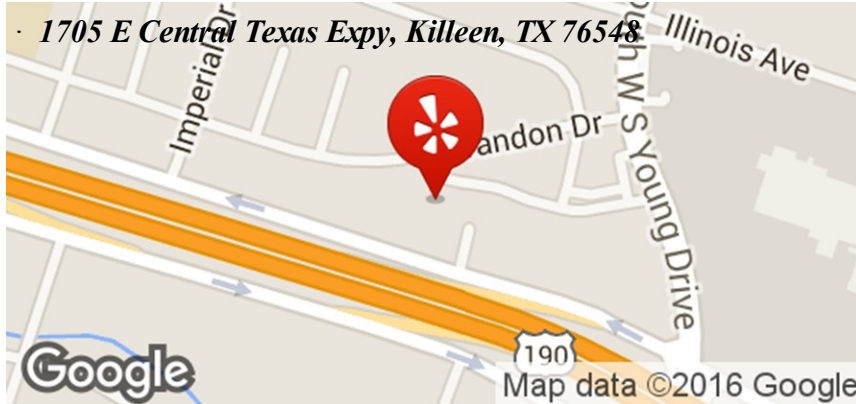
Computer Solution



For your complete computer needs, both hardware and software, contact Dan at (254) 680-2983.

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*Our Next
Gathering is
July 26, 2016
At Yank Sing (Killeen)*



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Justin Mitchell

Co-Owner & General Manager
at the store in Gatesville, TX.

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We consider customer satis-



Travis Mitchell

Co-Owner & General Manager
at the store in Kyle, TX.



June 2016

Sun	Mon	Tue	Wed	Thu	Fri	S
			1	2	3	4
5 Breakfast Ride	6	7 Taco Tuesday ride	8	9	10	11
12 Breakfast Ride	13	14 Taco Tuesday ride <div>Chapter T2</div>	15	16	17	18
19 Breakfast Ride	20	21 Taco Tuesday ride	22	23	24	25
26 Breakfast Ride	27	28 Taco Tuesday ride Chap T Meet- ing	29	30		



21st -Peggy & Miles A



15th -Violet S

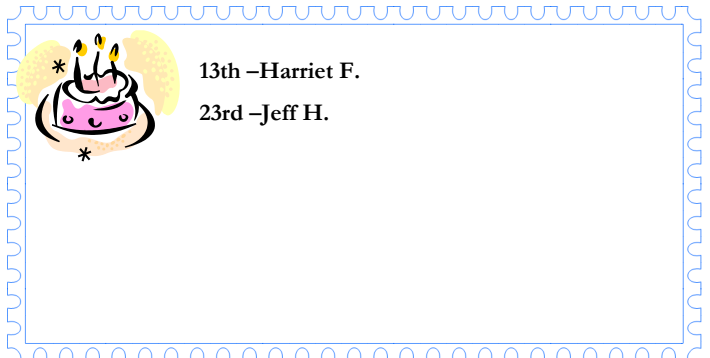
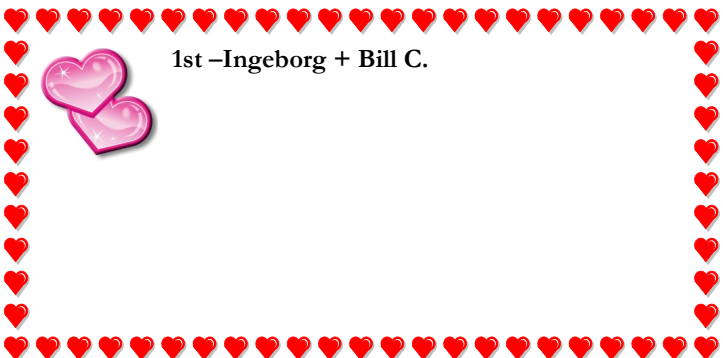
17th -Terry B.

17th -Carleen G.



July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	
3 Breakfast Ride	4 Independence Day	5 Taco Tuesday ride	6	7	8	9
10 Breakfast Ride	11	12 Taco Tuesday ride Chapter T2 Gathering	13	14	15	16
17 Breakfast Ride	18	19 Taco Tuesday ride	20	21	22	23
24/ 31 Breakfast Ride	25	26 Taco Tuesday ride Chap T Meeting	27	28	29	30





August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Taco Tuesday ride	3	4	5	6
7 Breakfast Ride	8	9 Taco Tues- day ride <div>Chapter T2</div>	10	11	12	13
14 Breakfast Ride	15	16 Taco Tuesday ride	17	18	19	20
21 Breakfast Ride	22	23 Taco Tuesday ride Chap T Meeting	24	25	26	27
28 Breakfast Ride	29	30 Taco Tuesday ride	31			

