

Chapter T  
Texas District  
GWRRA  
[www.centexwings.org](http://www.centexwings.org)



## Central Texas Wings

*Chapter of the Year - 2018!*



April  
2019



### WINGNUT

**Chapter T awards this coveted trophy each month. If you are not riding, you are not winning.**

**The Wingnut was awarded to Jose S. in March for a dynamic course correction while leading the Chapter Ride to Homestead Heritage.**

#### Inside this issue

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Next Chapter Meeting  
May 21st



Greeting Chapter T and Friends,

Hello April, it's you again. Didn't think we meet so soon. Is everyone ready for some summer fun? I bet you all are.

Unfortunately, we had to cancel our April 13<sup>th</sup> ride to Fredericksburg due to inclement weather. Provided we are not dealt the same type of weather, the ride was rescheduled for April 27<sup>th</sup> for some Crawfish and or Briskets. The LA Mudbug Rally is the following weekend, May 4<sup>th</sup> in DeRidder, LA for all those whom may be attending that one day rally.

If you have not registered for May 16-18 Texas District Rally, and you plan on attending, please do so now so Jim and Alvalin can get a good headcount. Hope to see you there, but not before Tuesday's meeting. Remember, invite a friend to come check us out.

See you all soon.

Jose and Celest Soto



# How To Safely Tow A Trailer

Tip #201 from the pages of The Total Motorcycling Manual

Who says you can't take it with you? If you've jammed your saddlebags to the bursting point and still need to pack more gear, there's only one way to go: a trailer. They're popular accessories for long-distance touring riders, especially if they're traveling two-up and camping, but you should keep a few hints in mind.

**USE ENOUGH BIKE** It makes no sense to try to pull a giant trailer with a Vespa. Pick a bike that has enough power for the job—1000cc or more.

**FILL YOUR TIRES** The trailer puts additional load on both bike tires, especially the rear. Inflate them properly, on the upper end of your bike's GVWR.

**HITCH IT RIGHT** Your bike needs to lean into turns, but the trailer doesn't lean. You'll need a hitch that lets the trailer both turn and swivel—think about how a U-joint works.

**FIND YOUR PLACE** Trailers are almost always wider than a bike, so you'll need to ride closer to the center of the lane than you would without a trailer. You'll also be riding closer to the center-of-the-lane oil slick you'll find on most roads, so exercise caution.

**STOP THAT THING** Trailers increase a bike's weight and stopping distance. They also want to overrun the bike when stopping unless equipped with their own separate trailer brakes. Ride with caution, brake early, and allow yourself plenty of stopping room.

**FIND PARKING** Your motorcycle-and-trailer rig is much longer than your bike alone, so you need to scout out an appropriate parking spot. Fine one that will let you pull straight out when leaving. Bikes are agile; towing trailers, not so much.

## Chapter Team:

**Directors:** Jose & Celest Soto

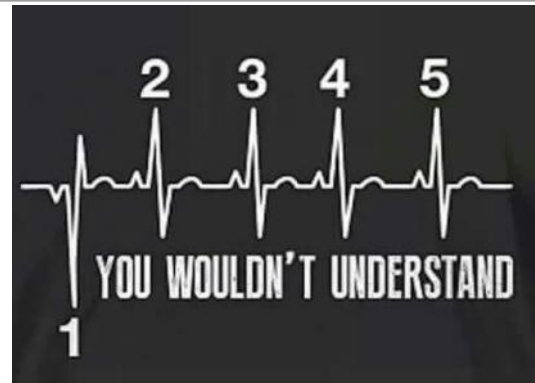
**Treasurers:** Tim & Young Brooks

**Educators:** Dale & Carleen Garrett

**Ride Coordinators:** Danny & Peggy Thacker

**Membership Enhancement/ Social Coordinators & Chapter of the Year Coordinators:** Lori & Erik Wiggins

**Webmaster/Newsletter:** Gene & Quinta Harris



## BIRTHDAYS

### APR

10 Robert R.  
28 Harold F.  
29 Jose S.

### MAY

1 Tim B.  
8 Peggy T.  
11 Celest S.  
12 Jerry P.  
23 Jim B.  
28 Brady K.

## ANNIVERSARYS

11 May—Jose & Celest S.  
20 May—Stephen & Missy H.  
28 May—Dale & Carleen G.

## **Tips to Avoid Heat Exhaustion While Riding**, by Dairyland Insurance, Aug 30 2015

For most people, motorcycle riding is a warm season activity, and there is nothing that says “let’s go riding” more than a sunny summer day. As experienced riders, we start each ride with a safety inspection of our motorcycle and riding gear. While we ride, we automatically scan for road and traffic hazards we need to avoid. How often, however, do we consider the hidden risk a hot summer sun poses? Without preventative measures, we can develop heat exhaustion.

What is heat exhaustion?

Heat exhaustion is an illness that results from overexposure to high temperatures and dehydration—or loss of salts also known as electrolytes. If heat exhaustion is not treated, it can develop into heat stroke, which is a life threatening illness. Before you develop heat stroke, the symptoms of heat exhaustion can be hazardous to the point they could cause you to lose control of your motorcycle.

Symptoms of heat exhaustion

- Profuse sweating
- Clammy skin
- Fatigue
- Headache
- Irritability
- Muscle cramps
- Rapid heartbeat
- Dizziness
- Confusion
- Fainting

Causes of heat exhaustion

Our body’s natural way of cooling is through the evaporation of sweat. When the relative humidity rises above 60 percent, evaporation slows down. While wind at riding speed may offset the effect of high relative humidity, you’re still losing fluid. The combination of high temperature and high humidity creates a high heat index. As the heat index increases, so does the risk of heat exhaustion.

Riding a motorcycle wearing dark, tight-fitting leather gear that doesn’t allow air to flow can trap body heat and sweat. The dark colors also will absorb more heat from the sun, potentially turning our gear into a personal sauna. Combine that with high relative humidity, a high heat index, and low water intake, and you have a formula for trouble.

Tips to prevent heat exhaustion

Prevention may be the best medicine for heat exhaustion. Here are some tips and tricks you can use:

Tips for riding gear choices

- Wear light colored gear
- Wear gear with ample ventilation
- Wear gear that’s loose enough to allow air to freely flow
- Dress in lightweight layers

Tricks to keep cool

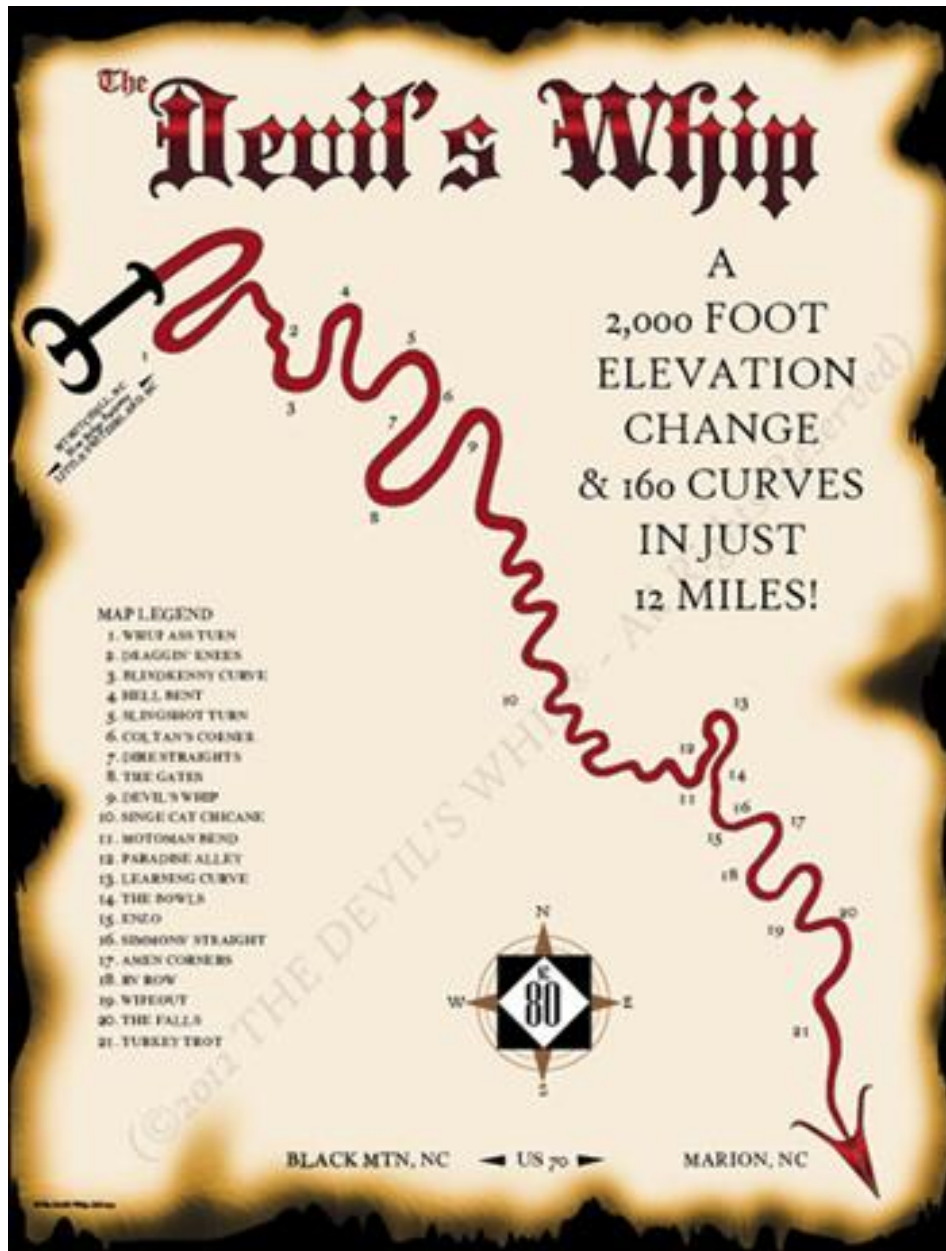
- Take frequent rest stops to cool off in the shade or air conditioning
- Drink plenty of water, even if you’re not thirsty
- Soak a bandana with cool water and wear it around your neck
- Wear a wet t-shirt next to your skin under a ventilated jacket

Many common medical conditions and medications can make you more susceptible to heat exhaustion. Consider consulting your family doctor before taking a long summer tour to better understand your personal risk factors and develop a strategy to stay cool.

How to treat heat exhaustion

Park your motorcycle and get out of the sun and into an air conditioned space. If AC is not available, seek a cool shady place to rest. Remove heavy riding gear. Apply cold wet clothes or soak your shirt with water. Rehydrate yourself with water or a sport beverage with electrolytes. Avoid alcohol and caffeinated beverages. If your symptoms persist after 10 minutes, you need to get medical assistance since heat exhaustion can lead to heat stroke.

Till next time, stay cool and ride safe!





*How many have you owned?*

## The lineup. 1971.



**From Mighty to Mini, Honda has it all.**



# Mark your Calendars



## April 2019

**27 Apr** - Chapter T Ride – Llano Crawfish Fest—Llano, TX

## May 2019

**4 May**—Chapter H Rally—Bandera TX

**4 May** Mudbug Rally—DeRidder LA

**11 May** - Chapter T Ride – Overlook Cafe, Canyon of the Eagles, TX

[16-18 May – Texas District Rally – Paris TX](#)

[30 May-1 Jun – Missouri District Rally – Branson MO](#)

## June 2019

**8-9 Jun** - Chapter T Ride – Palo Duro Canyon, TX

**8-9 Jun**—Arkansas District Rally—Harrison AR

**13-15 Jun** - Republic of Texas Rally – Austin, TX

[21-22 Jun – Kansas District Rally – Salina KS](#)

## July 2019

**13 Jul** - Chapter T Ride – Koffee Kup Restaurant, Hico TX

## August 2019

**10 Aug** - Chapter T Ride – Miller's BBQ, Belton TX

**27-31 Aug** - Wing Ding 41, Nashville TN

## September 2019

**14 Sep** - Chapter T Ride – Dahlia's Cafe, Liberty Hill TX



## ***Chapter T — Centex Wings***

### ***2019 Second Saturday Rides***




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**23 Feb** – *Heritage Homestead, Waco, TX* ✓ (9 participants)

**9 Mar** - *Andice General Store, Andice, TX* ✓ (5 participants)

**13 Apr** - *Bluebonnet Ride – Fredericksburg, TX* (Cancelled)

**27 Apr**—Llano Crawfish Fest—Llano, TX

**11 May** - Overlook Cafe, Canyon of the Eagles, TX

**8-9 Jun** - Palo Duro Canyon, TX

**13 Jul** - Koffee Kup Restaurant, Hico, TX

**10 Aug** - Miller's BBQ, Belton, TX

**14 Sep** - Dahlia's Cafe, Liberty Hill, TX

**18 – 20 Oct** - Twisted Sisters Ride – Kerrville, TX

**9 Nov** - Regency Suspension Bridge, Mills County, TX

**14 Dec** - Green's Sausage House, Zabcikville, TX



# APRIL 2019

Chapter T, Holidays in United States

Apr 2019 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 Thunder in the Hill	1	2	3	4 Chapter O Rally - Fredericksburg @ Lady Bird Johnson Municipal Louisiana District Rally @ Lafayette, LA, USA	5	6
7	8	9 The Bluebonnet Festival - Burnet @ Burnet TX	10	11 MotoGP - Austin @ Circuit of the Americas,	12	13
14 MotoGP - Austin @	15 Tax Day	16 7 pm - Chapter O	17	18	19	20
21 Easter Sunday	22 Easter Monday	23 7 pm - Chapter T	24	25	26 T-T Rids - Llano	27
28	29	30	1	2 Hill Country Run @ Luckenbach, TX	3	4



# May 2019

## Chapter T, Holidays in United States

## May 2019 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
					Hill Country Run @ Luckenbach, TX	
5	6	7	8	9	10	11
Hill Country Run @ Cinco de Mayo						T-Ride - Overlook
12	13	14	15	16	17	18
Mother's Day				TX District Rally - Paris, TX		
19	20	21	22	23	24	25
		7pm - Chapter O 7pm - Chapter T				
26	27	28	29	30	31	1
	Memorial Day			Missouri District Rally - Branson, MO @ Branson, MO 65616, USA		

# June 2019

Chapter T, Holidays in United States

Jun 2019 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 Memorial Day	28	29	30	31	1
				Missouri District Rally - Branson, MO @ Branson, MO 65616, USA		
2	3	4	5	6	7	8
				"O" Ride to Palo Duro Canyon		
				Arkansas District Rally - Harrison, AR		
				"T" Ride - Palo Duro		
9	10	11	12	13	14	15
"O" Ride to Palo Duro Canyon				Republic of Texas (ROT) Rally - Austin, TX		
"T" Ride - Palo Duro						
16	17	18	19	20	21	22
Republic of Texas		7pm - Chapter O				
Father's Day						
23	24	25	26	27	28	29
		7pm - Chapter T				
30	1	2	3	4	5	6
				Independence Day		

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## Computer Solutions

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

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Director of Creative - Marketing - Social  
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