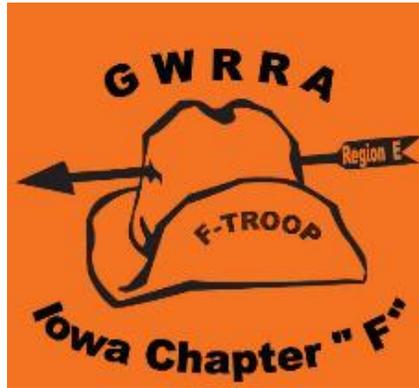




Friends for Fun, Safety and Knowledge



Chapter F meets
The third Saturday
of the month
(except December)
at:
Hy-Vee
3235 Oakland Road NE
Cedar Rapids, IA
Join us for breakfast at 8 am
Gathering at 8:30am

Volume 9 Issue 8 August 2019

OVER 25 YEARS OF FRIENDS FOR FUN, SAFETY AND KNOWLEDGE



Chapter F Team www.iowa-f-troop.org

Chapter Director: Pete & Cheryl Sayers
sportjugglingcompany@yahoo.com
Membership Enhancement: Brad & Kim Snyder
bos.1987@hotmail.com
Treasurer: Fred & Sue McCombs
COY: JD & Theresa Smith
IOY: Randy Schildmeyer

**International Couple of the Year for the
Northwest Territory**
Don and June Detwiler

Iowa District Team www.gwrriowa.com

District Director: John & Yvette Moravec
iamoravecfam@yahoo.com
Assistant Director: Randy and Debbie Heath
Rider Education: Greg Hayes
Motorist Awareness Coordinator: Sue Thompson
Assistant MAC: John & Barb Kilmer
University Coordinators: Roxanne Oder &
Roger Munson
Membership Enhancement: Roger & Vicki Harris

Team GWRRA www.gwrriowa.org

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Director of Finance: Randall & Janet Drake—financedirector@gwrriowa.org
Director of Motorist Awareness: Mike & Barri Critzman—itsawingthing@hotmail.com
Executive Director Overseas: Dan & Rachel Sanderovich—dan.sanderovich@gmail.com



Notes from your Chapter Directors

What a ride! I hope you all were able to follow along on the Facebook page as 10 of us from Chapter F took 9 days to travel the Lake Superior Circle Tour, in a clockwise fashion. I want to report that the only disagreements we had came from our GPS units. LOL!. We managed to stay on the route despite the occasionally uncertain directions coming from our digital helpers. It's interesting that even with the same route file loaded in each unit, the units did not always match. It makes you want to discover why.

If you have yet to ride into Canada and the UP of Michigan, it is a treat. August is a perfect time to go as the temperatures near Lake Superior are cooler than August in Iowa. The scenery, especially on the Canadian side was spectacular. We had just the right mix of riding, activities, and good food! We went to Grandma's place in Duluth. We dined on the back deck and had an amazing view of the Arial Lift Bridge – perfect to view large (1,200 ft long) ships passing underneath. The Lutsen Mountains are beautiful and the Gondola Ride is just the way to see them. Make sure you time it to be at the mountain-top end for lunch with a fantastic view. Thunder Bay is home to Kakabeka Falls and Canada claims them as their version of Niagra Falls, so beautiful! We met a retired Canadian postal worker at Serendipity Gardens Café in Rosspport, Ontario who was happy to tell us about the islands offshore. We learned that White River, ON, has many businesses owned or operated by families from India, and to skip the root beer float at the local A & W. Young's general store in Wawa, ON is a pretty place to stop and that their bathrooms, while they look like port-a-pots, they are really flush toilets. Somebody on the trip found this out too late.

Sault Saint Marie was our border town. Once we crossed back into the USA we headed to the Soo Locks Visitors Center. From the locks, we headed south to spend a day on Mackinac Island. We all enjoyed the island experience at our leisure. Highlights from the island were a carriage tour, visiting the fort, bicycling around the island and touring the Grand Hotel – and of course enjoying an ice cream cone flavored with Murdick's Fudge. We headed to Munising, MI to get on a glass bottom boat that took us over two shipwreck sites and gave us a little tour of Pictured Rocks National Lakeshore. We picked up some Pasties (traditional Irish meat & potato pies) to enjoy back at our motel that night. Eagle Harbor was another stop. Some of us toured a light house and museum there. We met the granddaughter of the last light keeper. She told us about the Quincy Copper Mine tour and we were able to squeeze in a tour before heading to Tomahawk, WI, for our last overnight.

What I have shared are all details of the Chapter-F RIDEcation. What I cannot convey in one newsletter is the wonderful experience we had doing this together! We got to know one another much better from sharing this tour with each other. We helped one another. We were patient with one another. We encouraged one another. We laughed and played together. It was fun. But guess what? We do this in F-Troop all riding season long. On ice cream rides, on the day trips, on the mystery ride and the fall ride. Come on out and ride with us!

Peter and Cheryl Sayers
Directors, GWRRA Iowa Chapter F

Notes From Your Chapter MECs

Hello F Troop,

It's hard to believe the summer is about over. Another thing that sadly is over is our epic trip around Lake Superior. It was a great 2200 miles with lots of laughs and good memories. The scenery was second to none. It really wouldn't take much for me to move up there. We saw a couple acreages for sale and it really stirs the imagination. All the good food we ate was awesome. We had a lady take our pic at a motel by Mackinac island and in return, she had seen us cleaning our bike windshield's and wanted her car windshield cleaned. Dick D, Mark and Pete stepped right up and showed them how it was done.

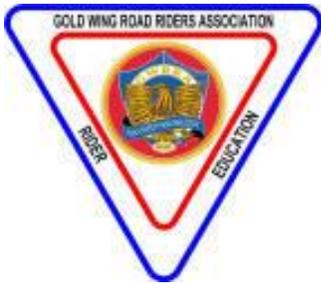


Kim and I had a private carriage ride on Mackinac Island. It was a peaceful 2-hour ride with lots of conversation with the driver and some nice scenery. Probably the highlight of the trip for me was the tour through the copper mine. What a feat for people to do something like this on that big of a scale at that time; 92 levels in that mine with over 3500 miles of tunnels. Over 2100 people worked there at its peak. There is talk of a trip to Colorado next year. Kind of gets ya excited don't it!

District Rally is right around the corner. Hope to see you all there.

Brad and Kim
Chapter MEC's

Chapter Birthdays
August 22 –Randy Schildmeyer
August 26 –Kim Snyder
September 16 –Dick Dearborn
September 19 –Theresa Smith
October 5 –Dan Gregg



Educator's Corner

From your Iowa District Educator
Double the information this month!



July Article

We are well into the summer now and we have seen some really hot days. I am sure we have not seen the last of the heat. I thought a good topic for this month would be about hot weather riding. We all have our own strategies for dealing with hot weather but I thought I would share some general ideas.

First off, let's talk about heat exhaustion and heat stroke. Heat exhaustion comes on first. There are two types: water depletion and salt depletion. You are more likely to experience water depletion when riding since we lose a lot of water from our bodies because of the air moving across our skin, even through a jacket or long sleeves. We lose even more if our skin is exposed to the wind. However, we might not think we are sweating since the sweat may be evaporating quickly. Some signs of heat exhaustion include confusion, dark urine, dizziness, headaches, muscle cramps, heavy sweating, raised heart rate and may lead to fainting, vomiting or diarrhea.

Heat stroke is more serious. This is defined as when your body core temperature is greater than 104 degrees and is caused by exposure to high temperatures and from dehydration. The signs of heat stroke are similar to heat exhaustion as mentioned above. However, the severity of the symptoms will be worse. You may also stop sweating. Breathing changes. You may experience behavioral changes, including confusion, disorientation and staggering. Heat stroke can result in seizures and unconsciousness. If someone is experiencing heat stroke then call 911 immediately or transport them to a hospital. This is a serious situation. In the meantime, try to lower their body temperature by fanning them, using a wet cloth or sponge on their skin, apply ice packs, particularly in areas of the body that have a high concentration of blood vessels, such as the groin, armpits, neck or back.

So, when riding in hot weather it is important to take frequent breaks and to get out of the sun, wear sun protection, which means both cover your skin with gear and to wear suntan lotion on any exposed skin, and drink plenty of water. If you are sweating a lot then you could be losing a lot of salt. So, look for sports drinks that are electrolyte rich to supplement your water intake. It is important to drink even if you don't feel thirsty. However, there are a lot of medical conditions where you may need to not over-hydrate. Also, you may have a medical condition or be on certain medications that increase your risk of over-heating. Know your limitations.

One advantage of riding in groups is that we can be on the lookout for each other. If you do have a tendency to overheat then let people know, or if you have a medical condition that can cause problems out on a ride.

For riding gear in hot weather look for lighter colors and well-ventilating gear. A white helmet will be much cooler, at least on the outside surface, than a dark helmet. I don't have personal experience with a

cooling vest but I know a lot of people use these and swear by them. One person I know likes a certain type of heavy cotton t-shirt that he soaks in water and wears under his jacket and it stays wet for hours. There are also helmet liners that you can moisten that will keep your head cool. If you don't like being wet then consider a shirt or base layer that will wick perspiration away from the body so as to help with airflow, cooling and overall comfort.

Until next month, stay cool, be safe and enjoy the ride.

Greg Hayes

August Article

I attended the Region E Reunion ride in last weekend up in La Crosse, Wisconsin, and had a great time. The main purpose of the event was just to get together and rides some fine roads. There were a number of organized rides, where they had already solicited a road captain and tail, then allowed up to 5 more bikes to sign up, limiting the groups to 7 bikes. I got to sign up for a ride each day with a different group. Every bike came from a different chapter, so it was interesting to see how well the team worked. Most everyone has had the same training, so you would expect that people who had never ridden together before as a group would still following the same rules. I was impressed that this was the case and this really helped make the ride enjoyable. When there is some predictability in what to expect from your fellow riders we will tend to feel safer. That being said, I found the two groups a little different, both in what the road captain did, as well as the rest of the team.

Both road captains did a good job of having a pre-ride meeting where they let us know how often we were stopping, where we were going and some basic riding etiquette, such as the staggered pattern, what to do at a stop, avoiding too big of gaps, and so on. On the road, both of the road captains called out changes in road speed, turns coming up and lane changes. The tails were great in securing the new lane for the lane changes and communicating with the road captain. However, one road captain tended to change lanes before the tail had communicated that the lane was secure. Also, one team was much better in staying close together. One advantage of staying close together is that other vehicles are less likely to try to merge into the group of motorcycles. Another problem with getting spread out is that sometimes the tail and the captain can lose communications. That is probably because the squelch is turned up fairly high and a weaker signal does not activate the CB receiver.

I think groups get spread out for a variety of reasons. When we get tired we know our reaction time gets longer so people start to leave larger gaps in front of each other. Same thing happens when we are distracted, which could be caused by having other conversations, checking our GPS, enjoying the scenery, thinking about supper plans, and so on. It could be some people just don't like staying close together. Staying close in requires staying alert. Or, they may be concerned about their own skills or are concerned about their reaction times. There may be valid reasons for increasing gaps. Certainly curvy roads, wet roads, poor roads and darkness can be good reasons. However, we typically can be safer if we can keep our spacing tighter.

It is obvious that the common training we receive with the Road Captain and the Team Riding courses make riding with other GWRRA groups much easier, more predictable and more enjoyable. I found neither group performed perfectly, yet I never felt unsafe with the group. But, I think we should always

strive to get better. No one does it perfectly. There are challenges to being the Road Captain (RC) or the Tail (TG) and we should be grateful to anyone that steps up to be one of these. But, all of us can improve in whatever we do. Team riding is a big part of GWRRA for many members. We all want it to be safe and very enjoyable. My recommendation is to never become complacent and to always look at how you can improve no matter what position you are in a group ride. The people in the middle are just as important on paying attention to their role in the group as the two ends are.

Look at any opportunity to take another Team Riding or Road Captain course. Please don't think the Road Captain course is only for RCs and TGs. Every member on a ride will benefit from understanding roles of the RC and TG. We held a Team Riding course before the Crazy Supper this year and we would be glad to come to your chapter to hold another one. We are also going to have more Road Captain courses in the next year and a half. I hear people are afraid to take that class thinking that they will then be pressured to be a Road Captain. However, if you are not comfortable with that position I don't think people will be expecting you to do something that is outside what you feel you are capable of doing. But, please do attend these courses. Everyone who rides in our groups should take these courses eventually. If you have taken them before, taking them again is a great refresher and an opportunity to get even better.

Until next month, enjoy your ride and I wish you a safe one.

Greg Hayes

Meet Our New Treasurer

Hello Trikers and Bikers,

I have volunteered as the Treasurer for F Troop in Cedar Rapids. I have managed a local Credit Union before computers. Wow that really dates me. The last five years of my tender I used a computer and was self-taught to enter all my business. Computers all the way today.

Dave and I have shared 43 years of sometimes marriageable bliss together. When we first got married he worked nights and I worked days to eliminate using a babysitter. Together we raised three children all incorrectly. Watched how they raised their children and think Wow they learned to do it right. From their upbringing they have produced four very balanced grandchildren. To which I can attest we did something right.

As the kids have all left the nest a long time ago we decided we needed a life. We traded in our old Trike and discovered GWRRA – F Troop at a rally held at McGraths Power Sport. There we met our second family. GWRRA – F Troop has taken us on many memorable rides with laughter and comradery. Ice Cream, Dinners, Lunches and Breakfasts. Recently in a Parade in Palo Iowa where it was discovered that the head of our safety committee was riding on a front tire with a chunk of rubber missing the size of a grapefruit. tsk tsk tsk To think she rode safely from Illinois. Someone had to of been riding with her. In the parade I threw a good size bag of candy to many happy children rifling through what laid on the ground and taking what they wanted leaving the rest. Thank goodness Randy brought the good

stuff. Three bags of candy bars. Didn't feel like a total waste. Five bikes represented F-Troop and a good time was had by all. Let's do it again next year with more riders. But wait I heard mention of a ride out west. Sweet

Thank you for entrusting me with the position of Treasurer. I hope to make you proud.

Eileen Lathrop

Chapter Anniversaries
August 21—Gary & Elaine McCune
September 5—JD & Theresa Smith
September 6—Paul & Kim Konkowski

CHAPTER EVENTS



Event—August 23-25. Chapter F Camp Out, Lena IL

Gathering—Saturday, September 21. 8:30 am. HyVee 32nd St & Oakland Rd, Cedar Rapids. Join us at 8 am in the Club room for breakfast if you can, gathering at 8:30 am.

Ice Cream Ride—Wednesday, September 4. Kava House, 122 2nd St SW, Swisher. Meet at Marion WalMart Service entrance at 5:45, kickstands up at 6:00

Ride—Sunday, September 8. Details to be announced.

Coffee—Wednesday, September 11. McCombs' home. Watch email for the address. Meet there at 9:30

Meet & Eat—Thursday, September 19. Location to be announced. Meet at 8:30 AM

Event—Saturday – Sunday, September 28-29. Chapter I/F Fall Leaf Ride. More details to follow.

Meet & Eat—Tuesday, October 1. Meet at the restaurant ready to order at 6:30. Location to be determined.

Ride—Saturday, October 5. Breakfast/Ride. Details to be announced.

Gathering—Saturday, October 19. 8:30 am. HyVee 32nd St & Oakland Rd, Cedar Rapids. Join us at 8 am in the Club room for breakfast if you can, gathering at 8:30 am. Ride to follow, weather permitting.



EVENTS AROUND THE DISTRICT

September 20-21—Iowa District Rally, Knights of Columbus Hall, Oelwein IA. Registration form attached. Mark your calendar now!



INTERNATIONAL EVENTS

Wing Ding 41

Nashville TN

August 27-31, 2019





Ramblings from a Wandering Mind

We had a couple of events recently that need to be highlighted. Since we didn't have a formal gathering in August and with so many people out running around Lake Superior, we postponed the August newsletter.

On Saturday, August 17th, 6 of us met for breakfast at Hy-Vee and planned our parade ride. We had plenty of time before we needed to be in Palo to line up so Dave and Eileen invited us over to polish our bikes. Leaving there, I had a sign zip tied to my rack and so it wouldn't blow off, I dropped back in the pack and took my sweet time getting to Palo. We met there and got lined up for the parade. Not too much later, John M asked me when the last time I had checked my tires. Well, a couple of weeks ago, why? Check it out! The guys checked the tire and I got on the phone with McGrath. Sure, we have a tire, come on in whenever you can and we will get you fixed up. I did, and they did. Got to love those guys for taking care of us in a timely manner. There was a gentleman in the waiting area with me and when Nick came back to get me he let the gentleman know that his bike was ready too, but would you like us to wash it? The dude said sure, might as well get something for free. So I asked Nick did you wash my bike? Of course, Sue, we know you would want it washed! Now that's service!



The second event was Sunday, August 18th with the annual Ronald McDonald Ride. We met people from most of the other chapters around the state to have an inside picnic as the weather wasn't exactly cooperating. I actually rode down with Dave and Eileen, in their truck. It was raining when we left town and choose not to ride. Wouldn't want to get my new tire wet, now would I?

We had almost 70 people there and did quite a collection of items, tabs and toys, not to mention the cash. These totals are not all official, as there was still some donations outstanding. We donated 361.5 pounds of tabs, 7 large tubs of toiletries, and one of toys. Cash totaled over \$1800 with more to come. We need to do better with the tabs! Chapter F had a great total of 8 pounds. Save those tabs people. Pop cans, beer cans, energy drinks. Veggie cans, soup cans, dog and cat food cans. If it has a pull tab on the lid, save that tab. Lets try for 75+ pounds next year. We also had a total of \$291.56. The donation box will be back this year, lets fill it again!

Brad and Pete gave us some insight into their trip up north. I sure would have liked to be with them, but I wasn't expecting to be here during this month. Not sure if I will be able to go anywhere this year, but am planning a vacation in October. Need a vacation, even if I can't go anywhere.

Don't forget to get your registration in for the District Rally. It is only about 60 miles from Cedar Rapids so even if you can't stay, there's no real reason not to run up one day. We will be having a catered dinner on Saturday, that's the only cost for the rally and it's only \$10 per person. Friday night is going to be a chili/chicken noodle soup dump. Please bring chili or chicken noodle soup and we will add it to the pot. Should be interesting. Also please bring a side dish and/or dessert to share. We will have a bon fire both evenings, so feel free to bring things to s'more or other things to cook over the fire.

Started this newsletter out to just be a bare bones issue, but looks like it took on a life of it's own. So, get out and ride, we have more rides, ice cream rides and the start of the meet and eats coming up real soon. Be careful out there. Watch for school buses and kids, little ones and the older ones who are driving. It will soon be harvest time. Those big combines and tractors can slow traffic. Be patient and make sure they aren't turning left before you try to pass.

Until next time, be safe and take care.

Sue T

Don't forget to patronize and thank our major sponsors!



Chapter F Happenings!



Having technical difficulties trying to get pictures so just a couple of them this month



2019 DISTRICT RALLY



Friday & Saturday
September 20-21, 2019



The Columbus Club/Knights of Columbus hall
2101 S Frederick Ave, Oelwein, IA 50662

Questions? Email: iamoravecjam@yahoo.com
Call or text: Yvette @ 563-210-4532
or John @ 319-538-6965

Rally Happenings

ON bike rider challenges	Guided rides
OFF bike games	Self-guided rides
Couple Of the Year selection	FUN
Individual Of the Year selection	Raffles
Friday evening Chili dump/soup	FUN
Friday evening Chapter participation entertainment	
Saturday evening banquet	50/50 drawings
Ralph Swank award presentation	Bike show
Saturday afternoon flag parade	Hospitality room

To see and do in and around Oelwein

Oelwein Area Historical Society Museum
Hub City Heritage Railway Museum
Nearby Amish Community
Local shopping

SPONSORS



Storm Lake, IA



Cedar Rapids, IA

Supporters

Sportsmans Corner, Algona
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Randy & Debbie Heath

Waukon Power Sports, Waukon
Mason City Honda
Don & June Detwiler
Vicki & Roger Harris
Roger & Sue Bahe
Dorothy & Doug Brons
Jay & Karen Sylling
Dan & Lynn Rasmussen

Local lodging

website links are at gwrra-iowa.com under tab "2019 District Rally" tab

Super 8 by Wyndham

201 10th SW, Oelwein, IA 50662 1-800-889-9706

Approx 68.00/night with GWRRA benefit

Parkview Motel

2508 S Frederick Ave, Oelwein, IA 50662 / Approx \$73.00 /night

319-283-3622 or at reservation counter 844-206-3231 / ½ mile S of rally

Boulders Inn & Suites: 855-516-1090

421 Rock Island Rd, Oelwein, IA 50662 / Approx. \$99.00/night

Camping

Fontana Campground & Cabins

1883 125th St, Hazleton, IA 50641 // 319-636-2617

Oelwein City Park Campground at intersection of Hwys 150 and 281

located 1/2 mile south of rally site / 319-283-5440

Lakeshore RV resort & Campground, 418 Q Ave Oelwein, IA

Located west of rally site, around the lake / 319-800-9968

-----CUT HERE & MAIL-----

2019 Iowa District Rally Registration

Rider: _____ GWRRA # _____ Exp ___/___

Email _____ Phone # ____-____-_____

Co/2nd-Rider: _____ GWRRA # _____ Exp ___/___

Email _____ Phone # ____-____-_____

Mailing Address: _____

City, State, Zip _____, _____

District/Chapter ___ / ___ Team Position _____

Number attending Saturday evening banquet at \$10.00 each _____

I/We agree to conform to and comply with the ideals governing this rally, and I/We further agree to hold harmless GWRRA, co-sponsoring organizations, or any property owner or owners for any loss or injury to self or in which I/We may become involved by reason of participation in this rally. I have read this entry form and agree to the above. **Please sign.**

Rider _____ Date ___/___/___

Co/2nd Rider _____ Date ___/___/___

Mail this completed form, with meal payment check issued to GWRRA Iowa District, by August 18, 2019 to:
Moravec's 100 Heather Lane Springville IA 52