

**In** previous newsletters we talked about leading rides, maintenance for your ride, choosing the right ride, and safety while on your ride. Now it is time to discuss Cornering your ride, there is one rule to remember when cornering: Start Slowly. Don't think about what others will think, remember you are ultimately responsible for your safety. Always stay on the lookout for changing road surface conditions. There are a number of items that can create hazards in corners that are especially dangerous which could cause a motorcycle to lose traction. These items include but are not limited to any one item being on the road, there could be multiple items in one place. Here are some items you may encounter: rain, grease or oil products, ice, paint (especially the painted strip), mud, sand, gravel, or a stopped vehicle and the list could go on forever. The main thing is pay attention to the road conditions especially on unfamiliar roads.

There are four points you should remember when cornering on a motorcycle.

**Follow the line with your eyes**

First, make sure that when you enter a corner, that your eyes already have followed the line that you want to follow through the corner.

**Be ready**

Second, make sure that you are ready before the corner. Ensure you have braked or slowed down prior to the corner and that you are in the right gear, and that your throttle is constant, with the speed that you want to be the entry speed.

**Lean in**

Third, enter the corner by leaning in, following your virtual line, and in the meantime keep looking far ahead, staying at the outside of the corner as long as possible.

**Throttle**

Fourth, always give throttle while in a corner. You will soon be at the point where you can lean in for the second time, and you will be able to accelerate out of the corner.

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**D**avid McGee is still recovering from the accident he had on his motorcycle. David was moved to one of the Walton Rehab Centers to begin his long road of rehabilitation that lies ahead of him, please continue to keep David and his family in your prayers. You can find updates on the Forum by following this link - <http://forums.delphiforums.com/augustachapter/start>

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**MEETING INFO:**

**We have two regular scheduled Monthly Meetings, one is the Monthly Social, held the first Saturday of every month at 7:00pm at various locations and the regular Monthly Meeting held the third Saturday of every month at 1:00pm:**

**June Social** will be Saturday, June 7th, the place is Bobby's BBQ located between North Augusta and Aiken on the Aiken Augusta Hwy (AKA Hwy 1). We are meeting @ 7:00 pm at the restaurant.

If you would like to ride with the group to the restaurant please meet at the Lowes on Peach Orchard @ 5:00 pm. The ride will depart at 5:30 to the Bobby's BBQ restaurant as a group.

**Regular Monthly Meeting** - held third Saturday of the month. Time - 1:00pm. Location is at the **Side Track Bar and Grill** on Washington Road in Martinez. The next monthly meeting is on Saturday

June 17, 2008.

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**NOTE:**

If you no longer wish to receive future newsletters please let me know and I will remove your name from the email list. If you would like to have your name removed from being a member of the Augusta SCRC Chapter Riding Club please let Tracy know at the following email address - tim228@hotmail.com, he will then ask me to remove your name from the email list.

This newsletter is intended to provide basic information about what is going on with the Augusta SCRC Chapter **Please take the time to visit our Forum web page on Delphi Forums -** <http://forums.delphiforums.com/augustachapter/start> there is no cost for the basic membership. There you will find the latest ride information and general discussions about events going on with the chapter. There is also a link to our new web site - <http://www.augustascrc.net/default.aspx>

There is also info about the mileage program and other news about the chapter.

Remember if you are joining the forum page for the first time, introduce yourself to everyone in the "New Members" tab with your forum name and your real name so the rest of us will know who you are.

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**ONGOING RIDE(S):**

The **WORLD TRAVELER** ride(s) is a program sponsored by US Rider News Magazine. Some riders have already started to collect pictures of 6 of the cities needed to meet the program qualifications. You can get more information on The World Traveler program at this web site - <http://www.usridernews.com/worldtraveler.asp> Over the next 6 to 8 months the Road Captains will coordinate rides to different cities that have names of countries. Once an individual visited at least 6 locations, took a picture of themselves with the sign of that town and holding a US Rider News publication, you mail your application along with your pictures to US Rider News and they will provide you with a World Traveler patch.

Here were some suggested cities to visit in Georgia - Athens, Augusta Bethlehem, Budapest, Buena Vista, Egypt, Denmark, Berlin, Scotland, Cairo, Dublin, Geneva, Lebanon, Rhine, Rome, and Milan pretty cool huh. There will be more info to follow. Hopefully I will be able to get the info out before the ride actually happens. You can get up to date riding information by visiting our forum site at this web address - <http://forums.delphiforums.com/augustachapter/start>.

**UPCOMING OVERNIGHT / DAY RIDES:**

**Weekend Ride to the Mountains - June 13, 14, 15, & 16** There is a weekend ride going to the Blue Ridge Parkway. If you would like to go please check the forum for more details.

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**TENNESEE RIDGE RUNNER** Rally (SCRC event) and Honda Hoot: There are several members planning overnight rides to both of these events. They both take place in June. More info to follow.

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**The traveling Vietnam Memorial Wall -** Is coming to Hilcrest Memorial Park/Cemetery June 27th, 28th, and 29th 2008. There will be a ride from Columbia, SC leading the Wall into Augusta on June 27th. Also on June 29th there will be a ride leading the Wall out of Augusta towards Roswell, GA. Please visit the Forum to get ride information at - <http://forums.delphiforums.com/augustachapter/messages>. There will be multiple rides organized, hopefully you will be able to make one of them.

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**GEORGIA SCRC Rally:** Third Weekend in July. The location changed to Cartersville, Georgia. The host hotel and overflow hotels are filled but there are a lot of hotels to stay in the area. More information available at the Georgia Forum Site - <http://forums.delphiforums.com/gascrc/start>

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Road Captains are working on plans for other day, weekend, and even week long rides. Randy and Mike are working on a week long trip to the Blue Ridge Parkway. Time will be announced on the Forum, anyone interested should keep checking the forum for latest info.

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**MONTHLY HEALTH TIP:** by Randy Taylor

Lowering Blood Pressure with CARNITINE

Carnitine is an amino acid that helps turn fat into fuel by pulling fat molecules out of the bloodstream and pushes them into cells, where they are burned. Carnitine is vital for (heart health); whereas most muscles likes to burn sugar, the heart prefers to burn fat. And while a health body makes enough carnitine to meet the heart's needs, when the heart is weakened, supplementing carnitine can ferry extra fuel to the hardworking muscle.

In studies, carnitine has been used with conventional drug therapy to improve symptoms of chest pain, hardening of the arteries, and congestive heart failure. Most top cardiologist recommends it to their patients with high blood pressure.

Both CoQ10 (last months supplement) and carnitine are good to accommodate the increased demands of a heart under stress, says James Roberts MD author of (Reverse Heart Disease)

**Dosage :** 2 to 4 grams of L-Carnitine per day.

**Where to buy:** On the supplement aisle in a powder or liquid form ( Biotics or Nature's Answer) name brands.

Thanks, Randy

Hope to see you out on the road.

Ken "Ax"  
Augusta SCRC Chapter 62  
Road Captain