

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 WHY WE RIDE: The Joy of Motorcycling by [Stephen M. John](#) of MSN autos

What attracts people to motorcycling? When faced with the numerous personalities of both riders and motorcycles, there may not be a single answer. Despite the differences between touring rider and hill climber, chrome-encrusted cruiser and nimble Grand Prix race bike, there are some universal attributes that get under the skin of the motorcyclist and feed the desire to ride.

Freedom is often cited as an attraction, but what does that mean? Compared to driving a car, riding a motorcycle offers freedom from the constraints of four-wheeled physics. When a car negotiates a turn, it leans to the outside of a corner, struggling to maintain its former direction of travel. A motorcycle leans into a corner.

This may not sound like much, but until you've experienced both you can't understand the superior grace and simplicity of this mode of travel. Cornering becomes a symphony of precise movements instead of an awkward wallow, working in harmony with the road instead of fighting it tooth and nail.

The Sense(s) of Freedom

Once freed of your steel cage you are thrust into the world to experience a broader existence unfettered by HEPA filters and climate control. Your nose will get a vivid introduction to skunk roadkill and diesel exhaust, but will also revel in bread baking and plants blooming. Your body will feel the thousand tiny impacts of raindrops and absorb the buffeting of the wind. Your skin will feel the gently warming (could be HOT depending on your location) temperature as you crest a hill and drop to the valley floor below. You are no longer huddled behind a wheel disconnected from nature. It's *Lawrence of Arabia* in Cinerama versus a daguerreotype of a camel.

Wrap all this freedom in a lovely ribbon of performance, and you get what experts call fun. Not the fake hood scoop, chrome wheels and racing stripe school of performance. Picture instead a carrier launch and you'll be in the right neighborhood, and you don't even have to pledge seven years of service. Best of all, this astounding performance is dirt cheap. For less than half the cost of most commuter pods you can buy a stock motorcycle capable of 9-second quarter miles.

All of this freedom and fun doesn't come without a price. First of all, you have to learn how to ride. Given the right training and the right attitude, the skills can be acquired by just about anyone. Want proof? One of my first forays was on my dad's 1975 Honda CB125S, a ride so mild it's hard to believe it could burn gasoline. I was so overwhelmed I couldn't remember how to stop, and ended up using a conveniently located pickup to do the job. Fortunately the Motorcycle Safety Foundation (MSF) runs well-organized classes where you can safely learn motorcycling in a pickup-free environment.

Finally, there's the favorite of mothers and fathers everywhere: danger. On a motorcycle you are more vulnerable and you'd better accept that fact and ride accordingly. I always ride as if I am invisible to the sea of cars around me, because all too often it's true. I wear a helmet, jacket, boots and gloves regardless of the temperature or length of the ride. You might think it's a hassle just to reach the corner store, and it does take more time than slipping on a seat belt. For me it is an important ritual, a reminder I am about to engage in an activity with a fair amount of personal risk. Donning my helmet triggers a pre-recorded message telling me I'd better be alert if I don't want to end up as a hood ornament.

Risk is inherent in motorcycling, but it can be managed and turned into an advantage, one that I think is the real long-term attraction of riding. A new rider must gain experience, since at first everything you have is spent just keeping upright. Gradually, shifting gears and scanning for Dozy Joe Auto blowing through a stop sign takes less effort as your brain adjusts to a new sensory plateau.

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:

July Social will be Saturday, July 5th, the place is CiCi's Pizza located in Martinez, GA on Flowing

Wells Road across the street from Gerald Jones Honda Auto Dealership. It is behind the Monterrey's Mexican Restaurant located on Washington Road. 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 @ 4:45 pm. The ride will depart at 5:15 Ride a few back roads and end up at CiCi's restaurant as a group. In the event of inclement weather we will meet at CiCi's at 7:00pm.

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.

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.

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>.

LOCAL CSRA EVENTS:

2008 BOSS BIKE SHOW on Fort Gordon, GA: Thursday July 3, 2008. During Fort Gordon's Independence Day Event. The Post Commander has waived the requirement of having the Motorcycle Safety Certificate on your bike to enter Fort Gordon for the event only.

\$250 Cash Prizes for Best of Show and Best Paint, There will be Trophies for 1st, 2nd, & 3rd Place.

Classes:

Custom | Stock | Street Performance | Classic | Antique | Touring | Trike

Registration: \$10 advance / \$20 day of show (must register by 6:00 pm)

To Pre-Register e-mail: jerry.swain@us.army.mil or check the Forum for the attached flyer.

Judging starts at 7:00pm on Rice Road

RIVERBLAST 2008 & First Friday: Friday July 4, 2008.

NBC Augusta presents the **6th Annual RiverBlast®**.

Come downtown to celebrate the birthday of our great nation! July 4th is also First Friday for the city of Augusta. We will be combining these events to create one HUGE event this year! There will be a family fun zone at the Augusta Commons and more fun and activities at the Augusta Eighth Street Plaza and the Riverwalk. Help us honor our country through food, fun and fireworks.

There will a **huge car show** in the back parking lot of the NBC Augusta studio from 9 a.m. to 3 p.m.

Fourth of July fireworks has been an annual event for over 17 years. RiverBlast® 2007 attracted over 100,000 people during this one day extravaganza.

Come and enjoy the free rides, free games, free entertainment, free face-painting, free balloons, food and craft vendors, car show and much more!

RiverBlast 2008 begins at 1 p.m. and ends at 11 p.m. We'll see you on the Fourth!

Click on the link below to find out more information about the exciting events at this years **RiverBlast®!**

<http://www.nbcaugusta.com/features/riverblast/21490734.html>

AUGUSTA SOUTHERN NATIONALS DRAG BOAT RACES: July 18, 19, & 20, 2008.

Gates open each day at 8am. Races start at 9am. Race is usually over around 6pm.

No Coolers | No Food | No Drinks | No Pets | Allowed on site

This race is put on to benefit the local chapter of the GA Special Olympics. We ask for your cooperation when it comes to these few rules. We have all the food and drinks you need onsite. You must be at least 21 to purchase alcoholic beverages. You will have to show proper id to get an armband in order to purchase beer or liquor. Chairs and blankets are ok to bring in. Umbrellas are also ok but need to be setup along the top of the grassy areas so they don't block the view of other spectators. Cameras are also ok to bring onsite.

You may see pets' onsite, those belong to the racers who travel all over the country with them to bring these races to you.

Remember to drink plenty of fluids before and during the races. (Preferably not only alcohol) the temperature will be hot at the races and no one wants to ruin a weekend passing out from the heat!!

There is medical personnel available for anyone who needs it.
Click on the link below to find out more information: <http://www.augustasonthernnationals.org/>

UPCOMING OVERNIGHT / DAY RIDES:

North Georgia Chapter Ride to Toccoa, GA: Some Augusta SCRC members are riding Sunday, July 6th, to meet the North GA SCRC chapter in Toccoa, GA to have lunch at the **Crossing Family Restaurant** 319A Highway 145, Toccoa, GA 30577

Please check the Forum for ride information and departure time and location.

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>

8th Annual Autumn Thunder Beach Rally: September 25-29, 2008.
Located in Panama City Beach Florida

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.

MONTHLY HEALTH TIP: by Randy Taylor

MUST HAVE SUPPLEMENTS

Dr Steven R. Grundy, cardiologist and author of the new (DIET EVOLUTION), became a believer after seeing great improvements among his patients who started taking them. Now he recommends the following 5 supplements as a must have for anti-aging benefits.

1. Vitamin C - Plays a critical role in keeping our blood vessels strong by aiding collagen repair. Load up on C to help prevent illness during times of stress.

Dosage 500 to 1000 mg twice a day

2. B Vitamins - Can cut your levels of homocysteine, an amino acid that's linked to a lot health problems, including heart disease. If your homocysteine(an amino acid produced in animals) levels are high, consider adding folic acid.

Dosage 50 to 100 mg per day.

3.Vitamin E - Is the master antioxidant. It can prevent cholesterol oxidation, a key factor of heart disease. Dosage 400 iu (international unit) per day.

4. Magnesium - Helps maintain normal muscle and nerve function and regulates blood pressure levels. Dosage 500 to 1000 mg a day.

5. Basic Multivitamin - Look for one that offers 20 to 30 different minerals and vitamins in a daily dose. Remember to take with food, vitamins are a co enzyme, they need food to bond with. Your body will not

absorb them without food.
Dosage 1 capsule a day.

Thanks, Randy

Hope to see you out on the road.

Ken "Ax"
Augusta SCRC Chapter 62
Road Captain