

Augusta, Georgia Southern Cruisers Riding Club

The SCRC National Office asked that we cover certain safety topics at our monthly meetings. The intent of the discussion is to promote safe riding for the Southern Cruisers Riding Club members. This month we talked about using hand signals during group rides. Please keep in mind these guidelines are not intended to restrict your freedom, but instead, to help ensure that we all return home safely.

The guidelines cannot encompass every possible set of circumstances, and they are intended to serve as a basic guide for most situations. Each person is therefore expected to read, understand, and apply these guidelines, using their best judgment.

Please remember that YOU have the ultimate responsibility for YOUR safety, and always ride within your capabilities and that of your machines.

HAND SIGNALS:

A). At all times, standard hand signals will be used for: changing the formation to a single row and back to double staggered, all turns, lane changes, slowing, and stopping, and pointing out road hazards. Turn signal lights will also be used at all times.

B). All signals will be relayed to the rear of the group to allow all riders to take appropriate precautionary measures, and be aware of changes in speed and direction. Once the hand signal is given and the person sees in their mirror that it is being passed on, they may return to gripping their handlebars with both hands. The only one that needs to "hold" the hand signal is the Tail Gunner until he/she reaches the spot of the maneuver, based on following traffic.

C). Hand signals will be used at all times, to point out road hazards to following riders by pointing. In some cases, pointing out a road hazard will work just as well.

D). Left arm held high, one finger extended over head indicates single file, and extended following distance.

E). Left arm held high, one finger extended over head, followed by the Road Captain signaling and changing lanes indicates.

1). The Road Captain will move as an individual to whatever maneuver or position is required.

2). The group will follow as individuals, in a "follow the leader" approach, signaling and following the Road Captain as appropriate and safe.

F). Left arm held high with two fingers extended over head indicates the standard staggered formation.

G). Left arm held low and to the side, palm facing backwards, indicates slow and or stop.

Please Note: In a survey conducted by the Safety Team, Road Captains who reviewed hand signals during the pre-ride briefing and who gave clear exaggerated hand signals in a timely manner during the ride received high praise from group riders.

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:

The **Oct Social** will be Saturday Oct 4, at the Road Runner Cafe located in Augusta, GA. If you chose to drive by a vehicle other than a motorcycle, we will meet there at 7pm. For those wanting to ride as a group we are meeting at 5pm at the ? in South Carolina located on the north side of Exit 5. Please check the forum for the latest information.

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 Oct 18, 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 our 1st Officer Randy know at the following email address - crt3@knology.net, 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:

Check the following web link: <http://www.metrospirit.com>

6 Oct 08 - Felix Leather Bike Night - Peach Orchard Rd. - 7 pm

9 Oct 08 - Sonic Bike Night - Knox Ave, N. Augusta, SC - 7 pm

4th ANNUAL TOSS YOUR COOKIES RIDE

WHEN: 11 Oct 2008

WHERE: Shell Circle K - located at the intersection of Furys Ferry (Hwy 28) & North Belair in Evans, GA

MEET TIME: 8:30am KSU @ 9:00am

Here is the link for the Happy Cow Creamery- <http://www.happycowcreamery.com/>

Our "Brunch" stop is at Grits & Groceries Restaurant in Belton, SC on the way up. - <http://www.gritsandgroceries.com/>

11 Oct 08 - Southern Eagles Motorcycle Club 3rd Annual Cruise In - R2 Discovery Center 405 Main St, Edgefield, SC - Registration 9:30 am. For more info call Kelvin 803-384-0128

11 Oct 08 - Motorcycle Show at the Atomic City Festival - Main St. New Ellenton, SC - 11 - 4 pm - Music, crafts, amusement rides, car show and more. For more info 803-652-1711

11 Oct 08 - 3rd Annual Pink Ribbon Ride - Augusta HD - 9am

12 Oct 08 - 2nd Annual Biker Sunday at Powderville Community Church in Powderville, SC. 10 am fellowship, praise and worship, car and bike show. Free lunch. For info 864-220-1227

18 Oct 08 - Bike and Car show - Columbia Co. Amphitheater - 3 - 7 pm - Food Drive for Golden Harvest, concert, activities - For info 706-339-5782

18 Oct 08 - Run for the Legislature - Departs Thunder Valley at 323 Day Road, Aiken, SC at 10 am - Free Lunch and soda

19 Oct 08 - Tribute to the Fallen - Registration 8:30 am Home Depot at Belair and Washington Road

25 Oct 08 - 1st Annual Benefit Ride - n- Go Seek Scavenger Hunt - Supports Midland Valley Preparatory School - Riders get a map with locations in Aiken County to collect stamps. For info 803-594-1028

26 Oct 08 - 5th Annual Ghosts, Ghouls and Goblins Ride - Leaves Road Runner Café, Peach Orchard Rd. 4 pm

28 Oct 08 - SnoCap Bike Night - N. Augusta, SC - 7 pm

31 Oct 08 - Trunk or Treat - Midland Valley First Church of the Nazarene - Call 803-593-3114 for a space.

1 - 2 Nov 08 - cookout and bike show on Saturday, Biker Service on Sunday - Baxley Georgia - for info 706-560-1884.

1 Nov 08 - Roaring Thunder 2008 Fisher House Benefit Ride honoring Wounded Warriors - Staging at Food Lion off exit 190 in Grovetown - 11 am

3 Nov 08 - Felix Leather Bike Night - Peach Orchard Rd. - 7 pm

8 Nov 08 - Bikers and Cowboys Benefit Gena Tankersley Freeman Ride - Bussey Point, Lincolnton, GA - 10 am For info 706-339-1350

THE FALL PUMPKIN RUN - Sponsored by the CSRA Road Angels Car Club

When: Saturday, November 8, 2008

Where: Hooters on Washington Road in Augusta, GA

Registration: \$20.00, 9:00 am to 12:00 noon

Awards: 3:00 pm - Top 20 Plaques, Best of Show, Best Ford, Best Chevy, Best Mopar, **Best Motorcycle**, Best Miscellaneous, Best Interior, Best Paint

Over \$1000.00 in cash prizes, 50 / 50 Raffle and Great Door Prizes

Bring your chairs, your tents, your family, your friends, and enjoy the fun and music

Proceeds benefit the MCG Children's Miracle Network

For more information contact: Jan W. "Bubba" Holley - 706-736-4597 or Buck Buxton - 803-215-8525

9 Nov 08 - Hospitalized Veterans Ride - 11:30 am at VA Hospital on Freedom Way, Augusta, GA.

13 Nov 08 - Sonic Bike Night - Knox Ave, N. Augusta, SC - 7 pm

15 Nov 08 - 2nd Annual Toys for Tots Run - 8 am at Augusta Harley Davidson - Contact Paul 706-854-1036

25 Nov 08 - SnoCap Bike Night - N. Augusta, SC - 7 pm

Now through 23 Nov 08 - The Farmer's Shed Maize Quest - Clinton, SC - We have done this several years now, real fun trip - For info 803-730-2863

7 Dec 08 - ABATE Augusta Toy Run - Corner of 6th and Broad St., Augusta - Leaves 1 pm

UPCOMING OVERNIGHT / DAY RIDES:

If you want to bring camping supplies, Dennis will be trailering his bike up there so he can carry anything you want to put in the truck.

Meeting: at Exit 5 (DQ) in North Augusta, SC. at 7:45am Friday October 10, 2008.

KSU: Friday at 8:15 am October 10, 2008

Returning: Sunday October 12, 2008

Riding back roads all weekend, mileage will be close to 800+ miles for the weekend.

North Carolina Mountain Ride: Oct 10-12. We will be staying at The Iron Horse Motorcycle Lodge. If anyone would care to join us please call and make your reservation as soon as possible.

For Reservations please visit the web site <http://www.ironhorsenc.com/> or call 828-479-3864

Meeting: Waffle House Restaurant by Luvs Gas Station in Thompson, GA at 8:00am on October 10, 2008

KSU: 8:30 am on October 10, 2008

Returning: Sunday October 12, 2008

Road Captains are working on plans for other day and weekend rides. Ride times are usually announced on the Forum, keep checking the forum for latest info.

MOTORCYCLE SAFETY COURSES

Georgia Motorcycle Safety Course

Tobacco Road Elementary School & Ft. Gordon, Augusta, GA
(800) 245-4410
<https://online.dds.ga.gov/motorcycle/index.aspx>

South Carolina Motorcycle Safety Course

Aiken Technical College
(803) 593-9954, ext. 1230
In Person: Aiken Technical College
700-800 Building
WBDD Registration Desk
Mon. - Thurs. 8 a.m. - 6 p.m.
Fri. 8 a.m. - 5 p.m.

They have three levels, beginners, intermediate and advance.

MONTHLY HEALTH TIP: by Randy Taylor

ALCOHOL AND WEIGHT CONTROL

One of the most common questions I encounter when assisting clients and trainers with issues of optimal fitness is "can I drink alcohol and reach (or maintain) my desired weight?" As football season begins, many of us will be debating over the added calories in a tall cool one. Whether you drink is up to you and your doctor, but here are some points on alcohol consumption as it relates to weight management.

Alcohol is not void of calories. Not only does alcohol contain 7 calories per gram (a close second to the caloric impact of fat), most drinks also have a fair amount of sugar. The sugar may be natural, such as in wine, or may be part of a mixer, like that used in margaritas and daiquiris. It is quite obvious that regular, excess consumption of alcoholic drinks can lead to weight gain.

Due to the many examples of excess, alcohol is frequently associated with the "beer belly." However, scientific evidence suggests that responsible, regular, moderate drinking may actually improve weight control and may assist with weight loss. (Moderate drinking is defined as 2 drinks per day for males under 65 and 1 drink per day for females and for males over 65--one drink is equivalent to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of 80-proof distilled spirits.) Though the evidence is conflicting, it appears that fermented

beverages https://www.issatrainer.com/theAssociate/articles/editors_corner/09_01_2008.cfm?utm_campaign=The+Associate&utm_source=iPost&utm_medium=email,1 such as wine and beer, have been shown to improve the body's ability to regulate weight through a variety of mechanisms including: improved hormonal status (DHEA), improved insulin sensitivity, increased energy expenditure, antiangiogenic effects, and PPAR-receptor activation.

Moderate alcohol consumption has been shown to increase DHEA (sulfate) 16.5%, which may account for some of its weight management effects. Among other roles, DHEA directly affects body functions related to weight gain. When DHEA levels drop, bodyweight and body fat increase.

Moderate alcohol consumption may also influence insulin sensitivity. Insulin is a hormone produced by the pancreas, which drives sugar into the cells. Insulin also inhibits fat breakdown and promotes the storage of fat. As people age or suffer from obesity, they become less sensitive to the effects of insulin, requiring greater levels of the hormone to be released. High insulin levels, caused by reduced insulin sensitivity, lead to progressive fat accumulation. By improving the body's ability to respond to insulin, moderate drinking appears to reduce the risk of excess fat gain and possibly promote fat loss.

A third benefit of moderate consumption involves caloric intake vs. energy expenditure. Calories are burned by three main avenues: basal metabolic rate, thermogenesis, and physical activity. Alcohol may

increase thermogenesis in moderate drinkers. Regular drinkers may also see a reduction in the available calories from alcohol consumption, as they up-regulate the microsomal ethanol-oxidizing system, a set of enzymes that dispose of alcohol without using it for energy.

Certain alcohols also possess weight management benefits specific to their composition. Red wine, for example, possesses components that have been shown in alternate uses to limit an increase in fat.

"Angiogenesis" is a term that describes the growth of new blood vessels, necessary for growing or active tissue. *Antiangiogenic* compounds have been used as an adjunct treatment for cancer patients, and it has been observed that while blocking new blood vessel growth affects tumor size, it also prevents fat deposits from growing. As a result of this finding, antiangiogenics are being developed by pharmaceutical companies to combat obesity. Several antiangiogenic factors are present in red wine, including resveratrol, which may also explain some of the heart disease protection and lower cancer rates present in wine consumers. However, the antiangiogenic effect of wine is likely to be a less significant contributor to noted weight management effects.

An interesting final benefit of moderate drinking is linked to the hops in beer. The extract of hops, an ingredient used in the brewing of beer, has demonstrated weight loss effects in rats. Isohumulones are present in hop extract and have many properties that may lead to fat loss. By blocking the effect of digestive enzymes, hop extract appears to inhibit the digestion of dietary fat, resulting in decreased fat calorie absorption. Isohumulones have been shown to reduce fat cell size in rats, improve insulin sensitivity and lower blood fats (triglycerides). In addition, isohumulones also increase lipid oxidation (fat-calorie burning), decrease fat storage and have an antiangiogenic effect. Further, isohumulones also appear to activate PPAR receptors. Active PPAR receptors reduce blood fats (triglycerides), improve insulin sensitivity, and reduce appetite. It remains to be seen if similar effects are noted in humans, but the initial data shows promise.

Though the individual effects of increased DHEA, improved insulin sensitivity, increased caloric expenditure, antiangiogenic effects, and PPAR-receptor activation are likely of minimal potency, the combination may produce weight management benefits over the course of many years. Remember though: the amount is key. One to two drinks, depending on gender and age. More than that, and your body will have no choice but to store the calories as fat--not to mention battle all the other negative physiological effects of excess alcohol. So the key words to remember to drink (alcohol in moderation).

Be Healthy, Ride More

Thanks,

Randy

Augusta SCRC Chapter 64

1st Officer

Hope to see you out on the road.

Ken "Ax"

Augusta SCRC Chapter 62

2nd Officer