

Augusta, Georgia Southern Cruisers Riding Club

The fall riding season and cooler weather is once again upon us. This time of year has some of the best riding weather. But don't forget to be prepared for the changing weather conditions especially the temperature. The proper gear can be the difference between a nice relaxing ride and one where you can't wait to get home to get in a hot shower or bath to thaw the numbing feeling in your fingers and toes. Inadequate riding gear can lead to Hypothermia.

Hypothermia occurs when more heat escapes from your body than your body can produce. Signs and symptoms of hypothermia may include gradual loss of mental and physical abilities. For most people, hypothermia isn't a serious but prolonged exposure to cold air temperatures are common causes. When you're enjoying outdoor activities as motorcycling, hunting, fishing, boating and skiing, be aware of weather conditions and whether you or others with you are wet and cold. If you get cold and wet, move indoors and get warm and dry as soon as possible before you develop hypothermia.

Symptoms of hypothermia usually occurs gradually. Often, people aren't aware that they need help, much less medical attention. Common signs to look for are **shivering**, which is your body's attempt to generate heat through muscle activity, and the "**-umbles**":

- Stumbles
- Mumbles
- Fumbles
- Grumbles

These behaviors may be a result of changes in a persons consciousness and motor coordination which can be caused by hypothermia.

Other hypothermia symptoms may include:

- Slurred speech
- Abnormally slow rate of breathing
- Cold, pale skin
- Fatigue, lethargy or apathy.

The severity of hypothermia can vary, depending on how low your core body temperature goes. Severe hypothermia eventually leads to cardiac and respiratory failure, then death. Other contributing causes include inadequate clothing and neglecting to adequately cover your extremities, particularly your head, 20 to 40 percent of heat is lost through the head; so covering the head and neck is very important in reducing the likelihood of hypothermia when riding motorcycles.

Motorcycle riders need to wear clothing to accommodate changes in ambient temperature but must also take into consideration the wind chill temperatures created by driving at various speeds. Also prolong exposure to cold temperatures incurred by motorcycle riders experience while riding increase the risk of hypothermia. Wearing cotton in cool weather is a particular risk because cotton retains water, and water rapidly conducts heat away from the body. Even in dry weather, cotton clothing can become damp from perspiration and chilly after the wearer starts riding again. Synthetic and wool fabrics provide far better insulation when wet and are quicker to dry. Some synthetic fabrics are designed to wick perspiration away from the body.

Remember the key is to cover your extremities and wear clothing in layers, ride safe.

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 **Nov 2008 Social** was held Saturday Nov 1 at Sconyers Restaurant located in Augusta, GA.

The **Dec 2008 Social/Christmas dinner** will be a potluck dinner held Saturday Dec 6 at one of our members subdivision club house in Evans, GA. Please check the forum for updates. Please RSVP to Randy the 1st officer.

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 Nov 15, 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>

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 -

4th Annual Veterans Ride in Honor of Hospitalized Veterans - sponsored by ABATE of Georgia.

When : Nov 9, 2008

Live music entertainment will start at 11:30am - Join the line up early.

Ride departs promptly at 1:00pm (rain or shine)

For those interested in riding in as a SCRC group, the meet location and ride info will follow. On previous rides supporting this event we met for breakfast before the ride and rode in as a group.

Entry Fee : AT LEAST ONE (1) GIFT for a hospitalized Veteran.

In lieu of a gift a minimum donation of \$15.00 is being requested.

SUGGESTED GIFTS: NO reading books or crossword puzzle books, please!

Phone cards, 2009 wall calendars, portable radios, hand held games (poker, solitaire, etc), books on tape & cassette players, CD's and portable CD players, playing cards, reading glasses, men's & women's slippers, socks, underwear, t-shirts (lg.-XL-2X), pajamas, robes, note cards, stamps, envelopes, stationary, pens, to name a few.

Personal Care Items needed: shaving cream, razors, deodorant, shampoo, conditioner, toothbrushes, toothpaste, comb/brush, etc. - be generous!!

NOTE: personal care items **MUST** be TRAVEL SIZE - bed side space is limited.

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:

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

This months Health Tip is short and sweet, it's about Probiotics. For those who are not familiar with that , remember the commercial about (DANONE Activia) Yogurt. To help with bloating and regulate slow intestinal problems after a few weeks .

Here is Some Food For Thought on,

Probiotics

Our intestines are home to about four hundred different species of bacteria. Some of the bacteria might promote health by digesting food, producing vitamins, preventing infection and regulating our immune system. Therefore, a popular theory is that if you supplement with good bacteria, you can more favorably colonize the gut and promote good health. Probiotics are live bacteria that you ingest. The bacteria then pass into the digestive tract and enter the intestine, where they promote health. This healthy bacteria (microflora) can be found in foods such as sauerkraut and yogurt.

Though commonly discussed in the same arena, *pre*biotics are not to be confused with *pro*biotics. Prebiotics are not bacteria at all. They are nutrients, typically non-absorbable carbohydrates, which are found in legumes, fruits and whole grains.

While there is a lot of material on the internet and various magazines about probiotics being a natural cure, there is not enough data to conclusively say that they help autoimmune disease or human health.

You can get probiotics from a healthy diet, but if you choose to supplement with a probiotic, it should have published data supporting its use. Production of the probiotic should have high quality control and purity standards. Since the FDA does not monitor supplements in the US, it is important to do your own research. Finally, people with compromised immune systems need to be very careful when using probiotics, as there have been rare reports of bacterial infection in such patients. As always, talk to your doctor about supplement use that's right for you, especially if you have a diagnosed medical condition.

Be Health,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