

Southern Cruisers Riding Club

Chapter 62

Augusta, Georgia

There is a web site available that can help everyone understand the difference between a Motorcycle Club and a Riding Club such as we are the Southern Cruisers Riding Club. The web sites purpose is to provide people of the Motorcycle community with information that will assist in bringing and maintaining a peaceful and respectful understanding between members of different motorcycling organizations that share the roadways. The web site states it is for education and information purposes only. They do not guarantee the accuracy of all information presented but will make any corrections and updates as they get new information or as inaccuracies are pointed out. They would also like to say that they understand that you may or may not agree with some or any of the things contained within the web site and only ask that you read it with an open mind and consider that while you may or may not agree, you are at least gaining some insight as to what a MC type club is about. It should be noted that different areas and different motorcycle clubs each have their own set of rules they follow. No disrespect is intended toward any individual, group, club or organization with the information they provide.

They state they are just a group of people that, with the site, do not claim any club affiliation at all. They are just trying to pass along a little knowledge that may help someone somewhere answer a few questions they may have. They state they will never claim to know everything about every club. They will not share any internal club business, just generalities about clubs. They also welcome constructive comments from all. If an inaccuracy is found, please contact their webmaster.

Please read as much as possible on the web site. The left column has different articles that are very interesting.

Web Site - <http://www.rcvsmc.net/>
Web Master - Teacher@rcvsmc.net

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:

NOTE: The **Mar 2009 Social** will be Saturday Mar 7, 2009 at 7:00pm at The Somewhere in Augusta Restaurant located on Washington Road in Augusta, GA. The monthly social is held the first Saturday of the month.

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 Mar 21, 2009.

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): NONE

LOCAL CSRA EVENTS:

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

Kelsi Long Memorial Ride: Ride to benefit MCG Children's Medical Center for children with Down's Syndrome and special needs sponsored by Augusta Harley Davidson, NBC Augusta, Eagle 105.7

When: 21 Mar 09

Where: **Augusta Harley Davidson.** Register for the ride at Augusta Harley Davidson between 8:00 – 9:45 am. Ride will begin at 10:00am, visit the MCG Children's Medical and return to Augusta Harley Davidson. Lunch will be

provided by Augusta Harley Davidson.
KSU: 10:00am
POC: Mike Maddox @ 706.556.8427

UPCOMING DAY RIDES:

Check the Forum for upcoming day rides @
<http://forums.delphiforums.com/augustachapter/start>

UPCOMING OVERNIGHT RIDES:

B-B-Q Ride to Ocean Springs, Mississippi (THE SHED B-B-Q):
ADDED ATTRACTION Tour of the USS Alabama in Mobile, AL

Date: April 13th thru 16th
Place Lowe's Parking Lot Windsor Springs Rd

KSU: 9 AM Monday April 13th.

We will take all back roads thru the countryside. Stay at the Comfort Inn (334-222-8891) either in Andalusia, AL for \$76.00 a nite Plus tax or at the Comfort Inn (251-578-4701) or in Evergreen, AL for \$73.00 a nite Plus tax. The trip is about 1000 miles for the four days. If you want to check out the Eatery go to (theshedbbq.com). It tells all about the place. (The one in Ocean Springs is open Wed thru Sun.)

Ride will be led by Mike Adams (aka - Super Chief)

P.S. Address for both Comfort Inn Hotels
1311 Martin Luther King, Express, Andalusia, AL - (334) 222-8891
1571 Ted Bates Road, Evergreen, AL. - (251-578-4701) (32 miles further

Tennessee Mountain Ride:

Date: April 3rd - 6th

Meet/Departure Place: Pollards Corner.

Meet @ 9am

KSU: 10am Friday April 3rd.

Ride is going to Robbinsville, NC to stay Friday night.
Leave from there on Saturday morning, ride the dragon and the foothills parkway over to Gatlinburg, TN. Sunday Morning ride down HWY 441 over to 28 to Franklin, NC. Return home on Monday. Below are the hotels that we have picked out to stay in and they have all helped us out with a rate.

The San-Ran Motel has 9 more rooms available, the greystone should have plenty of room to accomodate all, and the Franklin Motel has about 20 rooms available.

Please email to RSVP when reservations have been made:
mays383@comcast.net

Call either with any questions:

Rick Jr.- 706-829-2384
 Rick Sr.- 706-830-3308

3rd	Destin. 1	Robbinsville	San-Ran Motel 828-479-3256	\$55- 2 doubles Tell them that you are with Rick Mays to get special rate
		Pigeon Forge, Tn	Stop off only	
4th	Destin. 2	Gatlinburg, Tn.	Graystone Lodge 1-800-451-9202.	\$68 – 2 Dbl Tell them that you are with Southern Cruisers to get special rate
5th	Destin. 3	Franklin, NC.	The Franklin Motel - 1-800-433-5507	\$39.95 – 2 Dbl Tell them that you are with the Southern Cruisers to get special rate

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

Beginners Guide To Basic Nutrition: Part 2a

Cholesterol

Cholesterol isn't entirely a bad thing. It's actually required by the body to build and maintain cell membranes and is used for many other important functions as well. There are two ways that we get cholesterol. One is by the body itself, which the liver actually produces. The other way is through our diet. The amount produced by the body is usually all that we require, which means the amount we get through our diet should be kept within a certain limit.

As you probably already know, high blood cholesterol levels, which are a major risk factor for heart disease, would be a very bad thing. This is another important reason why we try to keep our dietary cholesterol intake to a safe level. I will also mention that dietary cholesterol is only one small part of the cause of high blood cholesterol. Trans fat and saturated fat intake play an even larger role. Your weight (another reason calorie intake is important), age, activity level, and genetics also play a role.

The American Heart Association recommends that we consume less than 300 milligrams of cholesterol per day. They also recommend shooting for less than 200mg if you have any heart related issues, although you should of course check that with your doctor. For the average healthy adult however, less than 300mg of cholesterol per day is about the amount I've seen most often recommended.

Egg yolks, dairy products, meat, chicken, turkey and fish.

Sodium

Sodium is another nutrient that's viewed as "bad" even though a certain amount is actually required by the body to help maintain proper fluid balance, help with the function of nerves and muscles, and more. It's when sodium intake is too high that the negative effects (most notably high blood pressure) occur. This makes sodium another nutrient that should be limited in our diet.

The USDA, AHA and many other sources all recommend keeping your sodium intake under 2300 milligrams per day. The AHA also recommends that African Americans, middle-aged and older adults, and those with high blood pressure should try to consume less than 1,500 mg of sodium per

day.

Salted snack foods (pretzels, chips, etc.), many fast food items, many canned foods, ham, bacon, corned beef, hot dogs and other similar meats, certain frozen foods, and certain dressings. And of course, any food you add salt to.

Carbohydrates

Carbohydrates (AKA carbs) are a major source of energy for the body. The older, simpler explanation of carbs goes something like this. There are two different types; simple and complex. Of the two, simple carbs should be avoided due to the speed at which they are digested. Simple carbs digest quickly, and this has a negative effect on our blood insulin levels. Diets high in simple carbs have been shown to increase our risk of diabetes and heart disease, while complex carbs have been shown to do the opposite. For this reason, you should try to greatly limit typical junk foods like candy and dessert items, soda, and really any other sugary foods. Complex carbs on the other hand digest slower and should therefore comprise the majority of your carb intake.

But, the "complex" and "simple" label only tells part of the story, which brings us to the usefulness of the glycemic index. The glycemic index classifies carbs based on how quickly and how high they boost blood sugar when compared to pure glucose (sugar). This is useful for figuring out that a food like white bread, which actually fits the "complex carb" label, will in reality cause a rapid spike in our blood sugar levels. For this reason, in addition to the simple carbs mentioned above, you should also greatly limit other high glycemic foods such as white bread, white rice, crackers, many cereals and other highly processed foods.

The amount of carbohydrates most often recommended per day is typically in the area of 50% of your total calorie intake (most recommendations range from 40-60 percent). 1 gram of carbs contains 4 calories. So, let's say an example person is consuming 2000 calories per day. 50% of 2000 is 1000 calories. And, since 1 gram of carbs contains 4 calories, you'd divide 1000 by 4 and get 250 grams of carbs per day for this example person.

All recommendations given are based on the average healthy adult.

Be Healthy, Ride More!

Thanks,
Randy "X-Man"
Augusta SCRC Chapter 62
1st Officer

Hope to see you out on the road.

Ken "Ax"
Augusta SCRC Chapter 62
2nd Officer