

Southern Cruisers Riding Club

Chapter 62

Augusta, Georgia

The Augusta SCRC Chapter 62 Cookout will be held May 16, 2009.

We have several members helping with food, to include cooking, Bike Games and to set up but we still need help with a few other areas. If you would like to help please contact Tracy Smith via email - tim228@hotmail.com.

We would like to continue having the silent auction this year but Tracy will not have time to visit all the area bike dealers, restaurants, or other businesses that might be willing to donate an item or a gift certificate that we could use for the silent auction. In the past the Silent auction has been very successful and a great way to raise money for St. Jude.

We would like to put together a small committee (2-4 members) to help with planning for the cookout. If you are interested in volunteering please let Tracy or Randy know as soon as possible.

Also on the day of the cookout Tracy will need someone to handle 50/50 raffle sales and collecting money for lunch. If you are interested in helping out just let him know.

Tracy will post messages about the Cookout on all the forums of the GA and SC SCRC chapter. We are hoping for a large group of visitors this year. It is very important to get everyone's participation in the cookout to make this a success.

News Article of the Month:

Motorcycle Myths

Bike Week – the unofficial launch of the riding season – kicked off Feb. 27 at Daytona Beach, Fla. Anticipating the new riding season, many of your fellow bike riding enthusiast are gearing up to take to the open road. Since I've been around the motorcycle community of riders there are several statements I hear motorcycle riders repeat. I did a little research and found that some of those are

myths and some are facts. Before you let the wind fly through your hair, ask yourself to consider a few things:

Motorcycles are cheaper than cars. — True. But you wouldn't look as cool driving a new car that cost the same amount that you paid for your bike. Most motorcycle riders factor in the monthly payment for a motorcycle into their budget but forget to figure in the cost of insurance, riding apparel, and maintenance to keep your bike road safe. Our group of riding enthusiast predominantly ride cruiser style bikes versus sport bikes there are still a select few that still "ride like you stole it" 50 percent of the time, which decreases your gas mileage and increases tire wear by a third. I've seen various discussions on the forum about the cost of motorcycle tires, we have all found out motorcycle tires are expensive compared to car tires. With these additional expenses factored in, now you're in the same monthly price range as some cars.

Motorcycles are safe – it's the "other guy" that causes accidents. — False. Although car drivers do pose a risk and are responsible for many accidents with motorcyclists, you are still responsible for how you ride. Never ride past your comfort zone or above your skill level without proper training.

Motorcycling provides freedom. — True. Motorcycling can provide freedom and escape. It's just you and the road as you motor along, leaving your problems behind. But know the potential cost of that freedom. According to the National Transportation Safety Board, "Motorcyclists represented 2 percent of the traffic on America's highways in 2007, but they represented 12 percent of highway fatalities."

The same rules that apply on post don't apply off post. — False. Since we live in a town that has military riders present it is good to know that a lawful order applies on and off duty, as well as on and off post. There are no military installations that allow service members to ride without the required personal protective equipment (PPE) outlined in Army Regulation (AR) 385-10. This applies to National Guardsmen both on and off duty and regardless of individual state laws. Army reservists also are required to wear PPE whenever they are in a duty status. However, you're a Soldier 24/7, and it would help build the case to get the same benefits as active duty personnel if the same rules are applied across the board.

If I have an accident, TRICARE will pay for it. — True. However, if a Line of Duty determination, as covered in AR 600-8-4, finds misconduct on your part by not wearing your PPE, you could be held liable for your medical bills. In addition, you are still subject to local laws and the uniform code of military justice on top of that.

I've ridden on and off for years and don't need to take any training. Heck, I could teach the course. — False. How many times have we all heard

someone say that statement? You may have ridden in the past and for many years; however, bike designs, handling characteristics and power-to-weight ratios have changed. Besides, if you're that knowledgeable, maybe you could share your experience with other riders through a local Motorcycle Mentorship Program at military installations.

Military soldiers should be restricted from riding motorcycles, just like professional athletes are during their game season. — False. Although some military leaders have advocated enforcing this rule, all it would do is drive motorcyclists to ride off post, where there could be even more issues. In reality, we need to bring more high-energy and thrill seeking activities and events back to military installations, where Soldiers and their family members along with civilians can enjoy these types of activities safely. You will not find skateboarding, skydiving, and ATV trail riding on most military installations. These activities are no more dangerous than horseback riding when supervised properly.

The dealership will help me pick the right bike for me. — False. Reputable dealers will help you pick a bike that is true; however, they are in the business of selling motorcycles. Most dealers will not refuse to sell you a motorcycle because they know if they don't sell you one you will shop elsewhere. Many first-time buyers purchase more bike than they're ready for – most people by a bike that fits their ego, not their level of riding experience. Get with your Motorcycle Mentorship Program or, better yet, attend the Motorcycle Safety Foundation's Basic Rider Course. There, experienced riders with your best interests in mind will help you select the bike that's best for you.

Thrill-seeking and high-risk behavior kills motorcyclist. — False. Indiscipline is the No. 1 killer of riders. Learn to become a disciplined rider. A large percentage of accidents were the result of indiscipline or lack of experience. Speeding, loss of control and not wearing protective gear were some factors in a number of accidents where some resulted in fatalities.

Those getting killed on motorcycles are around 18 years old. — False. For the last two years, motorcycle fatalities were riders in the 22 to 33 age range. This age group led the way in most motorcycle fatalities by more than 80 percent. These fatalities involved indiscipline (speeding) and loss of control while riding a sport bike. When it comes to sedans, younger aged drivers 17 to 24 accounted for 74 percent of the fatalities. Of that group, nearly half were either speeding or not wearing their seat belt. Know the facts and use them to make positive risk decisions. Being an educated and experienced rider is one of the best things you can do to protect yourself. Also, a word of advice: slow down. Don't be in a big hurry to get into an accident.

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 **Apr 2009 Social** will be Saturday Apr 4, 2009 at 7:00pm at The Golden Corral Restaurant located on Bobby in Martinez, GA. The monthly social is held the first Saturday of every 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 Apr 18, 2009.

NOTE:

If you no longer wish to receive the newsletter 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.

LOCAL CSRA EVENTS:

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

Local Bike Nights:

Tuesday Night

Hooters, Washington Rd., Augusta, GA. Restarting on April 21, 2009
The Loft, Broad St., Augusta, GA. Every Tuesday

Thursday Night

Indigo Joe's Restaurant, Wheeler Rd., Martinez, GA

Augusta Harley Davidson Asphalt Party:

When: April 11, 2009 at 10:00am

There will be live music and food available.

There will be a chance to putt and will a 09' Harley Motorcycle. Check with Augusta HD to see which one is available to win.

UPCOMING DAY RIDES:

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

Ride to Shirley's Soul Food Café:

WHEN: Saturday April 4, 2009

WHERE: Meeting at 9:00am at the Cracker Barrel Restaurant @ Interstate 20, Exit 194 and Jimmy Dyess Parkway, Grovetown, GA.

KSU: 9:30am

Going to Shirley's Soul Food Cafe located in Toccoa, GA. The ride will be about 300 miles round trip. Contact Kenner Rodgers on the forum for more information.

3rd Annual Down Rider Benefit:

When: Saturday, April 4 2009, 10:00am until it ends.

Where: Woody's Bar & Grill on Hwy 25 North of Exit-5 on I-20 towards Edgefield, SC. This event is one of largest and most popular in the area.

The Poker Run is \$10 a Hand with first bike out at 11:00am. Last bike in at 2 PM.

The Bike Games start after 2pm. There will be Bike games and BIKE-LESS games mixed in all day. There is also Mystery Game that will be really something

to see. There will be Trophies for Bike Games and Bike-less Games and a Special Prize for the Mystery Game. There will be some nice prizes for the Silent Auction and lots of door Prizes. There is also a 50/50 drawing,

The 4 Day Haze Band will start playing after 1pm. And the Robbie Ducey Band will play later Saturday.

They will have a special Biker Menu available:
New York Strip Dinner for \$7.99

Bikers from all over have said they are coming.
The weather is suppose to be between 75- 80 with lots of sunshine.
If you are on your bike or in a cage, come on out and enjoy a
FANTASTIC DAY.

Sponsored by the Down Rider Committee
Dixie Thunder Aiken
ABATE of South Carolina

Ride to the Crab Shack @ Tybee Island:

When: Saturday April 25th

Where: Pilot Gas station located at I-20 and Riverwatch

Meet: at 7:30am

KSU: at 8:00am

Ride back roads towards Tybee Island and stop at the Crab Shack Restaurant.
If you have never been to the Crab Shack you really ought to go at least once
and the ride isn't bad either.

Hope to see you all there.

Relay for Life Ride:

When: April 25, 2009

John Lowe is working on putting together a ride to support this event. The registration begins at 8:30am and last until 9:45am. The ride begins at 10:00 at CSRA Health Care 415 Hill Street in Thomson, GA. The ride will end at Harley's Grill located at 931 August Rd. Thomson, GA. Lunch will be provided and sponsored by Home Health Care and Harley's Grill.

The Relay for Life ride benefits cancer patients.

If you are interested in riding and want to ride in as a group please meet at the BP Gas station in Harlem, GA at 8:15am. We will ride to the registration location starting at 8:30am.

Come help us make this ride a success!

20\$ donation per bike 5\$ per rider

Possible Ride in July 2009 – Please read below:

John Lowe talked with Mark Mosley, the owner of the Indian motorcycle dealership in Charlotte, NC. He is willing to put together a tour of the Indian manufacturing shop and his dealership on a Friday, 2:00 the latest. In order for us to do this as a group we would need to leave Augusta by 8:00 am. The only way he will do the tour is to have 20 to 25 people to commit. No tour given for less then 20/25 people. Those willing to spend the night in the area can and then we will come back Saturday. You do not have to ride a motorcycle to go on the tour. If you want to drive your family up and meet at the dealership that is ok too.

The last two Fridays in July are currently available to do the tour, if we get enough to commit we will choose one of those days.

If anyone is interested please let John know as soon as possible.

His email is - llowe@charter.net

UPCOMING OVERNIGHT RIDES:

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 Lodge should have plenty of rooms to accommodate 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
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				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

TWO Weekend in Suches, GA April 24th - 26th 2009:

When: Friday April 24th 2009

Where: at the Waffle House on Belair Rd and I-20 Exit 194

Meet Time: at 11:30am

KSU: 12:00pm

Ride some GA's back roads up to Suches, GA and then enjoy riding some nice roads the rest of the weekend.

TWO (Two Wheels Only) has places to camp and there are cabins near by and on site. Go to their website for more info. www.twowheelsonly.com

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: Hwy 56 and Tobacco Rd at the Circle K Gas Station

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)

Possible – Ride to the Outer Banks of North Carolina:

When: May 2—4

At the time of this newsletter Tom Howe is planning an overnight ride to the Outer Banks of North Carolina. There is more information available on the forum with up to date details. He is still looking at coordinating motels and Ferry crossing information. He is looking at a three day ride but may expand it one additional day if he decides to take a less than direct route back.

As more information comes up he will post on the forum.

FYI:

Continue to check the forum for updates as our Road Captains are always working on plans for day and weekend rides that don't make it in the newsletter.

AVAILABLE 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 2b

Fiber

Fruits and vegetables, beans, oatmeal, brown rice, and other whole wheat/whole grain foods Fiber Fiber plays a key role in the health of the digestive system. There are two types, soluble and insoluble. Soluble fiber has been associated with reducing LDL cholesterol and an overall decreased risk of cardiovascular disease. Insoluble fiber is also associated with decreasing cardiovascular risk as well as slowing the progression of cardiovascular disease in those who may already have it to some degree. In addition, foods high in fiber (see the right column for examples) are typically also low in saturated and trans fat and high in a variety of important nutrients.

The USDA recommends that we consume 14 grams of fiber for every 1000 calories we consume. So, if your daily total calorie intake was 2000 calories, your recommended fiber intake would be 28 grams per day (a 3000 calorie diet would be 42 grams, etc.). Most other fiber recommendations fall in the range of 25-35 grams per day for most people, which is pretty similar to the first recommendation assuming a fairly average calorie intake is present.

Fruits and vegetables, oatmeal, beans, bran and most whole grain/whole wheat products.

Protein

Protein plays an important role in muscle, cell and organ function and is necessary for building and repairing the body's tissues. It is present in muscle, hair, skin, bone, and nearly every other body part, which makes protein a very important part of a healthy diet.

Pretty much every resource I've come across recommends that we consume a minimum of 0.8 grams of protein per kilogram of body weight. To figure this out in pounds, just divide your weight by 2.2 and then multiply your answer by 0.8. (For example, a 200lb person would divide 200 by 2.2 and get about 91. They'd then multiply 91 by 0.8 and get about 73. So, this example 200lb person would require a minimum of 73 grams of protein per day.) Of course, the keyword there is minimum, as 0.8g of protein for every kg of body weight is what's required to keep the body from breaking down its own tissues.

The USDA recommends that about 15-20 percent of your total calorie intake comes from protein. (This fits with their recommendations of about 50% carbs and 30% fat, which leaves 20% for protein.) 1 gram of protein contains 4 calories. So, let's say an example person is consuming 2000 calories per day. 15-20 percent of 2000 is 300-400 calories. And, since 1 gram of protein contains 4 calories, you'd divide

300-400 by 4 and get 75-100 grams of protein per day for this example person. I will also mention that for those who do some form of intense exercise on a regular basis, there is some research showing the need for a higher protein intake. A recommendation I've seen for these individuals is 1.8 grams of protein per kilogram of body weight per day. Many other resources recommend as much as 1-1.5 grams of protein per pound of body weight for those doing intense weight training regularly. However, for the average healthy adult who won't be doing any form of intense exercise regularly, I like the the USDA's 15-20% of your total calorie intake recommendation, or perhaps my own "average person" recommendation of 0.5 grams of protein per pound of body weight (a 200lb person would do $200 \times 0.5 = 100\text{g}$ of protein per day). Anywhere in the range of these two suggestions would be pretty good. Chicken, turkey, meat (the leaner the better), fish, eggs, egg whites and, to a somewhat lesser extent, nuts and beans.

Meals

Most research suggests that rather than eating 1-3 large meals or just constantly eating all day long, the ideal thing to do is to spread your total calorie intake out over 5-6 smaller meals per day, one approximately every 2-3 hours. For example, breakfast, another small meal, lunch, another small meal, dinner.

Consistency

A healthy diet is useless if you aren't (consistent with it). Remember, this isn't a temporary thing. Unless you only want the results to be temporary and the benefits to be nearly nonexistent, this has to become your new permanent way of eating. So, be as consistent as you can and make a healthy diet a regular part of your life.

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 "Axe"
Augusta SCRC Chapter 62
2nd Officer

