

# **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 volunteer please contact Tracy Smith via email - [tim228@hotmail.com](mailto: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 chapters. We are hoping for a large group of visitors this year, Road Captains may be asked to meet and lead the groups in to the Cookout location. It is very important to get everyone's participation in the cookout to make this a success.

#### **News Article of the Month:**

##### **TIPS & Past experience hints from other riders.**

Remember nothing can replace Good Judgment and Common Sense while riding. These tips were taken from the SCRC National web site. Read over them at your leisure, hopefully at least one of the tips will make your riding experience a better one.

1. If you plan on leading a ride, it is recommended to scout the route (if possible) prior to conducting the ride. Also, when planning your route always look for a second/alternate road to turn on in the event you miss your primary road. The second road should end back on the original route.
2. Be aware of places you may have to stop. Watch for loose gravel or sand. When stopping on the side of the road watch the amount of incline or sudden drop off, your left foot might be able to touch but your right one may not reach which could cause you to tip your bike over.
3. Watch for oil slicks around stoplights, stop signs or around areas where cars may have to sit for a period of time. Especially watch the painted arrows on the road indicating the lane traffic flow, they become very slick when wet.
4. When pulling out from a stop sign or stoplight and after making a turn, an even, steady acceleration is highly recommended. This will keep the formation together better than speeding up & having to slow back down. Do not slow to make sure the formation is following. This will cause a back-up & may actually prevent the rear bikes from making it through the light. If the formation is broken by whatever reason, keep the speed limit to 5-10 miles below the posted speed limit to allow the rest of the formation to catch up. You do not need to stop, (this is a judgment call based on the road & the traffic flow).
5. If the formation is broken, and there is a turn in the route, formation does need to stop as close to the turn as possible, allowing the trailing group to see where you turned. You may also instruct (prior to the ride in the pre-ride brief) that the last person in line waits at the corner to guide the rest of the group back up to the formation. This is the Road Captain's decision based on what they know of the route, the traffic, and safe riding practices.
6. Summer time & asphalt do not mix well, kickstands will sink in & the bike may fall over. Be aware of where you park, use something to support your kick stand. A crushed beverage can works great if nothing else is around.
7. All riders need to pay attention to the bikes and traffic around them at all times!!!! Nothing worse than a bike hitting another bike in a riding formation because they were not paying attention.
8. If you need to speed to get to your destination - you should have made better plans & started earlier. Chapter group rides are supposed to be enjoyable, not racing events. It is the ride leader's responsibility to obey all state and local traffic laws.
9. Riders..... So what if the Road Captain makes a wrong turn, sometimes that's how you find that hidden special road!!!!!!

10. If you think you need to burn a whole tank of gas before you stop for a 5 minute break, you are missing half the fun of riding with a group. The BS sessions at stops are all part of the experience.
11. If you know the trip will take 3 hours, plan on it taking 4. Something will always happen to cause a delay. The larger the group, the more time you should allow for rest stops, gas breaks, food breaks, etc.
12. One lesson that the MSF class teaches that I think needs to be clarified better is their admonition to always stop with one foot on the ground. Fine, if it is a small bike, but a touring bike should be stopped placing both feet on the ground at the same time. A slick spot is unforgiving, and very dangerous. Your rear brake can be released if your front brake is holding at 2 MPH with no concerns. The MSF used to teach that you stop with your RIGHT foot on the ground and the other on the peg. That was changed to LEFT foot down so that you could keep your right foot on the brake. In either case, by definition, your bike is not vertical with only one foot on the ground. If you must make a fast departure (to get out of somebody's way, for example), it takes more time to do so with one foot down rather than two. This, because you must straighten the bike as you depart, you have a more erratic start, and you must first take your right foot OFF the brake - all time consuming actions. Finally, you can probably rather easily handle a smaller bike with one leg, but a large touring bike is another case entirely. [There are always exceptions to the rule. If you are stopped at a light on a severe incline, your right foot belongs on the brake pedal. Similarly, in a panic stop situation you want to stop with your foot still on the rear brake.]
13. Assuming you are in the slow or second slowest lane and you approach an on-ramp, do a head check to the right. Equally as important, if you are approaching an off-ramp, do a head check to the LEFT (and catch that guy who is about to cut in front of you to make his exit).
14. REMEMBER! Too much following distance can be just as bad as, and frequently is "WORSE" than too little following distance. If the formation lacks uniformity in what we appear to be doing, then we don't "look" like we are "together" as a group. We become regarded as random individual vehicles in the traffic pattern, and not like a group or unit trying to function as one vehicle. Too much following distance INVITES cars into the formation, splitting it up in traffic. And if we don't control our lane space the cars "WILL" take it away from us. Be prepared! Non-motorcycling car drivers really do NOT understand what we do when we ride as a group or why. So, if a car starts to blindly move into or through the group - LET THEM IN. We can always re-form the group a little later down the road.

Footnote: If you are new to group riding or are uncomfortable riding in a group, please let the Road Captain know. Excessive following distance defeats the purpose of maintaining an equally spaced stagger formation. It

is much better for your safety and the safety of the group that you ride individually 1/4 mile behind the group. And we want to encourage you to be comfortable about making that choice.

15. If you need to leave the ride early, please notify the Road Captain AND the Tail Gunner where you plan on leaving the group. If possible be at the rear of the formation (ahead of the Tail Gunner) prior to leaving the group. Any bikes following should move up into the standard group riding positions.

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### **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:** We hold our monthly social on the first Saturday of every month.

The **May 2009 Social** was a ride to Yoders' Restaurant located in Abbeville, SC. It was held yesterday Saturday May 2, 2009.

**Regular Monthly Meeting** - held third Saturday of every month. Please see the beginning of the newsletter above – The Augusta Chapter Cookout will be held on May 16, 2009, the regular scheduled day of the monthly meeting. The next scheduled monthly meeting is Saturday June 20, 2009.

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### **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.

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**LOCAL CSRA EVENTS:**

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

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**Local Bike Nights:**

**Tuesday Nights**

Hooters, 2834 Washington Rd., Augusta, GA. Restarting on April 21, 2009  
The Loft, 927 Broad St., Augusta, GA. Every Tuesday

**Thursday Nights**

Indigo Joe's Restaurant, 3730 Wheeler Rd., Augusta, GA

Laura's Backyard Tavern, 218 S. Belair Road, Evans, GA

**Last Tuesday of Each Month**

SnoCaps Drive In, 618 West Ave., North Augusta, SC. Held the last Tuesday of every month starting at 7pm, look on their web site to see the sponsor - <http://antique-shop.com/sno/snocapevents.htm>

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**UPCOMING DAY RIDES:**

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

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**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 than 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](mailto:llowe@charter.net)

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## **UPCOMING OVERNIGHT RIDES:**

### **Possible – Ride to the Outer Banks of North Carolina:**

**When:** 2 – 4 May 09

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.

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### **Blue Ridge Memorial Day Weekend Ride:**

**When:** 22 – 25 May 09

**Meet Time:** TBA

**Meet Location:** TBA

**KSU:** TBA

Ghost (aka Rob) is going to the Blue Ridge Motorcycle Campground (BRMC) over the Memorial Day weekend. BRMC is having a cookout Sat 23rd, and he is planning on riding the BRP area, hwy 215, Dragon, etc...There are a few cabins available or you can tent camp, if anybody is interested in a cabin, better book soon.

<http://www.blueridgemotorcyclecamp.com/>

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### **Blue Ridge Parkway Ride:**

**When:** 13 – 19 Jun 09

**Meet Time:** @ 8:30am on 13 Jun 09

**Meet Location:** Pilot Gas Station on Riverwatch Pkwy at exit 200 on I-20.

**KSU:** @ 9:00am

This is a 7 day ride coming back from Cherokee, NC on Friday June 19 2009. Info is posted on the Event Calendar. Sometime in May we will have a meeting of all the people interested in participating in the ride.

Ride led by Mike Adams (aka - Super Chief)

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**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.

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**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>

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**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.

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**MONTHLY HEALTH TIP:** by Randy Taylor

**Exercise. My Anti-Depressant**

There's some very important news I'd like to tell you about in this article. We are all aware that exercise has a multitude of positive effects on the body, but do you know how it affects the mind? Specifically, do you know if exercise has any effect on perhaps the most common mental affliction in today's society: depression? Well, up until now, it had been thought that exercise is beneficial in treating mild to moderate depression but that it has no effect on severe depression. Guess what? A study out of Duke University has shown that exercise is on a par with drugs for treating depression! This is so significant that it bears repeating: investigators found that adults treated with group-based exercise did just as well as those treated with antidepressant drugs. Wow! Dr Blumenthal from Duke says, "There is growing evidence that exercise may be a viable alternative to medication." But he also adds a note of caution that "If exercise were a drug, I'm not sure it would receive FDA approval at this time." This is just a way of saying that the Duke study will need to be replicated and will need more evidence before

it's safe to tell patients to throw out their medication and get in an exercise program.

Is there any bad news in the Duke study? A little. The study showed that the exercise benefits were better for group-based exercise than for home-based training. However, it's not known whether or not this was because the home-based group did not push themselves as hard as the supervised group (thus, perhaps not stimulating the optimal release of the neurotransmitters nor epinephrine and serotonin), which has been proven to be responsible for relieving the depression or whether the social aspect of the group-based exercise leads to increased release of these beneficial neurotransmitters. Regardless of which explanation it is true.

A word of warning amongst all this great news. Do not start 'prescribing' exercise to yourself if you are indeed on some form of medication for depression, and do not use exercise as a substitute for that medication. You should speak with your physician ask their guidance on this study. As a personal trainer I have met new clients in the past when their physician recommended an exercise program in addition to the medication they were taking. These clients saw a big change in the level of depression they had after the first few weeks. I had a firsthand experience seeing the results with these individuals, I fully agree with the Duke study.

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