

Southern Cruisers Riding Club

Chapter 62

Augusta, Georgia

As the summer time temperatures start to rise in our area and we start to receive heat advisories for the CSRA Randy and I thought it would be the perfect month to direct our attention to riding in the heat. Instead of placing Randy's health advice at the end of the newsletter as we usually do, we decided to place the article at the top to hopefully get everyone to take the time to read some very important information as it relates to riding in the heat. Also check the article of the month directly below; it is also a heat related article.

Beat the Heat

By Randy Taylor

As we kick off the start of another hot summer, we will find ourselves playing, riding, and or exercising in the heat. These types of activities cause loss of fluids, and fatigue that can lead to dangerous health effects. If the risks are understood and precautions are taken, physical activity in hot environments can be performed in relative comfort and security.

There are four environmental factors that can contribute to the amount of heat stress we may experience: temperature, humidity, radiant heat, and air velocity. Other contributing factors may be age, weight, fitness level, medical condition, and the ability to acclimatize to the heat.

The human body naturally strives to maintain homeostasis or a balanced operating temperature (normally 98.6°F), even when it is exposed to extreme heat. Breathing, sweating, and blood circulation combine to enable the body to remain within a safe temperature range. But sometimes heat from the sun, radiant heat from a hot surface, or heat from hot processes can overwhelm the body's cooling mechanisms and result in heat rash, heat cramps, heat syncope, heat exhaustion, and even heat stroke.

Heat exhaustion and heat stroke are the most serious conditions and result when the body is subjected to more heat than it can handle. How much is too much? It varies, depending on the person and the situation. If improperly treated, heat stroke can be life-threatening. However, many heat-related health problems can be prevented or the risk of developing them reduced by following a few basic precautions:

Acclimatization: If the temperature of your environment cannot be controlled, then make every effort to maintain a safe and healthy body temperature. Take time to get used to the heat. With gradual increased exposure, we become better able to tolerate the heat. Look for cool, shaded rest areas to take periodic breaks as needed. Longer or more frequent breaks may be necessary when it is very hot or exercise is especially strenuous.

Rehydration: Sweating is part of the body's natural cooling system, but it results in water loss. Drink water or electrolyte-replacement drinks throughout the day to replace lost fluids, at least 1 cup every 20-30 minutes. Thirst is an actual sign of dehydration. I recommend that you drink before, during, and after activity in the heat. (Alcohol, coffee, tea, and caffeinated soft drinks) cause dehydration, so avoid them! Hydration should start the day before serious outdoor activity.

Scheduling: To take advantage of climatic and other environmental conditions, start riding earlier in the morning. Schedule the more strenuous activities for the coolest times of the day. Postpone nonessential activities and or play during heat spells.

Physical Conditioning: People who are in better physical condition are able to tolerate higher work temperatures. If possible stay in shape, and eat light healthy meals periodically throughout the day. Heavy meals contribute to body heat and divert blood to the digestive system.

The key to preventing heat related illnesses and accidents is to understand the hazards of physical activity in hot environments, take proper precautions to safeguard health, and to stay alert to early warning signs of heat stress.

News Article of the Month:

When You're Hot, You're HOT!

By David L. Hough, http://www.soundrider.com/archive/safety-skills/when_youre_hot.htm
And modified by Ken G.

Riding anywhere in the southeast during the summer months pretty much guarantees it will be hot the majority of the day. This summer has already started off to be a hot one and we are only at the beginning of summer. With the increasing number riders and different types of motorcycles on the road; you will find an abundance of riding apparel being worn or not worn. The one thing you will always see during the hot summer months is a rider with a jacket bungeed on the back of the bike, wearing minimal clothing, exposing themselves to the hot summer heat trying to stay cool. Depending on the time of day and how long that person is on the road, you can count on exposed skin being a little red from the

sun and wind. If you've seen that person on the road and you waive at them and they didn't waive back, they are not being unsociable, it could be a sign that they are on the fringe of heat exhaustion. Nobody wishes problems on a fellow motorcyclist, but there are lots of riders who contribute to the statistics before they crack the code.

There are always two sides to every coin, just like finding a rider that barely wears any clothes, you have the flipside, the rider that is in full riding gear, including riding pants, leather boots, and gloves. A rider that wears full gear once told me he wears a knit neck "cooler" saturated with water. As quickly as the fabric dries out in the summer heat, he periodically flips open his face shield and squeezes cool water on his face, then slams the face shield shut again. As the water dribbles down to wet his neck cooler and shirt inside his jacket. About 10 seconds after the water penetrates the neck cooler, it starts to cool him from evaporation in the hot air, and sucks some heat out through his neck. He stops often at fast-food outlets every few miles to replenish the water bottle with ice and water. While riding or stopping for water, he noticed how other people stare in disbelief that he is riding in the sweltering heat, as they peering out of their air-conditioned cars, bundled up in heavy riding gear.

Your body has automatic "thermostats" to protect the core organs from heat stress, including sweating, vasodilatation, increase in heart rate and reduction of blood pressure. If these tactics don't keep your core temperature steady, the body gives you warnings such as heat cramps. If you don't take care of the problem, it gets more serious, including heat exhaustion and heat stroke.

Sweating: The body has sweat glands to keep the skin damp. The evaporating sweat sucks heat from the skin, and transfers it to the air. Of course sweat is primarily water, so it's critical to keep replenishing the supply. That's one reason why we need to drink about a pint of water every hour during hot, dry conditions. One problem for motorcyclists is that at highway speed, the sweat glands may not keep up with the evaporation. Or, if the sweating uses up too much water, your body temperature regulating system goes on the fritz, like a dry battery.

Vasodilatation: To help cool down the core, blood vessels enlarge to circulate more blood (and therefore body heat) towards the skin. If ambient air temperature is lower than body temperature, excess heat can be absorbed by the air. But if the air gets hotter than the skin, the increased blood flow simply soaks up more heat from the air and pumps it back to the core.

Heart rate and blood pressure: The heart responds to increasing heat ("hyperthermia") by increasing the heart rate to pump more blood into those enlarged blood vessels. As the air temperature rises, heart rate (pulse) can increase 50% to 70% faster than the normal resting rate. The increased flow causes blood pressure to drop, and blood flow is shunted away from muscles and brain, towards the skin. Consider the implications of those changes on a motorcyclist. The lowered blood pressure reduces muscle control and brain

activity, and more blood is pumped towards the skin--where it is vulnerable to road rash

Symptoms of trouble: The human body won't take much of an increase in core temperature without complaining. The symptoms of overheating are leg cramps, tired muscles, headaches, dizziness, and even fainting. The various symptoms are trying to tell you how overcooked you're getting.

Heat Cramps: Muscle cramps caused by heat usually affect the legs and lower abdomen first, then the arms. Heat cramps are a symptom that the body's electrolytes are running low. It's not smart to ignore muscle cramps. Find some shade and take a break. Sip water or an "exercise" drink. Exert firm pressure or massage the cramped muscles to relieve the spasms. If you're still in pain, the recommended first aid dose is 1/2 teaspoon of table salt per half glass of water every 15 minutes.

Heat Exhaustion: Occurs as the body continues to shunt blood away from the brain and muscles. Symptoms of heat exhaustion include:

1. Headaches, dizziness, nausea, momentary fainting
2. Cramps
3. Tiredness, weakness
4. Profuse sweating
5. Pale, clammy skin
6. Approximately normal body temperature

If you begin to feel any of these symptoms during a ride, take immediate action before you pass out:

1. Get into some shade, preferably into an air-conditioned room.
2. Loosen clothing and wet down skin or undershirt to increase evaporative cooling.
3. Slowly sip water, or salt water solution, same dose as for heat cramps. Avoid alcohol or caffeine.
4. If you feel faint, lie down and get feet raised above head level.
5. If you can't keep the salt water down, get emergency medical aid. You may need an intravenous salt solution.
6. Even after you begin to feel normal again, consider staying out of the heat for a day or two. Your body needs some time to recuperate. If you are on a long trip, consider a 24 hour layover in the next air-conditioned motel.

Heat Stroke: If you experience heat exhaustion and just try to "tough out" the heat without getting cooled down and rehydrated, the body thermostats will begin to fail. Core temperature continues to rise (may go as high as 106 or 107 degrees F.), sweating stops, the heart beats even faster, and you may pass out.

If you are coherent enough to recognize the symptoms, immediately get medical aid while you are still mobile. And watch your riding buddies for any of the following heat stroke symptoms.

1. Victim incoherent, staring vacantly, blanking out, or unresponsive
2. Skin hot, red, dry (no perspiration)
3. Rapid pulse
4. Body temperature elevated

Yes, heat stroke is life threatening. It's a medical emergency. Don't be bashful about calling 911 for assistance.

If you notice any of the symptoms on your fellow rider,

1. As quickly as possible, get the rider into shaded area, out of riding gear, and cooled down by any means available. If possible, get the victim into an air-conditioned room, or use fans to help provide evaporative cooling.
2. Repeatedly sponge skin with cool water or rubbing alcohol. Apply cold packs or ice cubes if you can get them. The goal is to get the body temperature below 102 degrees F.
3. Don't give the victim any stimulants or beverages with alcohol or caffeine.
4. If the victim's temperature begins to rise again, repeat the cooling process.
5. As soon as possible, get the victim to emergency treatment.

Avoiding the Ugliness: Even after a heat stroke victim has been cooled down and rested. The ugliness isn't over, It's not uncommon to have intestinal upset for a week or so, with food coming out both ends of the pipe. I know you'd rather avoid that sort of ugliness.

People from cooler climates often react to hot weather by removing clothing. That helps cool the skin--providing air temperature is less than body temperature. Heat transfers from a hot object to a cold object. Pick up an ice cube, and it feels cold. What's happening is that the ice is rapidly absorbing heat from your skin. Even if the air is 89F, the air will absorb heat from your skin (assuming your body is around 99F). Now, consider what happens when you curl your fingers around a hot cup of coffee. Your skin rapidly absorbs heat from the cup, because the cup is hotter than your hand. The same thing occurs when the air temperature is hotter than your body temperature.

You may think your body is hot at 99 F, but it's "cold" compared to air at 110 F. If you expose your skin to air that's hotter than you are, your body just soaks up more heat.

The lesson here is that if air temperature is in the 80s or 90s, it helps to open up the jacket vents, or wear a mesh jacket. But once air temperature climbs above 99 F, the best way to keep from getting cooked is to keep your insulation on, and the vents closed. Desert nomads wear long, loose wool garments for two

reasons, to keep the sweating skin in the shade, and to insulate the body from the hot air.

When temperatures reach triple digits, wearing leather gloves and insulated riding boots could help, your feet will get hot, but not as hot if the skin was exposed by wearing thin boots or shoes.

Same if you wear a full face helmet, wouldn't it make sense to crack the visor when it's really hot, or at least open up the helmet vents? Nope. Any hot air allowed to reach the skin will heat up the skin, not cool it down. Inside a helmet at 110F, I'm sweltering, but the temperature is probably under 100 F. That crushable helmet liner inside the shell is there to cushion the brain against impacts, but it's the same expanded polystyrene foam they use to make insulated picnic coolers. So, the helmet actually provides insulation against the hot air.

One additional concern about exposed skin is sun and wind burn. Even if you wear heavy duty sunscreen to protect against sunburn, the wind at motorcycling speeds can also irritate the skin. If you're riding more than a few miles, it's best to keep your skin covered.

Evaporative Cooling

More physics now. When water evaporates, it cools down. Blow hot air through a wet bandana, and the bandana cools down. Cooling the skin cools the blood, which cools down the whole body. Evaporative cooling works best on areas of the body where there are large blood vessels close to the skin: the groin and the neck. A motorcyclist's groin is too close to the engine and too far out of the air stream. That's why wearing something wet around your neck is so important.

The bad news is that evaporative cooling only works well in dry climates. When the humidity is already high, (you're 99/99 in Augusta in August--99 degrees and 99 percent humidity) neither perspiration nor the water in your neckband evaporate very well. Limited evaporation; limited cooling. So the best tactic may be to simply take more breaks in humid climates. Or, you can ride early in the morning when it's cool, and rest in the shade in the afternoon.

Keep Your Tummy Tank Full

The other important tactic for hot weather is to drink lots of water, to replenish your electrolytes and refill your sweat glands. We're talking at least a pint per hour. Exercise drinks containing "electrolytes" (salts) are acceptable, unless you have high blood pressure. And flavored drinks may be very high in sugar, too. Carbonated soft drinks are better than nothing, although it would be best to get the water without large doses of salt, sugar and chemicals. Almost all grocery stores and convenience markets have chilled filtered water in plastic bottles, handy for both drinking and wetting down your bandana.

In hot weather, avoid alcoholic drinks. Obviously, alcohol reduces judgment. What's not so obvious is that alcohol stimulates abnormal heartbeats, depresses the pump function of the heart, and actually dehydrates the body. Alcohol does all the wrong things for a motorcyclist in hot weather.

So, when it's really hot, keep your jacket on, and soak down your T-shirt. Wear a wet neck cooler, and keep dribbling water on it. If you're getting too hot, or start feeling any hints of muscle cramps or heat exhaustion, don't just keep riding. Take steps to cool down while you're still thinking clearly. Take a break in the shade, or stop at a convenience store and buy a bag of crushed ice to stuff inside your jacket. The melting ice water will soak your gear and provide evaporative cooling even after the ice is gone.

Route Planning

In general, higher elevations are cooler. If it's really hot down on the valley floor, consider an alternate road with a higher (cooler) elevation. Sometimes you don't have any alternative. But you can adjust your schedule. One tactic is to hibernate at a cool motel during the heat of the day, and head out after dark, when the temperature is lower.

Adjust your thinking

If you live in a temperate area where the thermometer seldom rises above 90F, you need to readjust your thinking for those forays into hotter territory. Remember, insulate your skin from the sun and hot air, use evaporative cooling around your neck, and drink lots of water. Oh yeah, learn to ignore the stares of other motorists and dehydrated bikers who think you're crazy to wear heavy gear on a hot day.

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 **July 2009 Social** will be on Saturday June 11, 2009. Location to be announced.

Regular Monthly Meeting - held the third Saturday of every month. Please see the beginning of the newsletter above – The next scheduled monthly meeting is Saturday July 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 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>

UPCOMING DAY RIDES:

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

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

UPCOMING OVERNIGHT RIDES:

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 available: beginners, intermediate and advance.

Thanks,

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

Ken "Axe"
Augusta SCRC Chapter 62
2nd Officer