

**Southern Cruisers Riding Club**  
**Chapter 62**  
**Augusta, Georgia**

**NOTE:** The Sept 2009 social is not the first Saturday of the month.

The September 2009 Social will be held Saturday Sept 12, 2009 @ 6:00 PM, the Social is a **Low Country Boil**.

**Please contact John (Old School) as soon as possible to let him know you are attending, he needs an accurate count so he knows how much food to buy and cook for the Low Country Boil.**

**LOCATION:** 1769 Lonergan Hulme Rd., Appling, Ga.

**DIRECTIONS:** Take I-20 to the Harlem Appling exit. Take a right towards Appling. Then take first right on Natures Way. Go to Lonergan Hulme Rd., turn left, first drive way on right.

**TO ATTEND WE ASK THAT YOU HAVE THE FOLLOWING:**

- 1. A COVERED DISH** (contact John to find out what is needed)
- 2. WHAT YOU PLAN TO DRINK**
- 3. MONEY TO CONTRIBUTE FOR THE MEAL & ST. JUDE'S**  
(this is one way we raise money to donate to St. Jude's Hospital).
- 4. LETS HAVE A GOOD TIME**

Please arrive around 6:00 pm. We plan to eat at 7 pm. You are encouraged to stay and socialize after dinner, there is no specific time we have leave.

Remember to get added to the list and/or to ask questions, please contact John Lowe (Old School) at [llowe@charter.net](mailto:llowe@charter.net)

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

### ***Motorcycle Survival Skills –cont.***

Last month we reviewed the number one motorcycle survival skill – Emergency Braking. There are 5 more Essential Survival Skills needed to enjoy safe riding.

#### **Direction Perspective**

The eyes play a major role in the control of a motorcycle. On a motorcycle, where you look is where you go and, to establish your direction perspective, the motorcyclist must use his eyes correctly. The way the rider uses his eyes also plays an important part in anticipating the actions of other vehicles around him and in the messages he sends to other motorists in conflict situations. Target fixation is also part of this. The rider who looks at the roadside furniture s/he is trying to avoid is sure to hit it!

#### **Maneuver Anticipation**

Anticipating what a vehicle is likely to do in a conflict situation involves a number of skills, many of them quite complex. Yet, looking at the most common motorcycle/car crash situations, the NZMSC discovered that there were a small number of anticipatory skills which, when carried out in a specific order, enable the rider to anticipate the likely actions of the driver, the movement, and speed etc of the car. Knowing this skill and implementing it enables the rider to get early warning of the actions of errant motorist and thus avoid impact with the offending vehicle.

#### **Crash Survival**

Sometimes, no matter how good the rider is, he will be invited to join someone else's crash and will be unable to decline the invitation. Where a rider crashes, there is a specific set of actions and reactions the rider can make that will greatly reduce the chances of being seriously hurt in the crash. A simple example is where the bike slides out from under the rider. In this situation the rider should always try to slide rather than tumble. This way he can see where he's going, he can use his hands and feet to steer away from danger, and his body will not tumble with the extremities at risk of snapping as they impact with the ground or parked cars etc.

#### **Counter Steering**

A skill that has only become widely recognized in the last decade, counter steering is the technique of using gyroscopic precession to cause the motorcycle to change direction quickly and accurately.

While used subconsciously by all people who ride motorcycles, this skill is little known consciously by most riders. Thus, it cannot be used by these riders as a means of emergency maneuvering in a crash situation. Yet this skill is often essential in a crash

situation where a rapid and accurate change of direction means the difference between a near miss and a full impact.

**Risk Management.**

A modern management tool in big business, risk management is the skill of identifying risks, calculating their severity, deciding whether one wishes to carry that risk and, if one doesn't, how to counter that risk. In the case of the motorcyclist, this is a matter of identifying the risks in riding (for example, the risks of riding fast in a specific location) and deciding whether that risk is one they are willing to take. Most riders, until taught this skill, do not even consider the risks involved in riding in any logical way. Either the risk is considered as a whole (the risk of riding a motorcycle) and, as a whole is too large to make an informed decision upon (and is thus filed in the Too Hard basket of the rider's brain), or is unfocused, in that riding in one particular location at an excessive speed is not considered as a speed pertinent to that location but as the speed "I normally ride at". When given some basic pointers on the ways to use risk management in one's riding, the rider is, for example, more likely to be selective in his speeding and to take a sensible and considered approach to risk.

The advantage of risk management is that it is a process which is perceived by riders to be a professional process and a process that allows the rider to make his own value judgments in its implementation, such as the judgment of the extent of risk the rider is willing to expose himself too. Personal value judgments like these are amenable to change through social and peer pressure and, with the psychological make-up of the motorcyclist, the best safety improvements are achieved if the rider moves to a safer riding style voluntarily rather than through a legislatively-imposed system.

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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:** Normally we hold the social the first Saturday of the month however the Labor Day weekend is on the first Saturday.

The **SEPT 2009 Social** will be held at 6:00pm Saturday Sept 12, 2009 as a Low Country Boil @ 1769 Lonergan Hulme Rd..Appling , Ga.

**Regular Monthly Meeting** - held the third Saturday of every month. The next scheduled monthly meeting is Saturday Sept 19, 2009 at Side Tracks Bar and Grill.

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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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***Cruisin for St. Jude's Poker Run***

***Sponsored by Street & Trail & Marc Younts' Tires***

***"Marc Younts' is celebrating 25 years of great service in the CSRA"***

***Saturday September 19, 2009***

***\* Free Food      \* Lots of Giveaways***

***\* Balloon Pop Discounts    \* Great Deals on Tires***

***Call For Details (706) 868-5050***

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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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## UPCOMING OVERNIGHT RIDES:

**Mountain Ride @ Two Wheel Inn Oct 23-25:** Staying at TWO WHEEL INN in Robbinsville, NC. I suggest calling to confirm your reservation. The number to call is on the web site below. Also, when you call to make your reservation tell them you are with the Southern Cruisers group.

<http://twowheelinn.com/>

As of July 09, there are NO rooms left at the Two Wheel Inn, I suggest calling one of the other hotels located in Robbinsville, NC if you plan to attend.

John and I talked about the size of the group that is going, for safety reasons we decided to lead two separate groups. John (Old School) is leading **Group 1** and Ken (Axe) is leading **Group 2**. We will meet at the hotel in Robbinsville.

We are asking everyone's assistance to help us split the two groups as evenly as possible to have an equal amount of bikes. If one group gets bigger than the other we will ask a rider(s) to volunteer to switch groups depending on where the closest starting point is to where they live. Also if you desire to change groups for the return trip please make arrangements to have someone from the opposite group swap with you.

There is the possibility of adding a third group if more people with bikes decide to attend.

**Group 1 - Leaving from Appling - John (Old School) is leading -**

**Meet:** At 8:00am in Appling, GA at the Circle K gas station located at the intersection of Columbia Rd and Appling Harlem Rd.

**When:** Friday morning October 23

**KSU:** At 8:15am. He will drive to Thomson, GA by 8:45 and stop at LUVS gas station located at the intersection of Hwy 17 & I-20. KSU from Thomson 9:00.

Group 1 - will travel Georgia roads by way of Suches, Ga. Stop to have lunch at Two Wheels Only (TWO) in Suches, then on to Robbinsville..245 miles. We will meet up with 2nd group at hotel in Robbinsville, NC.

**Group 2 - Leaving from Evans - Ken (Axe) is leading -**

**Meet:** At 8:00am in Evans, GA at the Circle K Shell gas station located at the intersection of Hwy 28 (Furys Ferry Rd) & N. Belair Rd.

**When:** Friday morning October 23

**KSU:** At 8:15am.

Group 2 - will travel South Carolina back roads until we cross into Georgia between Westminster and Clayton. Stop to have lunch at Rumor Hazit in Clayton, GA. After lunch we will ride to Franklin, NC and catch Wayah Road towards Robbinsville. Will travel 210 +/- miles to get to the hotel.

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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 available: beginners, intermediate and advance.

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## **Brain Food**

*By Randy Taylor*

There has been a significant development in what we (professionals in the health and fitness industry) know-or rather in what we think we know-about exercise. You see, we've known for a long time now that exercise makes our muscles and our cardiovascular system stronger. But, until now, we've also thought that unfortunately our brains are pretty much resistant to growing any new cells, which meant that exercise wasn't going to make us any smarter. But guess what? Maybe we have been wrong about this all this time! A scientist at the University of Illinois is just about to publish a bold new finding: exercise significantly boosts the intelligence of kids! When you combine this with the just discovered evidence that the human brain can indeed grow brain cells after all, and some preliminary clues that physical activity might stave off the beginnings of Alzheimer's disease and other brain disorders, the whole world suddenly seems different. At least it does to me! For example, if the evidence continues to support this and it becomes firmly established, it might be that middle class families start hiring personal trainers to give their kids an edge in school! I'm not saying that this is right or good-just that it will sure change the mental landscape of how we look at exercise.

I'll keep this as simple as I can. When we exercise, one of the chemicals that makes its way across the blood-brain barrier and into our brain is called Insulin-like Growth Factor 1 (IGF-1). IGF-1, in turn, ramps up the production of Brain-derived Neurotrophic Factor (BDNF), which increases neuronal connections in our brain and increases its ability to learn. It is hypothesized that it might be BDNF that is responsible for the neurogenesis of new brain cells to replace the ones that die as we age-something that was, until now, thought to be impossible! Although this neurogenesis has only been found to occur in one small area of the brain (the dentate gyrus of the hippocampus), it is an area that controls learning and memory!

Now I know what you're thinking! Why doesn't someone just isolate this BDNF stuff or whatever it is, put it in a capsule, and sell it at your local nutrition store? All the benefits without the nasty, sweaty part! Sorry, that's a long, long way off. For now, you are going to have to put up with the exercise part too!

So what's the bad news? Well, like other aspects of fitness, mental fitness has to be maintained. In other words, stop exercising and within a month your brain cells will start to revert to their former state and, with this, will come a decrease in your brain function. No, you are not going to turn into a bumbling idiot-but you will lose any positive affects that the exercise has had on your mental functioning. The good news, you can start exercising again! Less good news is that, for some reason we can't yet explain, preliminary evidence shows only aerobic exercise (not resistance training) produces this beneficial effect on our brain.

In a Beckman Institute Study of Aerobics vs Brain During age-related decline, aerobic fitness exercise benefits the human brain, according to a controlled study by The Beckman Institute, Department of Psychology, University of Illinois, at Urbana, Illinois. The article, dated November 2006.

The results of the Beckman Institute Study show that the MRI scans in those who participated in aerobic fitness revealed, "Significant increases in brain volume... suggest[s] that cardiovascular fitness is associated with the sparing of brain tissue in aging humans." Those who participated in the non aerobic group showed no change in brain white or gray matter. The younger control group, who did not exercise, showed no change in brain volume. The findings state, "...results suggest a strong biological basis for the role of aerobic fitness in maintaining and enhancing central nervous system health and cognitive functioning in older adults.

So remember, while your pushing yourself through that hard cardio workout, your body as well your BRAIN are get in better shape.

Thanks,

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

Ken "Axe"  
Augusta SCRC Chapter 62  
2nd Officer