



## October 2017 GGMC Meeting Notes & Articles

### **James Griffin - President's Corner**

#### **Greetings to all the GGMC family**

First of all I ask everyone to remember all our members who are having health issues no matter how big or small. If you have your health you are very blessed.

We have completed several rides over the last few weeks if you missed them, you missed a great time.

Fall is here and if it's been too hot to ride well here is your chance! We have several more rides left for this year. Debra has a list of the remaining 2017 rides/events further down in this news letter.

The year is coming to an end soon. We have one more club meeting at Golden Corral on Tuesday night November 2. We will be adding the finishing touches on our Christmas party & our Charity ride plans, so plan to be there.

Our December meeting will be held during our Christmas party on December the 9th, so mark your calendar.

From time-to-time we have returned emails. We ask that you keep your officers up-to-date with changes to your email addresses. We want to include you in our emails.

Thanks to everyone of you that make Greater Gwinnett Motorcycle Club great. If you have any concerns, questions or suggestions, feel free to call me.

As always, Ride safe, "IT'S ALL ABOUT THE RIDE!"

James Griffin, GGMC President

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### **Richard Martin - Sunshine Report for October 2017**

We had two new guests join us for our October meeting. They are: Sue Ella Ramey (joined GGMC 10/22/17) and Eric Miller.

## Gary and Sheri Dorris - Treasurer's Report for October 2017

<b>Treasurer's Report for</b>	<b>Oct 3, 2017</b>
Beginning Balance	\$972.29
Income (Oct. 50/50)	\$40.00
Expenses	\$0.00
Ending Balance	\$1,012.29

<b>Ride Statistics as of October 12, 2017</b>	
Rides Completed This Year	17
Avg. bikes per ride	14.8
Total scheduled route miles	4,600
Total bike miles	64,860
Members riding this year	51
Guests riding this year	12

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## Mark Trager - Webmaster Report for October 2017

In regards to our Website, he is waiting for updated photographs of GGMC and its members. Once he has those, he said the GGMC website and Instagram account will be ready to go live.

We brought to his attention one of the main problems we have using our smart phones of being able to view the calendar. He will look into this and will get back to us.

He has assured us that he will have a dedicated person assigned to keeping the GGMC website and Instagram account up-to-date. And should problems arise they will be taken care of. No more delays or waiting.

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## Secretary Report for October 2017

Thank you for taking the time to read our newsletter/meeting notes. I know a few of you are not always able to attend our meeting and this is one of the ways we are able to continue to keep you in the loop. However, it has been brought to my attention that maybe we should scale back the newsletter/meeting notes to Monthly vs. Quarterly.

**I am asking for everyone to respond to their email when they receive this Newsletter/Meeting notes with Quarterly or Monthly. The majority will be tallied and announced during our November meeting.**

This is your newsletter and we would like everyone to have the opportunity to participate and to help us! **Please remember to vote Monthly or Quarterly!**

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## **Upcoming Scheduled GGMC Rides:**

### **October:**

7 & 8 - Lake Guntersville State Lodge (**3rd Overnight**), Guntersville, AL. - Paul and Dellree (**completed**)  
22 - Daniels Steak House - Hiawassee, GA - Roger Martin (**completed**)

### **November:**

4 - Richard Russell Dam, Elberton, GA -  
19 - Rumors Hazit, Clayton, GA -

### **December:**

2 - GGMC Annual Charity Ride - Salvation Army Toys for Tots Run - Cycle World of Athens  
9 - 2017 - Christmas Party will be hosted by Richard and Mabelle Martin

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## **10 Tips for safe Winter Riding - Kerry Wood**

Growing up in Colorado, we knew our riding season was limited to approximately six months of the year. I would usually winterize my motorcycles in October and would start thawing them out in April of the following year. Having lived in the Atlanta Metro area since 1987, I'm lucky enough to be able to ride bikes year round. Although I'm not faced with the annual task of putting my bikes in hibernation anymore, we are still faced with cold weather issues that affect ourselves and our motorcycles.

There is no doubt that a warm rider is far safer than one who is frozen solid in the winter chill.

Being too cold can lead to shivering, exhaustion, confusion, memory loss, slurred speech, drowsiness, low energy, slow reaction times, and stiff and sore joints. None of these is advisable for a rider to stay safe.

There is nothing macho about braving cold conditions that bring on hypothermia. Riders who don't prepare for the cold are a danger to themselves and others.

Warm and comfortable riders are more alert, more supple, better able to deal with emergency situations and therefore safer road users.

There's cold and then there is bitterly cold with black ice and other dangers. A little bit of cold can be invigorating, but prolonged bitter cold is dangerous and could even lead to permanent frost bite damage.

So here is a list of 10 hot tips for staying warm and comfortable in the coming winter months.

1. **Undergarments** - Motorcycle and outdoor outfitter stores sell a wide range of thermal underwear which is thin but effective. It will keep you warm without having to put on several layers of bulky clothing and limit your free movement. Thin insulated base layers allow your skin to breath, wick away moisture and won't lead to the dreaded soaked shivers that cotton undergarment provide. Cycle Gear sells a line of base layers called Freeze-Out that work quite well. Personally, I've become a big fan of Under Armor gear.

2. **Gear Up** - Today's riding gear features materials that keep you warm without having to be extra bulky. You usually pay for what you get, but good quality textile gear is usually warmer than leather. A nice leather jacket may cut the wind, but the leather can get cold and stiff. Make sure the sleeve, neck and ankles can be tightly closed as the wind and cold can get in. A neck warm is a good addition to stop that sneaky breeze down your back.
3. **Extremities** - You can wear the warmest jacket and pants, but if your extremities are still cold, you will not be able to work the levers properly. Get good quality winter gloves and wear warm, woolen socks to keep your fingers and toes from going numb. Just because gloves are thick doesn't mean they are warmer. Usually the price you pay relates more to effectiveness than thickness.
4. **Wind Chill** - Estimating wind chill is a complex calculation involving ambient temperature and wind speed, but at 0 degrees ambient temperature, travelling at 60 MPH on the highway, you will be in -17.4 degrees. Do your best to get out of the wind. Difficult on a naked bike, but you can at least tuck your legs into the tank, crouch down a bit and maybe slow down a bit. The best rule of thumb is to keep wind from sneaking in gaps in your gear whether it comes down your neck or up your sleeves or pant legs.
5. **Bike Mods** - If you want to spend a bit more money, you can also add grip, seat and even foot warmers to your bike, although these will all draw power from the battery so you might also need to estimate the drain on your electrical system. Most manufacturers of heated gear publish the power draw of their products and some simple calculations you can determine if your bike can support these products.
6. **Stop Often** - We can all brave a quick ride home in near-freezing temperatures, but a long ride in the cold will numb your fingers and toes which is dangerous to you and other road users. Stop frequently, have a warm drink and thaw out the extremities. Find public toilets with hand blow dryers which will quickly thaw out your fingers. If you are constantly shivering, pulling over for just a couple of minutes and move around briskly to get your blood pumping.
7. **Stay Dry** - Even fine mist can soak your clothing and amplify the effects of wind chill, so consider wearing a waterproof layer or at least spraying your gear with water repellent.
8. **Hydrate** - When we're cold we don't feel as thirsty as when we are hot, so there is a tendency to not drink enough. That can lead to fatigue, so stay hydrated. Water alone cannot effectively hydrate you as your electrolytes become unbalanced. Remember to alternate water intake with a sports drink which contains the electrolytes to bring you back in balance.
9. **Alcohol and Coffee** - They may go down nice and warm, and make you feel like they are heating up your insides, but they can be a danger in the cold. Alcohol and caffeine increase the blood flow to the skin which may make you feel warmer, but it is actually causing you to lose body heat. Alcohol also affects your judgment which may already be impaired by the cold.
10. **Eat Well** - Our metabolism slows when we are cold so we start to shiver to create internal heat. Good nutrition helps keep you warm as your body heats up to burn calories. Eat food loaded with nutrients, antioxidants, and immune-boosting powers to fight off the cold. Carbohydrates, fruit, soup, ginger and spicy foods are particularly good. Hot foods tend to make you feel warmer, but a piece of fruit can be just as effective.