

The Baffle

VOLUME 5, ISSUE 1

JANUARY 15 2015

SPECIAL POINTS OF INTEREST:

- From the President
- Save the Dates
- Solo Riding

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~ A New Year ~

Hello and Happy New Year.

I hope everyone is having a good one so far. Except for the cold I think it's been great so far. I'm sure everyone is looking forward to warmer weather.

A reminder that membership dues are due now. This is the only financial support UR has as of right now and is always looking for ways to raise money so that we can help do more for the community and UR as a group.

Speaking of groups; I hope UR has a large turn out show up for the first bowling night of 2015. This has always been a good time so bring the family and enjoy URselves.

Our Valentines Day will be on the 14th of February at Pepper Mill Café again this year. UR is looking for a committee chairperson to help organize and make this another great time.

Check the calendar for other things coming up and if you decide to ride, see if there might be another brave soul or two who would like to accompany you!

Remember to practice good riding habits, use those hand signals.

and "Peace be the Journey!"

Delbert Hinshaw



THE VP'S CORNER "Start of a New Year"

By Dale Jones

Hello everyone! I hope everyone had a Merry Christmas, and that Santa was good to you.

We gave our granddaughter; Lily Grace a battery operated motorcycle for Christmas this year. I believe it was her favorite gift. She got the hang of it really quick. I think her favorite thing to do, was going in circles. She really smiled a lot when doing that.

The club got together at Delbert and Kim's house for the New Year party. It was a great time as usual, with lots of laughter and cutting up. I hope everyone made few New Year resolutions. It's good to come up with them, (even though they usually get forgotten about later).

I've really enjoyed being your vice president over the last year. I appreciate being voted in again this year. I hope the club has a good year, this year. Every member is important in this club. Your participation and ideas help make the club better. The committee members just help steer and organize events, but it's the members who make the group rides and events fun.

Let's all pitch in and make this a banner year for the United Riders.



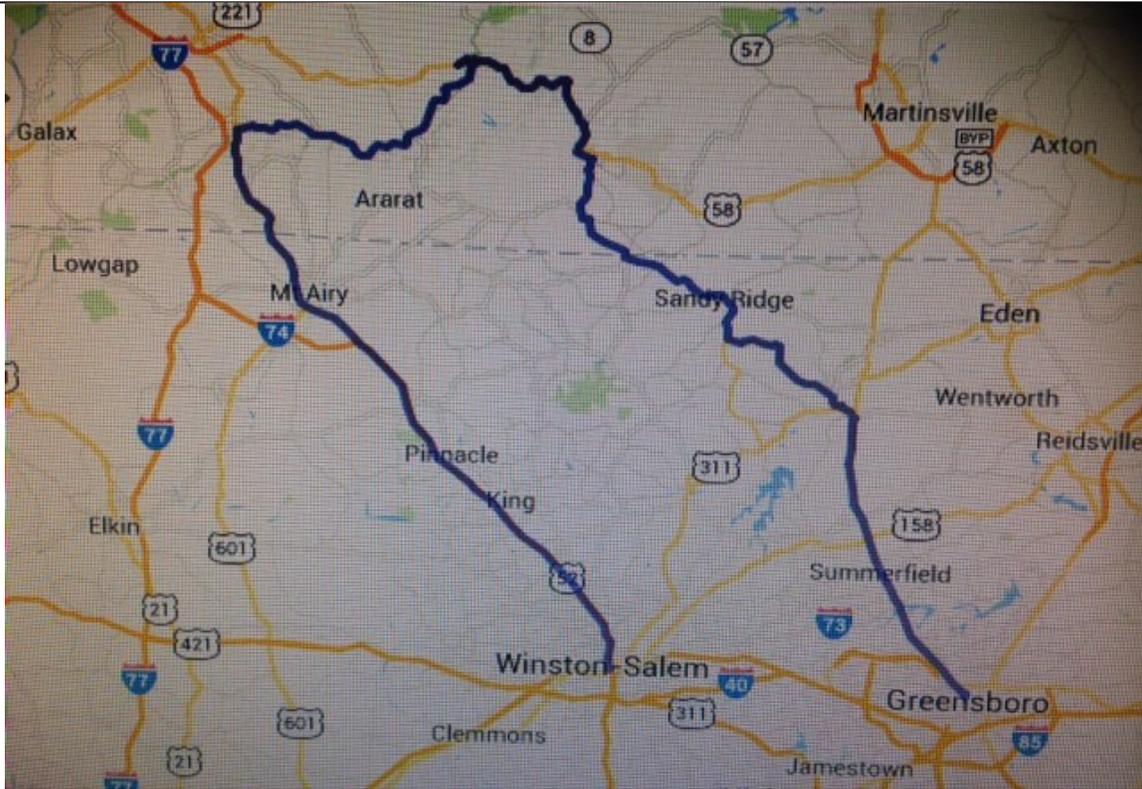
WORDS TO LIVE BY:

A Happy New Year!
Grant that I
May bring no tear to any eye
When this New Year in time shall end
Let it be said I've played the friend,
Have lived and loved and labored
here,
And made of it a happy year
By: Edgar A. Guest

Live Free ~ Ride Free

Great MC Roads of NC.....

Greensboro, NC - Blue Ridge Pkwy - Winston-Salem



RIDERS' RATING ★★★★★

Written Directions

Take 220 north out of Greensboro. After crossing the Virginia state line take US58 North just before Martinsville. After approximately 40 miles, take the Blue Ridge Pkwy east to Mabry Mill. Great little breakfast place there by the old mill. Get back on the Pkwy and head west until you get to US52. head back south on 52 all the way to Winston-Salem.

Scenery ★★☆☆☆

US58 and the Blue Ridge Pkwy is absolutely beautiful. Mabry Mill is one of the oldest water mills still in operation in the beautiful Virginia countryside.

Road Quality ★★☆☆☆

There are some sweeping turns, and some sharp turns for the first half of the trip. 52 south is more traditional with a few sweeps. All of the roads are fairly new pavement and a very comfortable ride.

Roadside Amenities ★★☆☆☆

Several small communities along the way until you hit the Pkwy. Then it's all about the lookout stops with very few amenities until you hit 52 south. The breakfast at the Mabry Mill Restaurant is Excellent!

Additional Info

It's a nice little day trip to start out on at around 7AM. Stop for Breakfast at Mabry Mill and it puts you on the Pkwy around 10:30-11:00AM, and depending on how many scenic stops you make you'll hit the US52 exit at around 2PM. It's the warmest and best part of the day to be on the Pkwy.

Tips For Solo Motorcycle Touring *by Sandy Batton*

- 1) File a daily "Flight Plan" with friends and relatives. When you're putting in big miles in unfamiliar places, especially in remote areas, it's a good idea to give friends and family an idea of where you'll end up every day, and when you'll be checking in.
- 2) Start early, finish early. When we're on the road, we like to be up at 6:00am, shower, breakfast, pack and on the bike by 8am (earlier if possible). It's an incredible feeling watching the world wake up from the seat of a motorcycle, and if you're planning to do big miles, the earlier you start, the earlier you can finish. As a rule, be off the bike before dusk, certainly sunset.
- 3) Earplugs. Always wear earplugs, not just to protect your hearing, but to dramatically reduce fatigue. Helmets are noisy places, especially at higher speeds on bikes without big windscreens. Your brain tries really hard to process all the wind noise and determine if there's anything important in there it needs to hear, which is an ongoing mental strain. Earplugs cut out most (not all) of the noise, and once you get used to them you can actually hear what's going around you much better. One real area of benefit is your increased ability to hear any mechanical noise coming from your bike, which is a huge safety plus. Note: custom earplugs with audio capability for MP3 players or phones are not recommended, they are distracting and you end up cranking the volume up to compete with wind noise and can damage your ears.
- 4) Use technology to regulate your body temperature. There have been tremendous advances in cooling and warming technologies for riders, so there's no need to suffer in the heat or cold weather. Wear undergarments that wicks moisture away from the skin and lightweight base layers of merino wool that provide warmth with maximum mobility to stay cool or warm. Of course, if you're riding in the early spring or late fall an electric vest is a very nice thing to have and if you need to stay cool in the summer months, try a cooling vest.
- 5) Inspect the bike regularly. It's critically important that you are aware of any mechanical issues your bike might have before you start it, ESPECIALLY on a long distance, solo ride. So check your bike in the morning before you start it, check it when you wipe it down when you park it for the day, check it when you fill up, when you stop for lunch, for a photo.....often! The main things to check are: tires – tread ok, no cords showing, no punctures, nail heads? Chain and sprocket – any kinks, broken teeth, metal shavings? And leaks beneath the bike, any oil or anti-freeze on the cases of the bike? Especially with suspected leaks, clean the bike, start it, let it sit and run for a minute, check again. Take care of your bike and it will take care of you.
- 6) Travel light. Stick to the essentials, iPhone with a charger, wallet, maps, led flashlight, multi-tool, microfiber towel for cleaning visors and windscreens, a couple of pairs of underwear and socks, jeans and a few t-shirts. Sunscreen, essential toiletries and a first aid kit. Everything else is a waste of space. Leave the crap at home! Traveling light is liberating and it takes way less time to pack and unpack the bike twice a day.

Tips For Solo Motorcycle Touring *Continued*

7) Paper maps and GPS. GPS can be distracting and cause way too many close calls when people are screwing around with them instead of watching the road. This behavior can be especially dangerous in a group riding situation. Instead, get the Google Maps (or your preferred GPS app) for your phone, and use it only when you're off the bike. Paper maps are best because you can visualize a much greater area than the area of any GPS screen. Paper maps actually make a GPS unit far more useful, and they fit nicely in a tank bag. Also, they don't cause you to swear for 1/2 hour when a clamp comes loose and they bounce down the pavement at 70mph, unlike a GPS unit!

8) Eat smart. You know that food coma you get after lunch every day, the one you try to fight off with an espresso, black coffee or some awful energy drink? You don't want to fight that fight on a bike, so you need to think differently about what you're eating when you're riding. It's hard to resist that slice of pie when you're in some cool little diner, especially if you don't have someone there to remind you not to eat it! Try to have a reasonable breakfast, eating heavy carbs like pancakes or potatoes in moderation. Lunch should be light, and daytime snacks should be healthy energy like fruit, granola or yogurt. An early dinner is where to splurge – steak, pie, beers.....you're off the bike and you've got a couple of hours to digest your food before bed. Eat a big meal just before bedtime and you'll have a rough night's sleep. Have dinner and then go for a long walk back to the motel, maybe a swim if it's summer in the motel pool. And of course, alcohol in extreme moderation, nothing worse than a big mileage day with a hangover on board.

9) Hydrate smart. Very few of us drink enough water every day, and this is a mistake you cannot make on a motorcycle. Dehydration even in its early stages induces fatigue, and as it progresses you can get headaches, muscle pain, nausea, and pass out. None of these things are good on a bike! It sounds like a cliché, but in the warm weather, if you wait until you're thirsty to take a drink of water, you're already too late. You need to drink a liter an hour in hot weather, so plan ahead and bring enough water to supply you if you aren't near a service station. Also, don't forget that you need to drink water in the cold weather too.

10) Use social media to enrich your trip for yourself and others. If you don't have a Facebook, Twitter or Instagram page, consider starting one before your trip. Friends and family will enjoy following you on your journey, seeing what you're seeing every day. A huge side benefit to this is that some of the people following you may have traveled in the same places you're touring, and can suggest places to eat or stay and things to see (as well as things to avoid) while you're there. You might even have friends come out to meet you along the way. And it's easy enough to upload photos, videos and status updates to any of these sites with your smartphone. It will make your tour more fun not only for you, but for your social circle as well.

11) Make your emergency contact and medical information easily visible. If for some reason you become unable to speak, the people trying to help you will need to know what if any medical conditions you have, including prescriptions and allergies, and also who to call. They'll look for a medical bracelet first, but if you don't have one, how will they know how to properly treat you if you need help? Another way to deal with this is via a small pouch that sticks to the outside of your helmet, and includes a form inside that you fill out with the relevant information. This way emergency personnel can get your details before they even remove your helmet. Some riders just write their information down on a small piece of paper, then cover it with see through waterproof tape and stick it on the back of their helmet.

Jan 17th ~ Family Bowling Night

Countryside Bowling Lanes ~ 1005 Masten Drive, Kernersville NC

Quoted Prices:

20 participants

2.00 per game and 2.50 shoe rental

Less than 20 participants

2.75 per game and 2.50 shoe rental

We have 4 lanes reserved, please join or decline so I can adjust accordingly.

Jan 24th ~ Easy Riders 2015 Bike Tour

We will once again be going to the Easy Rider Bike Show. We will meet in Burlington for the folks in this area at 9:45 at the Sheetz on Alamance Rd - leave no later than 10:00 - we will then go to the Sheetz on the Finch Farm Rd exit to meet up with anyone wanting to go in that area - should be there by 11:00 at the latest pending traffic. That should put us at the event by 12:00. We can walk for a few hours then we will walk across the street for food before heading home.

Jan 25th ~ Petty Polar Ride

This is not a UR Ride ~ Info on our website Calendar ~ Post on FB if you plan to attend, others may want to join you.

Jan 31st ~ UR Game Night

UR - Game Night ` Kim & Delberts House

7PM GAME: Win, loose or Draw... (Like Pictionary)

Bring your own drinks and a munchie to share.

2604 Briarcreek Road, High Point, NC 27265, USA

February 2015

February 14th ~ 5th Annual Valentines Dinner

UR - 5th Annual Valentines Dinner

United Riders Sweetheart Dinner - Peppermill Cafe @ 5:00 PM

2600 South Main Street High Point, NC 27263

Please come have a great dinner and play some games with your sweetheart and the company of great friends! Hope to see you there!

February 28th ~ UR Breakfast Ride

We will be going to CJ's Old Town Restaurant (Jugtown's) to have breakfast. We will all meet at CJ's Restaurant @ 9am.

509 W Dixie Dr, Asheboro, NC - See you all there!

February 28th ~ 21st Annual Harley Bike Show

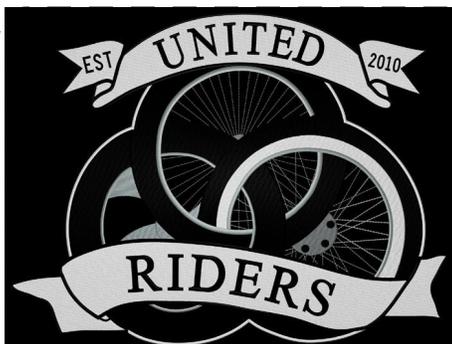
This is not A UR ride—Info on our website Calendar ~ Post on FB if you plan to attend, others may want to join you.

JANUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Happy New Year 2015	2	3
4	5 Cathie Gravel's Birthday	6	7 Delbert Hinshaw's Birthday	8 Business Meeting	9	10
11	12	13	14	15 Open Mtg	16	17 Mark Swaney's Birthday UR ~ Bowling Kernersville
18	19	20	21	22	23	24 UR ~ Easy Riders Bike Tour
25 * Petty Polar Ride	26	27 Jerry Poe's Birthday	28	29 Joey Steele's Birthday	30 Duane Burnette's Birthday	31 UR ~ Game Night Kim & Delberts

FEBRUARY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Bus Mtg	6	7
8	9	10	11	12 Open Mtg Kim Hinshaw's Birthday	13	14 UR ~ 5th Annual Valentines Dinner
15	16	17	18	19	20	21 Tiffany Clement's Birthday
22	23	24	25	26	27	28 UR ~ Breakfast Ride * Annual Harley Bike Show



**United Riders
Riding Club**

609 Vista Drive
High Point, NC 27263

E-mail:

unitedriders2010@yahoo.com

ANNOUNCEMENT

**It's Time to Renew your annual
Membership.**

**Membership dues must be paid by:
March 1st 2015**

Cost: \$25.00

If you see the following family member,
wish them a

**** *Happy Birthday* ****

Cathie Gravel ~ January 5th

Delbert Hinshaw ~ January 7th

Mark Swaney ~ January 17th

Jerry Poe ~ January 27th

Joey Steele ~ January 29th

Duane Burnette ~ January 30th