

The Baffle

VOLUME 8, ISSUE 7

JULY 12, 2018

SPECIAL POINTS OF INTEREST:

- **Parking Lot Practice**
- **Stay Hydrated**
- **Save the dates**

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“Happy Independence Day”

Happy Independence Day to all our UR friends and family and Thank You to all that help keep us independent and free to enjoy this great country! Enjoying Blacksburg with Wayne was part of our annual 4th of July trip, one of many opportunities UR fellow members, Kim and I have enjoyed since we all gathered last. Kim and I admit Virginia wasn't quite the same in the chase vehicle. I apologize to all those who went for the new gravel on Wayne's driveway. Like it isn't tough enough if you haven't been up it before, right! I have to admit that the “RIDE” from Wayne's house will always be my most memorable time on a bike during that whole trip!!! We've had many other opportunities to ride with UR especially with a lot of you getting ready for the Colorado trip. With dinner rides, day rides to the beach and more are scheduled. I hope UR is doing its job! Please, everyone who travels this year with or without UR, 2 or 4 wheels: BE

SAFE!

Speaking of being safe, PLP (Parking -lot-practice) is the 22nd of this month. Riding together and having a good time is part of what this club was put together for and everyone arriving to each destination safely has always been UR's number 1 goal and that's why we think PLP is so important. Check the calendar for other upcoming events.

Until then.... practice good riding habits, use those hand signals and
As always:

“Peace be the Journey!”

Delbert Hinshaw



THE VP'S CORNER "Gotta Get Away"

Hello United Riders!

I hope everyone had a great 4th of July. It was nice to have a family day and celebrate the nation's birthday. I hope all of you enjoyed the day with your family and friends.

I was telling a friend, that it seems I haven't done anything this year but work. I have several big projects this year, one of them is the largest ever. Sheri had been covered up with work and family also.

Both of us were stressed out and needed a getaway. David and Beverly asked us to come up and stay with them for a few days, so we jumped at the chance. We left out on Thursday and met David in Wilkesboro. Rode up to Boone and ate some lunch. It was refreshing cool on the ride to their house. We went to McCloud Mountain on Saturday for lunch. It's on top of the mountain with restricted access to the top. The four switchbacks to the top were extremely sharp. The restaurant had 180 degree views to the valley below, and the food was excellent. This ride took us thru parts of Virginia and Kentucky before ending up in Tennessee. On Sunday we headed to Wytheville. We took the back roads thru the tree-shaded canopy that was almost cool enough for jackets, but not quite. Perfect riding conditions. We ate lunch at Skeeters, and headed back to Bristol for ice cream. I can't tell you how much this small getaway did for Sheri and me. Just to leave work and problems behind and just enjoy good friends and good rides reinvigorated us. Along with a good visit and catching up on



the last few months, we also finalized our plans for our Yellowstone trip in August. I'm looking forward to the next adventure!

WORDS TO LIVE BY:

When life gets complicated

I RIDE

Live Free ~ Ride Free

Dale Jones ~ VP

Tips to beat dehydration this summer, *By Sandy Batton*

Summer is a great time to ride, but the heat can be dangerous and it's time to think about the hazards of dehydration.

Riders tend to be a bit blasé about dehydration. Maybe it's because riding doesn't take a huge amount of effort.

However, we are quite vulnerable to dehydration because of the drying effect of the wind and our constant exposure to the elements. The dangers of becoming dehydrated are headaches, disorientation, heat stroke, muscle cramps, loss of concentration, drowsiness and nausea, each of which can cause crashes. And the problem is that once any of these symptoms becomes evident, it is already too late to do anything about it, so it's time to park the bike.



Tips to avoid dehydration this summer:

- Don't drink too much alcohol the night before a ride. It has a diuretic effect which means it causes you to urinate more water than you take in which means you are losing fluid. And you can't counteract that by drinking lots of water because most of it will go out in your urine.
- Start drinking water as soon as you wake and keep sipping water right up until you get on your bike. It takes about half an hour for water to reach your muscles. Guzzling water just before a ride is not good as it can make your stomach to cramp.
- Wear ventilated motorcycle clothing. Leathers may protect you better in a crash, but they create a "microclimate" which impairs your ability to lose heat. As a result, you will produce more sweat to decrease your core temp. Instead, wear a flow-through jacket. Make sure they have vents in the back so the air flows through. Also, loosen the sleeves so you get plenty of air on your wrists which have a lot of blood vessels close to the skin to effectively cool you down. However, be aware that a flow-through jacket cools you down because it is drying the sweat off your skin which can lead to dehydration.
- Don't be tempted to remove your jacket in the heat! Exposed skin may feel cooler, but that's because the sweat is evaporating quicker, but that is just making you more dehydrated. And while your skin feels cool, you'll be tricked into staying in the sun longer which leads to sunburn. That also leads to dehydration because your body needs water to repair and renew damaged skin.
- Get a Camelbak or other brand of water-dispensing unit so you can continue to take small sips of water while you are riding. Cup holders for a water bottle are not as safe as the hands-free Camelback option, but anything is better than nothing.
- Stop more often than usual and hang out in the shade or in an air-conditioned area. Since you are drinking lots of fluids, you will probably need to stop anyway!
- While you're stopped, have a coffee, but take it easy. That also goes for caffeinated drinks such as Red Bull. High levels of caffeine have a diuretic effect just like alcohol.
- While having a coffee break, avoid having too many sweet cakes, donuts and muffins. Sugar can dehydrate you if it gets to very high levels in your blood. Sugar causes your kidneys to produce more urine to eliminate the sugar, leading to dehydration. Likewise, don't drink too many sugary drinks. Best to stick to plain water, real fruit juices with no added sugar or drinks such as Gatorade that replace salts and minerals lost in sweat.
- Sweat also depletes your body of sodium and if it becomes too low, it can cause many of the same symptoms as dehydration. The average diet probably has enough sodium, but it's good to have a little bit of salt on your meals or drink sports drinks that have a sodium supplement. However, beware of sports drinks with caffeine and sugar.
- Dehydration doesn't just occur in the heat of summer. In winter, the cold can shut off the body's thirst mechanism and trick you into thinking you're not sweating. Meanwhile, your body is losing fluids as the air passes over your body.

Parking Lot Practice

Creekside Park in Archdale. 214 Park Dr, Archdale, NC 27263

To be a SAFE riding group, we all need to ride in a similar style and this practice teaches us all just how to do that 'AS A GROUP'. You don't need your bike as this is taught standing in formation as shown in the picture above. We'll cover things such as: changing lanes with and without cars in the next lane, hand signals, speed limits, And what to do if we get separated (just to name a few). Please plan to attend as its very important for us to all be on the same page when we are riding together.

We will be going to lunch after this practice.

July 22nd, 10:00am

&

October 20th, 10:00am

Save the date

July 2018

July 14th - Chase & Charli's Lunch Ride

Meet in Stokesdale at Citgo at 10:30am ~ Ride back roads to Mt Airy for lunch by the Ararat River, have yummy lunch and wind our way back to Stokesdale. Eating, laughing and riding, its what we do!!

July 15th - UR Boating ~ Smith Mtn Lake

Meet at Sheetz Gas station on 29 at 6:45am.

Enjoy a fun day on the lake, pontoon boat, Big Slide boat & a ski boats... A nice shore lunch & more water fun for all.

July 22nd - Parking Lot Practice

Parking Lot Practice at Creekside Park in Archdale. 214 Park Dr, Archdale, NC 27263

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July 28th / 29th ~ Savannah Weekend

This will be a great ride to Savannah, Ga. Meet at Speedway in Asheboro at 7:30am, KSU at 7:45am... Get to Savannah for a late lunch on the water front.. Jackie Jackson has found us a great place to stay the night at a reasonable rate. Check into the hotel then go walk around beautiful old town Savannah for the evening. Ride home Sunday after breakfast... Hope you can join us.

Save the date

August 2018

August 11th ~ Sheri's ride to Damascus Va

Come ride with us to Damascus Va. for lunch at the Damascus Diner... Meet at Sheetz in 1400 NC HWY 66 SOUTH, Kernersville, NC at 8AM

The ride will take us from the highway to the back roads of Northern NC / Southern Va with some awesome curves on Rt 58 from the Mouth of Wilson to Damascus. And enjoy a nice lunch before returning home... I hope you all can join us....

August 19th ~ Lunch Ride to 6 Scoops

August 19. Lunch Ride to 6 Scoops in Gibsonville, meet at 2pm at DK's.

August 23rd ~ September 3rd

The Epic Colorado Trip

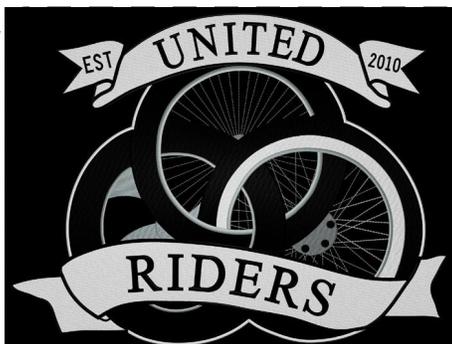
17 people, 16 bikes, 9 bedrooms, 9 bathrooms, breathtaking views, a whole lotta miles = Allot of great memories!

JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Annual 4th of July Blacksburg VA Trip —————	2 Annual 4th of July Blacksburg VA Trip —————→	3	4	5 UR Bus Meeting Beverly McGill's Birthday	6	7
8	9	10	11	12 UR Open Meeting	13	14 Chase & Charlies Lunch Ride 10:30am
15 Boating on Smith Mtn Lake Sheetz, Rt 29 6:45AM	16	17	18 Deena Payne's Birthday	19	20	21 Jack Steele's Birthday
22 Parking Lot Practice Creekside Park 10am	23	24 Rob Brackett's Birthday	25	26	27	28 Savannah Trip Meet at Speedway Asheboro 7:30am ←—————
29 Savannah Trip —————→	30	31				

AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 UR Bus Mtg	3 Tom Swaney's Birthday	4
5	6	7	8	9 UR Open Mtg	10	11 Ride to Demascus Meet at Sheetz in Kernersville @ 8AM Bikers 4 Boobs Ride
12	13	14	15 Robin Berrier's Birthday	16	17 Felicia Meekin's Birthday	18
19 Lunch Ride 6 Scoops Meet at Dk Cycles 2PM	20	21 Lance Kirby's Birthday	22	23 Epic ← _____	24 Colorado _____	25 Trip _____
26 _____	27 _____	28 _____	29 _____	30 _____	31 _____	Return Sept 3rd From Colorado Trip



**United Riders
Riding Club**

609 Vista Drive
High Point, NC 27263

E-mail:
unitedriders2010@yahoo.com

The UR Garage
Minor Repair & Maintenance
Mike Rutenberg
[\(336\)-847-7475](tel:(336)847-7475)
Rate- \$35 hr



If you see the following family member,
wish them a



*** Happy Birthday ***

Beverly McGill ~ July 5th
Deena Payne ~ July 18th
Jack Steele ~ July 21st
Rob Brackett ~ July 24th