



RIDER ED DIRECT

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A Monthly Communication to Michigan's Chapter Educators
From your GWRRR Michigan District Rider Ed Team
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RIDER EDUCATION DIVISION of GWRRR

Our Mission:

*To Save Lives
Through Quality,
World Class Education*

Our Motto:

"Safety Is For Life"

Rider Ed Levels Program

Grand Master Tour Rider / Co-Rider



Requirements:

Current member GWRRR,
active participation and con-
tinuous renewal at Level IV
for minimum 10 years.

MONTHLY TOPIC: Warm Weather Worries

After a longer than usual, cool, wet spring season in our neighborhood, this summer has certainly brought us our share of hot weather. And if you went to Greenville, SC, for Wing Ding, you added some southern-style heat to your diet. True, July is the hottest month on average in our region, but August average high temperatures are only 2°-3° cooler than July. Besides, when was the last year we had a summer season with average or below average temperatures? So let's review our warm weather riding tips.

First, make sure you have gear appropriate for the weather. Consider what you will wear to cover your arms while riding in direct sunlight during daylight hours (if you are lucky enough to avoid the rain). If you have it, a mesh jacket provides unparalleled ventilation and abrasion resistance. A denim shirt is another alternative that is fairly light weight and offers better protection than t-shirt material. Protection is important, but keep in mind that when you are comfortable, you are able to focus on the act of riding. Denim is the most common choice for long pants, but you might want to think about purchasing motorcycle-specific riding pants. Gloves are the other area where the ambient temperature is usually factored into the decision of what to wear. Perforated leather gloves will breathe better than solid leather. There are also mesh gloves on the market which, like the jackets, also provide great ventilation coupled with superior abrasion resistance. They are worth considering.

Second, plan to maintain your hydration level. Every time you stop for gas or a rest break in hot weather, take time to drink enough fluids to replace what you lost through perspiration. This should be at least eight ounces per hour during the heat of the day. You may think that your clothes are not holding an entire cup of sweat that you could wring out of them. And that is probably true. While you are riding, some of your perspiration is soaked up by your clothes and is carried away by the air flowing around you. And some moisture evaporates directly from your skin. It must all be replaced to keep your system hydrated. A simple way to determine if you are getting enough fluids is to monitor your output at rest stops. In short, if you are drinking frequently but don't have to go at each rest stop, then you probably are not drinking enough. Modify this as necessary for your own situation.

Third, remain aware of your own physical condition. Exposure to too much heat for too long can result in hyperthermia. This is the condition where your body cannot properly regulate your internal temperature and your temperature rises uncontrollably. If allowed to reach this state, it is a medical emergency requiring immediate medical attention. The key is to prevent your body from reaching this condition. Watch for symptoms like the absence of sweat in hot weather. This could mean your body has lost too much water and cannot produce any more sweat, the principal means of temperature regulation. Without the ability to sweat, the core temperature of the body will rise quickly. Other early warning symptoms include confusion, headache, dizziness, redness of the skin, often most noticeable on the face. If you notice any of these symptoms in yourself or those riding with you, find the nearest place to sit down, drink lots of water, and relax in the shade or an air conditioned space. Remove gear and loosen clothing to allow the body to cool itself. Increase the frequency of breaks during the hottest part of the day.

With the right gear and travel plans that include frequent breaks with plenty of water, you can enjoy riding safely even in the hottest weather.

Planning Reminders:

1. Region D Rally, Tiffin OH – Top Gun and the Amazing Team Challenge will be held (weather permitting). Participate or help others put on the event. Learn what it is about by getting involved. Encourage your fellow members, too. It is about improving your riding skills.
2. Make it a point to celebrate your members when they advance in the levels program or earn a new Safe Miles pin. Bring them up in front of the group during a Gathering and present them with their new patches or pins. This will encourage them to go further and help advertise the Levels Program to others. Be prepared to answer questions from the curious! And remember to write a brief note for your chapter newsletter, too.
3. Are you stuck at just one topic for your typical "Gimme 5" talk at the Gathering? Make yourself an agenda to use each month. Besides a monthly safety topic, include items like Pins & Patches, upcoming training opportunities (ERC, ARC, First Aid/CPR, videos, etc.), mention upcoming rallies and seminars, and riding events to participate in. Count and report each one of these items in your monthly report.

Thanks for all you do for Rider Education! And remember: **Safety Is For Life!**