



GWRRR
New York District
August 2007
Northeast Region



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<i>Chapter C</i>	<i>Bob & Jackie Beach</i>
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<i>Chapter F</i>	<i>Rich & Lois Brown</i>
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NY District Website:
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GWRRR homepage:
<http://www.gwrra.org>

Region Website:
<http://www.gwrra-northeastregion.org/>

News from National...

- Wing Ding in Montana was a success as reported by the few New Yorkers that made the trip out West.
- Wing Ding 30 is back in Greenville in 2008. It will be running from Thursday July 3rd thru Sunday July 6th. I expect a much larger turnout from New York as it is a lot closer. Dottie and I attended the last Wing Ding in Greenville in 2001 and had a great time riding Deals Gap, Betty's Loop and many other wonderful roads in that part of the country. We have gotten several emails from people who are blocking hotels rooms already in an attempt to have all their friends stay together.

News from the Northeast Region

As many of you know by now, we have a new Region Director, Lorraine Knight. Lorraine and her husband, Earl have been serving as the North East Region Assistants under Jere Goodman. Jere stepped down in July after about 14 years of "officership" in GWRRA. Lorraine is from Rhode Island where she is a past CD and DD. She and Earl will be at our Rally in Newark, please introduce yourself to them and welcome them to New York.

Dottie and I went to the New England Rally in July and were pleased to see a number of New Yorkers present and we enjoyed the hospitality in Massachusetts. Next year, the New England Rally is going to be located in Rutland Vermont. We have been to Rutland numerous times riding and skiing and really enjoy the area.

Please don't forget that there are two rallies left in the Region this year, Pennsylvania and New Jersey.

A Farewell from Jere Goodman

Has it really been 15 years since Linda & I first walked into the Americana Diner in Bordentown, NJ to attend our first GWRRA Gathering with New Jersey Chapter D? For you "old-time" NJ folks, Charlie Koczan was the Area Representative.

Has it really been 14 years since I was appointed as the New Jersey Chapter D Assistant Area Representative (Assistant Chapter Director for all of you who may not have heard the term, Area Rep)?

Is it possible that Linda & I have served as Operational Officers for 14 years including NJD Chapter Directors, NJ District Directors, Northeast Region Directors and several Assistant assignments?

The answer is yes to all above!

When one starts to think back over so many years, it becomes mind-boggling. So many friends, so many adventures, so many good times and a few that were not so good. However, the positives during our past 15 year journey far out-weigh any negatives.

The time has come to modify the journey, take a break and re-charge our batteries. Effective July 16, 2007, our assignment as your Northeast Region Directors will conclude. As to your new Regional Directors, Lorraine & Earl Knight (Region Assistants & Rhode Island District Directors) will take over as your new Regional Directors. Lorraine & Earl will be tremendous assets to the Region, so kindly extend to them your well wishes and support.

Linda & I would like to thank a truly wonderful Region Staff including those past staff members who served during our term. To all the Operational Officers and the Chapter Participants who make up the 11 Districts in the Great Northeast Region, thank you for your support, friendship, camaraderie, and the memories.

Thank you past and present International Staff for your support throughout the years.

We often joke about the two best days in GWRRA as being the day you step up to an Officer Position and the day you step down. That is not true! There are far too many other wonderful days spent with the friends we make in this association.

As your outgoing Regional Director, I would like to leave you with a road-map should you desire to follow all or some of the routes:

- "SAY NO TO CAN'T AND ASK HOW CAN WE?"

- “MAKE A DIFFERNCE”
- “BEEP BEEP” (Be a Road Runner, not a Coyote)!!!

Thank you, be well, and ride safe!!!

Sincerely,
Jere & Linda Goodman
Former Northeast Region
Directors
BEEP! BEEP!

From the District Director

Our Rally in Newark is coming up fast and in fact you may be reading this either just before or just after the Rally. So far it looks like it will be a fun filled event with lots of opportunities to get your Rider Ed renewals and training. There are some interesting seminars scheduled as well as numerous games and prizes to be won. The Basket Raffle looks to be a hit. I know of at least two baskets that have a retail value of \$1000.00 each that will be won with a \$1.00 ticket. I hear that there will be 10 baskets coming to the Rally. It will be a good money maker for those chapters that took the effort to enter.

CD's and ACD's, don't forget that there will be a District Meeting on Sunday following the Level Four Breakfast. We will be discussing the Rally, the Ride Out, other chapter and district events for the remaining year and another other topics of interest. You will also be picking up your check from the basket raffle!!

Ed & Dottie Bahrenburg
 District Directors

From the District Educator



Here are some more tips on how to beat the HEAT from my friend Gary Mandak.

Too Hot to Trot

The weather has become almost too hot to ride, well almost. It's times like these we have to be aware of how we feel to prevent heat related issues. Hot weather riding can become very

dangerous and sometimes by the time we become aware of how we feel, it is too late. There is other related hot weather riding conditions to be aware of as well.

Fluids

Water and lots of it. It is most important to hydrate before you feel thirsty than to 'wait until the next stop.' Take a water bottle with you or use a hydration back pack for constant ways to keep your water intake ongoing. When you make your pit stop, make sure your urine appears clear, which indicates that your water intake is appropriate. When you make your stop, take in additional water. However, too much water can cause different problems. When you take in too much water; it also removes salt and other electrolytes your body needs. One way to over come this is to eat some salty food which will help to retain water in your body, (chips or similar salty snacks.) Power type drinks also work very well for this purpose. Also take some hard candy with you for a quick burst of energy if needed. However do not to eat while you are riding so you don't accidentally choke on the candy. Also, it is hard to unwrap while riding.

Ride times

If possible, start your riding in the early morning or later in the afternoon when the temperatures have cooled down which will cause less stress to your body. In the peak hot hours, find a nice cool restaurant to refuel your body. If you stay long, leave a really good tip.

Tar snakes

As the temperatures rises, black tar snakes are used to repair the roads and can be quite a thrill your first time you try and slither over the snakes. The tar snakes get hot and soft and make your tires 'wiggle.' First try to avoid them if possible, if not just ride it out. The feeling is very similar to the feeling of riding over a grated bridge.

Construction vehicles

In the summer construction vehicles are working on the roads (and adding tar snakes) they also carry dirt and many tools that can fly off the trucks. Keep a safe distance back so you don't get hit by IFO's or Identifiable Flying Objects.

Road construction

With the construction also come potholes, uneven pavement, and generally unsafe road conditions. Slow down and look down the road to anticipate those conditions.

Extremely hot weather riding takes on special considerations. Be aware of road conditions and conditions of you body when you ride. Scan your environment. Make frequent stops to nourish your body. Make your riding hard to beat in the heat.

Practice safe riding.

Gary Mandak
Chapter W Educator

From the District COY Coordinators

. From your NY District COY Coordinators

Greetings to all!

It's almost time for our NY District Rally and it sure looks like a great time for all of us! With lots of hard work and planning now past, we're on the home stretch and looking forward to being together as a big GWRRA family!

Unfortunately, none of our five chapter Couples of the Year will be involved in the selection process that was planned for Friday morning, August 10th. Needless to say, we are disappointed that there will not be a District COY selection at the rally, especially with the unprecedented Region Couple of the Year selecting being made at our NY District Rally. We are extremely excited that Ron and Pat Schroth will represent NY District and we are asking that you give them your full support!

At this point, we're unsure where the future of the NY District Couple of the Year program will lead. Your District Staff will consider several options. However, please remember that every GWRRA couple is a special Couple of the Year!

Ride safe and see you in Newark!

Rich & Lois, NY District Couple of the Year Coordinators

Around the District



Homer Simpson joins
New York Chapter C!



NY-Y Captures the Plaque from NY-C!

NY-F (better known as the "Rain Riders") only let NY-Y keep the plaque for 6 days!

