



GWRRA
New York District
January 2009
Northeast Region



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Chapter F Rich & Lois Brown
Chapter G Pete & Marielle St. Amour
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Chapter K Lawrence Showman
Chapter L Rocco & Karen Cole
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Chapter T Al & Linda Yerdon
Chapter U Joe & Marsha Gaworecki
Chapter W Mike & Ginny Schelkun
Chapter Y Roland & Katrina Teribury

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NY District Website:
<http://www.gwrra-ny.org/>

News from National...

**2008-2009 Cycle World International
 Motorcycle Shows**

The Cycle World International Motorcycle Shows® presented by Toyota kicked off its 13-city nationwide tour last October 31 in Phoenix, Arizona, before continuing to Dallas, TX; Houston, TX; Long Beach, CA; Seattle, WA; and San Mateo, CA, in November and December.

But if you missed these dates, you can still catch the 28th annual event this year. Scheduled dates for 2009 include: Novi, MI, January 2-4; Washington, DC, January 9-11; New York, NY, January 16-18; Cleveland, OH, January 30-February 1; Chicago, IL, February 6-8; Minneapolis, MN, February 13-15; and Greenville, SC, February 20-22.

GWRRA will have booths at the New York, Illinois, Minnesota, and South Carolina shows. Members can receive discount tickets for any of the shows by registering online at www.motorcycleshows.com and entering the word "Gold" in the Promo Code field. The website provides show times, maps, and hotel deals for each show. You can also call 800-331-5706 for information regarding any of the shows. Hope to see you there!

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REGION DIRECTORS
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REGION EDUCATOR
 KEITH & ELAINE PRICE

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 CLAUDETTE CYR

GWRRA homepage:
<http://www.gwrra.org>

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

News from National...

Wing Ding 2009

The Gold Wing Road Riders Association (GWRRA) is pleased to announce its 31st annual Wing Ding will be in Tulsa Oklahoma, this year. The international convention opens Thursday, July 2, and runs through Sunday, July 5, 2009, at Tulsa's Expo Square.

Wing Ding is the world's largest convention of owners of Honda Gold Wing and Valkyrie motorcycles. A previous visit to Tulsa was held in 1991. More than 10,000 Gold Wing motorcycle owners and riders are expected to attend Wing Ding 31, which could generate between \$10-15 million in direct economic impact to the area.

News from the Northeast Region

A New Year brings forth a time for reflection on the past, a study of the present and a time to envision what lies in the future year ahead.

Over a year ago (November 2007 to be precise) we held our first Region Staff meeting and discussed many, many new GWRRA changes, goals and ideas, some of which were great and some of which were "DUDS" too! (You can't win them all, but you won't win if you don't try!) As we begin 2009, we wanted to reflect the vision we had for the Region back then and study the results of our goals so we can analyze what's ahead for 2009 .

At the meeting, we discussed some significant changes within GWRRA. So let's reflect on those changes after one year's implementation. **Three Distinct Divisions — Operations, Rider Education, Leadership Training, we discussed that appointments would NOW be made by the Division Directors with the approval of the Operations Directors.** This is, perhaps, THE most significant change within GWRRA that we have seen in many years. It impacts every facet of the structure of the association and, because of that, it is the most challenging concept to understand and accept, especially for those long time members and officers who are not accustomed to CHANGE. None the less, for the most part, our Region has adjusted well and has been successful in implementing and accepting this change.

We also discussed changes regarding the GWRRA membership area report (aka the "Green Bar"). As promised by the home office, we received a full run area report in January and then a second one in July. Between these months, we regularly receive monthly reports of all new members, prospective members, expiring members and unassigned zip codes. Every district director and/or their membership enhancement division coordinator should be receiving the report for their area.

As we begin this new year of challenges, it becomes most important that we all continue to work together as a team and share each others successes and problems, as that is our best defense against the struggling financial, personal and emotional turmoil we will be facing during 2009, while many of our members are trying to make ends meet and keep their jobs and families together.

We hope and pray that every one of our members and staff remain strong and steadfast during these difficult times. We would like to wish everyone a safe, happy and healthy New Year. May we all be blessed with many new friendships and many safe riding miles as we move into a new riding season full of Friends, Fun and Safety.

Lorraine & Earl Knight, Northeast Region Directors

From the District Director

The New Year has started and we are excited about the prospects for this year. Our District has 3 new Chapter Directors that will be joining us in Leadership positions in GWRRA; Nick Habel for NY C, Al Yerdon for NY T and Roland Teribury for NY Y. I know these fine folks and feel they will do an excellent job for their Chapters. Please introduce yourselves to them at the District meeting.

The District Meeting is scheduled for January 24th at the Chenango Fire Station. We have a great deal to discuss at this meeting since there have been several new initiatives at the National Level. This meeting is especially important because we are going to discuss the joint Rally with New Jersey. The Rally will be called the Bi-State Rally.

We were approached last summer about the possibilities of combining the New York and New Jersey Rally for 2009 or 2010. You might recall that I spoke to a number of people at our 2008 Rally about the situation and received positive input. Well, it is now a reality for 2009. The New Jersey District Director and some of his staff will be joining us at our District meeting so you will have a chance to interact with them.

Please bring your year end paperwork to the District Meeting, so I can send it in to our Region Director. I have posted several times the various documents that are required. You also need just the December bank statement not all 12. Also, please do not forget to provide me with an estimate of how much of your 2008 fund raising efforts went to charity. The home office is looking for that information. We are NOT looking for any sort of "proof" just a number—I think the total will surprise everyone. If you have any questions at all, please call me or Jack Seeley so we can help you.

The District is looking for a Chapter to host the Ride In. If you are interested please talk to me at the meeting. My recommendation is that it be held after Americade but before the end of June graduations etc. You can keep it as simple as the 2008 Ride Out hosted by NY F, but it is an opportunity for your chapter to do a fund raiser and a point for ***Dash for Cash***.

If you have developed a ride schedule, please bring it to the meeting so it can be shared. I have heard that a couple of Chapters are talking up a ride into Canada. Dottie and I have done a lot of riding there and we are looking forward to hearing about those plans so we can be sure to tag along. In talking to several of our Canadian friends, it appears they would not mind joining us so it could be a huge ***Dash for Cash*** point event.

As I write this article, it is a toasty 7 degrees above zero. Since the temperatures are not conducive to riding our favorite motorcycle, it is a great time for ride planning, progressive dinners, and all sorts of fun indoor Chapter activities. Remember GWRRA is all about FUN!

Dottie and I wish you a Happy New Year, filled with lots of great riding, fun and friendship.

Ed & Dottie Bahrenburg
District Director

RALLY NEWS

- The new logo for the 2009 Bi-State Rally will be selected at the NY District Meeting. We have several great entries. Those attending the meeting will make the selection. Since this will be called the Bi-State Rally, some entries may need to be tweaked.
- The Bi-State Rally will be held in Norwich, NY, on August 6-8, 2009. The host hotel is Howard Johnson's. Call 607-334-2200 for reservations. Make sure to mention Gold Wing to get the group rate of \$85.
- The theme for the 2009 Rally is ***Come to the Country***.
- There will be some great riding in the Norwich – Oneonta – Cooperstown area. And we have some great optional activities planned including a Brook's BBQ dinner at the Antique Car Museum in Norwich.
- Registration information should be available on the website in early January.
- Will there be baskets? The decision will be made at the District Meeting.
- Chapter Displays: This year Chapter Displays should take the form of a collage. Make use those creative individuals in your Chapter to come up with a unique collage that represents your Chapter.



From the District Rider Educator



AHHHHH, with a big yawn! It's New Years. We've survived another holiday season and can settle in for a long winters nap.

Well, maybe not so quick, I, your District Rider Educator have a few tasks that really need to get done. My first request is to my fellow Chapter Educators and Chapter



Directors. I like all of you, absolutely hate paperwork, but in many cases it can't be avoided. We really need to get in our monthly N.6 Rider Education Report (Revised April 2008). Besides myself from Chapter N, I only have Chapter G's report for November and December 2008. And why are these reports so important? We need to show this information for the IRS to keep our exemption status for our rider education fund raising. So, please do your very best to get me those reports in a timely manner. You may snail mail them to my address below, or e-mail them to me to the link below. Please help me

on this matter.

Ok, enough business, next let's talk about New Year's Resolutions. I will be honest and tell you about my rider education history. For about 25 years, I was the typical motorcyclist, just rode, read a little and thought I knew everything I needed about riding my bike. I didn't need anybody to teach me about riding. Then, the United State Air Force told me I had to take a Basic Rider Course if I was going to ride on the base.

Well, guess what, like most riders, most of my riding habits were bad habits. My eyes were opened and they will stay open as long as I continue to learn.

So, all you riders that know everything there is to know, including trike riders, may I beg you all to make and keep a resolution to take at least one rider education course this year. It may just save your skin or your life.

Thank you, ride safe and always practice what we have learned through our education!

Your Rider Educator,
Al Stahl
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From the District Trainer



Have you made any New Year's Resolutions?

Ten must-dos for 2009

In the hope that you will find a few minutes of peace in the next few weeks, I take this opportunity to share some insights in the form of New Year's resolutions.

1. Articulate your vision:
 - a. Where do you wish to be by the end of 2009?
 - b. How do you picture yourself in the leadership role?
 - c. How do you picture your Chapter?
2. Establish Goals:
 - a. Once you have a Vision in mind, the next step is to establish goals
 - b. And then develop Action Steps to reach your or your Chapters goals
3. Plan in Fun
4. Communicate
 - a. Communicate the Vision, Goals, and Action steps that you develop with your Chapter leadership team.
 - b. Communication is your strongest leadership tool. Make sure information gets out to all of your participants.
5. Listen
 - a. Become an active listener.
 - b. Make sure you understand what your Chapter members are telling you with words as well as actions.
6. Build a strong leadership team
 - a. Do not build a leadership team of individuals who think along the same lines as you do.
 - b. Include members from the four basic personality groups:
 - i. The Organizer and Detail person

- ii. The Nurturer
 - iii. The Questioner or person who always seems to need more information
 - iv. The Doer or Action Person
7. Spread enthusiasm
 8. Share
 - a. The leadership role
 - b. The Visioning process and goal formation
 - c. The planning and work
 - d. The kudos and successes
 9. Support, Praise, Respect
 10. Do something new!

Miles of smiles and laughter!
Dottie Bahrenburg, District Trainer

From Your District Membership Coordinators

Defining Terminology

As with any organization, there are terms you will hear which may be new to you or may have some unique meaning within GWRRA. We've attempted to identify and define some of these. However, if you hear something not described in this Guide, feel free to ask your Chapter Director.



Charity or Toy Run: You will find that people in this Association have a big heart and like to help the less fortunate. Many times a “charity” or “toy” run is held where you will meet at a pre-arranged point with a new toy. With the assistance of the local law enforcement you may be “escorted” to a children’s hospital or ward to deliver toys to children with critical and even terminal illnesses. Visits

are also made to nursing homes, homeless shelters and other similar places to share some joy and happiness.



Couple of the Year: The Couple of the Year program was started in 1988 as a way to recognize couples that best represent the qualities and ideals of GWRRA and its Members. The program starts with the “Chapter Couple of the Year” and proceeds to “District Couple of the Year”, “Region Couple of the Year”, and finally “International Couple of the Year.” All are based on a friendly selection process and the Couples of the Year serve for one year. At the National level, the term “International Couple of the Year” is used because the selection process at this level includes Region Couples of the Year from both the United States and Canada. For more information, please see the “Couple of the Year Manual” available from your Chapter Director, or go to the Membership Enhancement Division website at: <http://med.gwrra.org>. Select: Guides and References; Heading: Couple of the Year; Select: Couple of the Year Manual.)

Dessert or Ice Cream Ride: This is similar to a “dinner ride” except, as the name implies, a stop is made for some sort of dessert like ice cream since most GWRRA members love ice cream!

Dinner Ride: Most Chapters schedule dinner rides (year around by bike or, in bad weather, by car) to their favorite restaurants. Normally these rides will be published in the Chapter Newsletter or in the “Annual Ride/Activity Schedule.” These rides will start from a designated point and may be a short ride or a longer ride with a final stop for dinner.

Field Events: These events can be either on-bike or off-bike. On-bike events are done at low speed (first gear) within a designated area and are designed for fun! One event requires a co-rider to take a bite out of a hot dog dangling from a string overhead as they slowly ride by! Off-bike events are similar to on-bike events except they are done off the bike. Plaques, trophies, certificates, or other forms of recognition may be given to recognize the winners within each event.

Fifty-fifty (50/50): To help fund expenses, tickets are sold (where legal) and are based on a random drawing. Half the money (50%) is given away, typically in increments of 25%, 15% and 10% and the other half (50%) is deposited into the treasury. 50/50 tickets may be sold (where legal) at Chapter gatherings, rallies, and other events.

Mall Show: This is a pre-scheduled “bike show” set up at a local shopping mall. By displaying our beautiful machines, we have the opportunity to recruit new Members who may not have heard about GWRRA. For more information on Mall Shows, go to the Membership Enhancement Division website at: <http://med.gwrro.org>. (Select: Guides and References; Heading: Public Relations; Select: Mall Shows.)

Poker or Observation Run: A poker or observation run normally serves as a fundraiser for Chapter, District or Region. There are many formats, but these are basically conducted as follows: You sign in, pay a nominal fee and receive a set of directions for a scenic ride. During the “poker run,” you may be required to stop at certain checkpoints and draw a card or draw all your cards at the end of the ride when you check in. As in poker, the best hand wins a plaque, trophy or certificate. An “observation run” is similar, but requires that you answer questions about sites along the route. The person who answers the most questions correctly wins.

Sincerely

Pete and Marielle St-Amour

NY District Membership Coordinator

Chapter of the Year Program

CHAPTER OF THE YEAR PROGRAM

It’s a new year, and many chapters are thinking of new things to do. One idea could be participation in the Chapter of the Year program.

Successful chapters are vital to the strength of GWRRA. The “CHOY” program was introduced last year as a way to acknowledge the extraordinary efforts and performance of local chapters. It is also a good way to see if your chapter is participating in all that GWRRA has to offer.

All Chapters that have paid their charter fee, and have met a few other qualifications are eligible to participate. The bulk of the judging criteria are based on a points system.

Points are awarded for:

- A) Number of events on Chapter schedule
- B) Membership recruitment and retention
- C) Percentage of members enrolled in the Rider Education levels program

- D) Having a COY
- E) Chapter Director taking a LTD Horizons or Instructor Development course
- F) Having a website that meets minimum GWRRA requirements
- G) Extraordinary Chapter events and activities

The NY District is not currently active in the CHOY program. However, many other Districts in our Region are. It would be nice if we could join them. We will talk more about the CHOY program at the District Staff Meeting.



Stay safe,
 Paul Wood
 GWRRA NY A.D.D.



From District Public Relations

Gary Cork has taken on the responsibility of putting together Crash Scene Response Field Exercise to be held at the District Rally in Norwich. Any assistance anyone can provide to Gary in this undertaking will be greatly appreciated. If you feel that you do not want to head a committee, perhaps you can be a member of a committee, or perhaps provide assistance wherever and whenever it is needed.

Well, needless to say, WINTER has decided to raise its cold, snowy head and there maybe some of us going through PMS-if that is the case-then I have just the cure for you. Tony VanSchaick recently sent out any email on what we can do if we should happen to suffer from this dreadful withdrawal. I have attached it below.

Go to the MSF website at <http://www.msf-usa.org/> and watch the following *.wmv file video clips once there (**10 minute Group Riding excerpt highly recommended**):

| | |
|---|---|
| Welcome to Ride | |
|  | This 5-minute video introduces the many diverse aspects of street motorcycling. |
| Watch: <i>Basic Rider Course</i> Highlights | |
|  | This 5-minute video is a capsule summary of what you'll experience in our hands-on, 15 hour, <i>Basic Rider Course</i> training program |

| | |
|---|--|
| Watch: Group Riding | |
|  | This 10-minute edit of the video in the MSF Guide to Group Riding Kit explains riding formations, pre-ride meetings, hand signals, and more. |
| Watch: Common Road: | |
|  | This 3-minute edit of the MSF Cars, Motorcycles & A Common Road video helps car drivers share the road safely with motorcyclists. |

According to the closest MSF course to us in Syracuse, they will post their schedule on or about February 1, 2008. Their website is www.learn2ride.net and they offer Basic *Rider*Courses (BRCs) and Experienced *Rider*Courses (ERCs). Don't forget that we will be offering the GWRRA Advanced Rider Course (ARC) on May 24th if the ARC instructor course happens as planned. (starts April 25).

Most of us remember the ice storm that struck the eastern portion of New York State. I know some Chapter Directors will go to lengths to ensure their chapter activities are fun, exciting and memorable.

Well, needless to say it hit about the time that Chapter G had planned on their Christmas party. However, I don't believe for a minute that anyone can top the length that Pete St. Amour went to in order for their Christmas party to continue on. According to Pete, they were in a Catch 22 situation-they would have had to pay for the catering and food. So, Pete was able to obtain two 23,000 BTU salamanders and a generator. Believe it or not, 41 people from Chapters G and N attended the Christmas party. It was a great success even if the building had no power and an outside temp of 15 degrees. Besides, the catered meal, they had gift exchanges and still managed to turn on the lights on a large Christmas tree. The whole thing was challenging to say the least. Hats off to you, Pete, for going to the extreme to make a very memorable event.

I am sure many chapters within New York are having their ride planning meetings and looking for new and exciting places to go to. There are many places in New York that remain to be discovered-so if the negative wind chills and the white stuff on the ground-keep in the forefront of your mind-spring is just around the corner.

I was reading an article in the Sunday paper-written by the Dog Whisperer-Cesar Millan-entitled "What Your Pet Can Teach You." I am sure most of you know who the Dog Whisperer is and have watched his shows. I have watched his shows and am always amazed how he is able and capable to doing the things he does with dogs with very few words. Without going into a lot of detail, here are the things our dogs can teach us: Live in the moment (too much time is wasted thinking of tomorrow, or next week); Nurture a balanced life (exercise, discipline and affection is a balanced life for a dog); Trust your instincts (you know that funny little feeling you get in the pit of your stomach-listen to it); Be direct and consistent in your communication (this applies to your family, friends and co-workers); Learn to listen (hmmm-this is one I really need to personally address-everyone likes to be heard); Don't hold grudges

(resolve the situation when the disagreement arises, then move on-I had to do this at work just recently. Holding onto negative feelings tends to make them multiply and prevent us from moving forward); Live with purpose-ask yourself how you can contribute more to your job, your family, and the world around you; and Celebrate every day-because today is all we have. What a way to start off 2009-the year that is going to shine.

Linda Waterman
District Public Relations Coordinator

Around the District



It looks like Santa stopped to visit the Highway Hobos – Chapter H!

Thank you MaryAnn for sharing the great pictures.



First Dash for Cash Points Go to Chapter D



Members of the New York District were a strong presence at WinterThing 2009 (The Maryland District Rally). Chapter D was the first NY Chapter to gain Dash for Cash points in 2009. WinterThing gave them 2 Dash for Cash points. NY members from Chapter G, Y, and T were also present as well as your District Directors.

What Is the Difference Between an ERC and an ARC?

(Since ARC training will soon be available in the Northeast Region, we thought you might find this article interesting. This is written by Randy Westcott, the Michigan District Educator

The new Gold Wing Road Riders Association (GWRRA) of Michigan 2008 Rider Course Registration forms have come out offering both Experienced Rider Courses (ERCs) and Advanced Rider Courses (ARCs.) Sometimes they are both presented at the same location. I've recently had several members ask me what is the difference between the ERC and the ARC. Let me try to explain.

The Motorcycle Safety Foundation (MSF) ERC is the rider course we have been using in Michigan for several years. It must be taught by certified MSF Instructors on certified MSF ranges. When I took my first two ERCs, the program consisted of classroom instruction followed by range instruction. In 2003, MSF changed the program. The current version of the ERC is conducted entirely on the range and is expected to take about 5 hours to complete. It consists of 9 exercises.

Exercise 1 is called "Control at Low Speed." The participants begin by circling the range, and then begin a cone weave that is 20 feet between cones on one side and 30 feet between cones on the other side. Finally, they are asked to do the cone weave while moving the left hand from grip to thigh.

Exercise 2 is called "Control Skills Practice." The participants perform a pause-n-go, and then enter a clutch control lane. Upon leaving the lane, the rider alternates between a 15 foot by 3 foot offset cone weave to the right and a 20 foot by 8 foot offset weave to the left. They then merge back together at the center of the range.

Exercise 3 is called "Stopping Quickly." This is a straight line stop on each side of the range, followed by a crisscross with pause-n-go in the center. At the beginning, the stops are triggered by the cone position and, later, the instructor directs the riders to initiate the stop. There is a break after exercise 3 to discuss some safety topics with the instructor.

Exercise 4 is the "Limited Space Maneuvers." This is the double U-turn in the box, followed by the snake. The box has outside dimensions of 28 feet by 70 feet. There is also a line at 24 feet.

Exercise 5 is "Cornering Judgment," where there are 3 gates set up across the range and the participant rides down the edge of the range and then slows the motorcycle sufficiently to make a smooth arc to the desired gate. There is a break after exercise 5 to discuss some safety topics with the instructor.

Exercise 6 is called "Cornering Finesse." Starting along the short edge of the range, the rider makes a 90 degree turn to the left, travels the long edge of the range, and makes a 135 degree left turn back to the center of the opposite side of the range. Half way through the exercise, all the bikes are repositioned to make the turns to the right.

Exercise 7 is "Stopping Quickly In a Curve." In this exercise, the riders alternate stopping in a right or left turn lane. There is a break after exercise 7 to discuss some safety topics with the instructor.

Exercise 8 is "Hazard Avoidance: Swerving and Stopping Quickly." This is where the rider must swerve to the right or left then come to a quick stop after the bike is traveling straight again. The riders then go through a 30 foot by 3 foot offset cone weave back to their starting position.

Exercise 9 in the ERC is called "Multiple Curves." We have called it the "Peanut" or the "Mini-Dragon" on the range. This is a track with multiple curves of various radiuses, to the right and left. Up to three bikes enter this track and proceed around in one direction for 3 to 4 revolutions, then reverse direction for 3 to 4 revolutions. There is a final break after exercise 9 to discuss some safety topics with the instructor.

The ERC has served us well for the past several years; however, we are no longer able to get enough MSF Instructors to volunteer to teach for GWRRA ERC classes.

GWRRA has had similar problems in other districts, so they have developed the ARC to address the ability to certify their own Instructors. The GWRRA ARC utilizes the classroom and range method of teaching. The classroom portion of the ARC should take about 3 hours. There is more detail provided in the classroom portion of this course than can be presented in the breaks in the ERC.

The range portion of the ARC should take about 5 hours. It consists of 9 exercises as well.

Exercise 1 is "Normal/Quick Stop In a Straight Line." This exercise is performed in two parts. The rider proceeds down the long side of the range and begins a normal stop simulating a stop sign or a traffic light. In the second part, the rider executes a quick stop in 30 feet or less.

Exercise 2 is "Apexing In a Curve." The rider starts into a 60 foot radius curve, either to the right or the left, using the outside-inside-outside path of travel. Half way through the exercise, the riders will switch to the curve in the other direction.

Exercise 3 is "Normal/Quick Stop In a Curve." Using the same curves as exercise 2, the rider will begin the outside-inside-outside path of travel, and then execute a normal stop. After doing this a few times, the rider will perform the quick stop technique in the curve. Half way through the exercise, the riders will switch to the curve in the other direction.

Exercise 4 is the "Slalom – Push or Counter Steering." One side of the range has a 30 foot by 3 foot offset cone weave set up which allows counter steering to lean the bike.

The other side of the range has a 30 foot by 6 foot offset cone weave which requires slower speed and push steering to turn the motorcycle.

Exercise 5 is "Obstacle Avoidance and Swerving." In this exercise, the rider begins down the range then serves to the right or left, proceeds about 40 feet, then swerves back to the original path of travel and stops when straight. The rider then returns to the start position, traveling through a clutch control lane on the way back.

Exercise 6 is called "Turning and Cornering – Both Directions." The exercise is performed on an oval course where 2 or 3 riders at a time accelerate on the 100 foot straightaway then break to make the 30 foot radius half-circle. Riders begin with left hand turns then, halfway through the exercise, they are instructed to switch directions and run to the right.

Exercise 7 is the "Slow Speed Tight U-Turns." The riders are to enter the exercise, travel 40 feet, and perform a u-turn to the left in a lane with a 24 foot outside diameter. They then have 40 feet to cross over to a right hand u-turn with a 24 foot outside diameter.

Exercise 8 is called "Slow Speed Tight Circles." We call it the bowtie. The riders are to enter the exercise and perform a 24 foot diameter circle to the right, then follow immediately with a 24 foot diameter circle to the left.

Exercise 9 is called "Tight U-Turns, Sharp Corners, Sharp Turns Both Directions." This exercise ties together the techniques that were learned in the previous exercises. The riders begin by making a u-turn to the left (with a decreasing radius) then make a 135 degree sharp right turn and come to a stop in 14 feet. They then start with an immediate 90 degree right turn and accelerate to the other end of the range where they stop again. They then start with an immediate 90 degree left turn followed by a 135 degree right turn and finish with a u-turn to the right with an increasing radius. Following that, they circle back to the starting position. Well, there you have it. I think there is a little more information provided and a little more challenge to the ARC. Both the ERC and the ARC are good courses and everyone can benefit from them. Even those who have been riding "forever" can improve on their technique under controlled conditions. And you might be surprised that there is something you forgot as old Father Time crept up on you! I hope we see you on the range, soon. Ride safe. Have FUN. Hope to see you down the road,

Randy Westcott
MI District Rider Educator