

## KEEPING IT COOL

We've had some darned HOT riding days so far this season. I've found some pretty easy ways to keep yourself cool and healthy on hot days...

### Hot Weather Riding Tips

(Compiled by WIMA members Iris & Trui from Belgium who have travelled extensively by motorcycle through Iran and Pakistan having to combine protective riding gear with full chador; and Jennifer who lives and rides in Australia. These tips come mainly from their own riding experiences and work for them.)

### **Clothing**

Once the temperature outside exceeds that of body temperature you need to wrap up rather than undress. Why? 1) to reduce water loss from evaporation 2) create a cooler microclimate around your body 3) prevent serious sunburn.

You may not want to invest in new purpose designed lightweight riding gear, so what are the alternatives? Here's how we ride in the hottest conditions:

- Light coloured, full face helmet. It might sound unbelievable but when it gets really hot it's cooler to ride with a closed visor.
- Sunglasses and light cotton scarf (don't forget heavy duty sunblock for exposed skin!)
- Loose cotton shirt with long sleeves (cooler than a Tshirt) worn under a protector vest. For the top layer wear anything in a light colour – or nothing at all and look like a Ninja turtle (but see note below about sunburn).
- Light coloured zip-off trousers with shin and knee protectors over the top.
- Mountain bike gloves and high boots

If you don't fancy the exo-skeleton look, denim or heavyweight cotton worn over body armour is a good option. Armour sewn or slotted into garments is probably cooler than strapping it directly to your body but if the garments are too loose, there is the added danger of the armour moving out of position in the event of a getoff!

**WATER COOLING the rider.** Riding in wet clothes is much cooler. Wet your scarf and hair, and in very hot conditions soak everything if possible and do it every hour or so.

**PREVENT Fatigue.** Stop frequently to rest, stretch, move around, drink water and cool down. Research shows that accident rates are reduced by regular short rest breaks.

**Prevent SUNBURN.** Remember that you can burn through many lightweight fabrics (a good reason to go for denim/heavy cotton outer garments). Slap on total sunblock with highest SPF (Sun Protection Factor) for those exposed bits of flesh. Pay special attention to the 'danger' areas – between sleeve and gloves, back of the neck, throat and 'V-neck' if jacket is undone, and nose.

Don't forget to keep re-applying it too.

**DEHYDRATION.** Signs are less frequent urination (urine passed will be less in volume and darker in colour), fatigue, headache, dizziness and cramps.

Dehydration can be very, very serious but it is preventable.

Drink lots of water. This is probably the most important thing about riding in hot weather. Consider using drinking bottles which allow you to drink while on the move. If not, stop often and make sure you carry a good supply of water.

We use Platypus soft drinking 'bottles' hanging on the handlebars with a hose clipped on the tankbag – we can drink simply by picking up the hose. You could cover the bag in a thick cloth (eg towel) and hang it in the riding wind. Keep it wet and the riding wind will cool the water. We also carry a 5 litre water container from which we fill up the bottles along the road.

Remember that salt is lost through sweat and in extreme circumstances you may need to keep up levels with salt tablets or ORS powders (Oral Rehydration Salts) dissolved in drinking water. Avoid taking too much salt too quickly.

### **ON THE MOVE**

- Start riding early in the day (at daybreak in extremely hot climates). Stopping by midday and having an extended siesta makes good sense.
- When riding at dusk or dawn watch out for animals on the road
- Where there is a choice of routes, take the road at higher altitude. It will be cooler and may be more fun
- Keep your water bottles full
- Keep moving or turn your engine off. Riding flat out can also lead to engine overheating. Never throw cold water on a hot engine – it could crack
- Use the correct engine oil & check level often. If the oil gets too hot it may be too thin to lubricate effectively.
- Do the usual motorcycle checks – tires, chain, water etc – but more often
- Cover your black vinyl seat with a lighter colour to prevent butt burns!

And finally, REMEMBER to carry warm clothes and waterproofs. Many hot climates can also get very cold and wet.

## OFFICERS' NOTES

Seriously, we'd still love to see ideas for newsletter content! If you would like to add some info to this newsletter, please email Sharkie right away at [sharkie@priestess.us](mailto:sharkie@priestess.us)... Even just ideas would be great!

# SOUTHERN CRUISERS RIDING CLUB - FLINT/SAGINAW

## RECENT PHOTOS

## UPCOMING EVENTS

### Statewide Events

July 14-16..... Georgia State Rally  
August 4-5 ..... Helms/Beels Run (Ohio)  
August 18-20 ..... Virginia State Rally  
August 30- Sept 3..... SCRC National Rally

### Saginaw/Flint Local Events

June 24 ..... Jaye & Joe's Wedding

Generally there's a monthly lunch "meeting" in Flint and/or Saginaw; plans are posted as they're made on <http://forums.delphiforums.com/Officers>.

For more information about any events listed, check the forum or contact your officers! See page 2 for contact info and links...

The 2006 State Rally, brought to us by the great folks of the Kalamazoo chapter, was an awesome time! In addition to the photos below, you can see more at the following links:

<http://community.webshots.com/album/551450713iOVDNg>  
<http://community.webshots.com/album/551450720GJwDqg>

[http://pg.photos.yahoo.com/ph/alpha\\_male\\_biker/album?.dir=295are2&src=ph&store=&prodid=&done=http%3a//photos.yahoo.com/ph//my\\_photos](http://pg.photos.yahoo.com/ph/alpha_male_biker/album?.dir=295are2&src=ph&store=&prodid=&done=http%3a//photos.yahoo.com/ph//my_photos)

<http://www.imagestation.com/album/pictures.html?id=2105185232&code=22678967&mode=invite&DCMP=isc-email-AlbumInvite>



**Flint Contacts**

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**Michigan Web Links**

National Website: [www.southern cruisers.net](http://www.southern cruisers.net)  
Michigan SCRC Forum: [www.delphiforums.com/Officers](http://www.delphiforums.com/Officers)

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## Cruiser Humor: INTRODUCING A NEW LINE OF MOTORCYCLES

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At a press conference late Monday, the CEO of Johnson Marine, makers of Johnson outboard marine engines and other recreational equipment, unveiled a new line of heavyweight cruiser style motorcycles designed to compete head to head with industry leader Harley-Davidson.

Peter Long, Johnson's Brands Marketing Manager said, "We have studied the market and determined that Harley, while highly successful, has narrowly missed the mark when targeting motorcycle buyers." Long added, "We at Johnson are convinced that our product hits the target dead center and promises to draw sales away from Harley-Davidson in a way no other motorcycle has been able to accomplish."

The new line of bikes, marketed under the name Big Johnson Motorcycles, will, according to Long, deliver what Harley has only promised. "Our research shows that this, a Big Johnson, is what Harley buyers are really after."

At the unveiling of the new line Monday, several current Harley owners agree. "When I bought my Harley, what I really needed was a Big Johnson," said one Harley owner. "But I see now that riding a Harley is no replacement for having a Big Johnson."

Manager Long also said that his company would follow the lead of Harley-Davidson and cash in on a huge market for non-motorcycle related products. "We realize that not every guy can have a Big Johnson," said Long, "But image is very important to people. If they don't have a Big Johnson, they at least want to project the image of having one."

Asked if he anticipated Big Johnsons showing up in the hands of Harley owners, Long said it was unlikely. "I just don't see the need to have a Harley if you have a Big Johnson," he said. "And I can't imagine someone who spends all their resources to acquire a Harley having a Big Johnson. I think it boils down to this - You either have a Harley, or you have a Big Johnson, but you are not likely to have both." "Given the choice," said Long, "I think most guys will opt for the Big Johnson."

Another force driving sales for the company will come from women. A survey of the wives and girlfriends of nearly 1,000 potential motorcycle buyers indicates less than 5% would approve of their partner spending \$20,000 on a Harley Davidson. But, when asked if they would be willing to pay the same amount of money to get their partner a Big Johnson, nearly 4 out 5 thought that would be money well spent.

One female present at the product unveiling was quoted as saying, "There is no way I will let Lonnie drop 20 grand on another one of those Harleys, but 20 grand to get him a Big Johnson? Well, that's something we could both enjoy, and it's something he really needs."

Carla Roundheel, manager of the dealership network now being established, said her motto is simple. "I service what we sell." Big Johnson Motorcycles will be traded on the New York stock exchange under the abbreviation PNSNV. 🍷🍷🍷