# K2 WING'N News

### **MAY 2018**



hapter DirectorMichael F
sst. Chapter Director/2018 Individual of the YearArmando V
reasurerCharlotte F
lember Enhancement CoordinatorMike P., Jr
ide Coordinator/2017 Chapter Individual of the YearDonna W
/ebmaster/Newsletter EditorPat P
018 Couple of The YearMary & Dino W
hapter HostsDick & Esther F
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# **Chapter Director News**

## Hello Chapter and Friends,

Let me start out with big thanks to the members that showed up to our first parking lot practice. I truly believe you can never get enough practice. It's called practice, because when you really need what you practice it will come natural and possibly save your life.

Bike night is kicking up really well. Also, fun looking at the other bikes and talking about what we want to do to our bikes and meeting new friends. Thanks to Hard Drive and his lady on visiting us at bike night along with the other members.

District rally is coming up this month. Hope to see all you guys up there if you can make it. Lots of vendors lots of fun.

We had several members sign up for the levels program.
Congrats! This is what I call the path to safe riding! We will start

having longer rides coming up to condition you for summer riding. Once you get used to it it's a cake walk.

We placed an order for the new shirts and they will be in very soon A lot cooler this type of long sleeves. Cooler than short sleeves and help us out in the Texas sun.

Big thanks to the members getting there vest together and ordering back patches. You will look very sharp when you get them all done.

We have a lot of fun rides coming up and hope you can enjoy them. We will be riding longer and still having some short rides for those that don't have the time but want to take part on rides. Please let us know where you want to ride to. (continued next page)

# **Chapter Director News**

(continued previous page)

Fourth of July is coming up soon and we were invited to be back as part of the Castroville Fourth of July parade. Last year was very fun. We expect to have more fun this year. We do several parades through the year and it is a ton of fun.

Maintenance Day is coming up at the end of this month. We will meet in Lacoste at the Pecos and ride down to eat breakfast. Then right over to the shrimp farm for some bike maintenance. Please have all your oil and whatever else you are wanting to work on so we can get it done. Let us know what you want to work on so we can make sure we can tackle that task. Simple things like oil changes. Maybe changing plugs. Items like that. I know Dino wanted to work on

his bike hooking up wires for his trailer.

We will be looking for you at are upcoming events. Don't forget bike night every 2nd Tuesday at Dairy Queen. Our Gathering on the 3rd Tuesday at Pizza Hut.

A special thanks to Cherie. She is stepping up to do our scrap book. It's so nice to have extra help and if you want to help you will find out its Fun also.

A Smile and Laughter beat's any pill a Doctor can give YOU!

Until next time. Ride safe right often.

### See Ya Soon!

Michael Pineda **aka** "Shrimp Man"

# SAVE THE DATE!





### Wing Ding 40

Knoxville, TN

Aug. 29-Sept. 2, 2018

# **TIPS from DONNA**

I hope everyone has been enjoying the beautiful weather. Still a little cool in the mornings but it won't be long before it is hit at 7 am! I love the longer daylight hours now and it my favorite time.

Grass cutting season is in full swing and that means mowers blowing grass clippings onto the roadway. Grass clippings can be very slippery so be on the lookout for them. If you cannot avoid them because of oncoming traffic, slow down and ride through them at a steady pace. No braking and no gunning the throttle.

Also, be on the lookout for farmers entering the roadway or traveling the roadway with farm equipment. Those spinning blades and hooks and sharpened edges look like something out of a horror movie. Give them wide berth!

Bicyclists are on the roads, too, so watch out for them. Just remember if we are riding as a group to ride single file in the left part of the lane for bicyclists, pedestrians walking along the edge and for vehicles stopped on the shoulder.

Be safe and have fun! Come ride with us and enjoy being with fellow riders and co-riders!

Good times are waiting to be had!

Ponna Wilson
Ride Coordinator
Be safe and be seen!



# Health Benefits to Motorcycle Riding

Originally posted by:
Clint Lawrence
Founder of Motorcycleshippers

Chances are you've heard how dangerous it is to ride a motorcycle. How you are just risking your life being on your bike and you must have a death wish. For the most part, motorcycle riding is safe. It requires you to be extra attentive and aware of your surroundings. You have to think more, but you are still able to relax and enjoy the ride.

Whether you're going to the grocery store two blocks away or driving through open mountains in the fall, any rider will tell you, there's nothing like the rumble of the bike beneath you and the feeling of being "one" or "whole" with your bike.

It is a lifestyle and a passion, and it also has numerous health benefits you may not have known you've been gaining. You can soak in these benefits regardless if you prefer to street ride or off-road ride. The benefits come from both types of riding.

#### **Mental Outlook**

When people think of health, they often see health in strict terms of the

physical body and tend to overlook mental health. Motorcycle riding is beneficial for physical as well as mental and

emotional health. There is an array of benefits and they are not limited to these listed. Riding off-road or on streets is a great way to enjoy physical exercise and clear your head for a while. But the big thing is, it helps your brain. It improves your mood. Plain and simple. Riding makes you happy and boosts endorphins.

Riding increases energy levels and your mental outlook. This does wonders with regards to helping you increase your happiness and mental health, which in turn, increases your life span. Who doesn't want to enjoy living a little longer, so you can keep riding?

### Core Strength and Stability

Just riding and enjoying a scenic view or riding to the grocery store down the street can improve core strength. Think about it. You have to work out your core just to keep yourself upright on a bike. Factor in some wind, and you are definitely working yourself out a lot more. (Continued next page)

### (Continued previous page)

Maintaining the correct posture while riding also helps to keep your body in shape and can improve muscle tone because it's a low-impact exercise.

### **Neck Strength**

Riding can also improve your neck strength. For some, this may not seem like a big deal, but for others with back problems or neck problems, it's almost like a therapy to the neck and back. Make sure your bike is fitted and adjusted to fit you correctly. Craning or straining your neck will do the opposite and you don't want to do any damage to your body.

### **Stronger Knees and Thighs**

It can also help strengthen your knees and thighs. Individuals with knee or thigh issues will find riding a motorcycle is a kind of physical therapy. It requires you use your knees and thighs, but without straining them too much. Over time, you'll build muscle while eliminating any pains.

### **Calorie Burning**

Have you ever thought you're getting your daily exercise just from your motorcycle seat? Riding takes effort, especially compared to driving in a car. Just being a passenger on a motorcycle you can burn 50 calories,

but as a passenger in a car? It increases your insulin sensitivity too. This helps your metabolism, which will help you burn calories and store less fat.

Riding is fun. It's an experience. You can enjoy these health benefits without even trying. You can't complain about that. Now go out and ride!

### Think about it.

Randy and Kathy Reese
Texas District Educators
2017 International Couple of the Year
All The Gear All The Time



# **April Gathering**







Reserved Parking "WILLY K"







# **April Gathering**

Welcome to GWRRA-K2

ART & RUTH





Welcome to GWRRA-K2

MARCUS & MICHELLE

Welcome to

GWRRA-K2

CHERIE & RICK & (kids)



# "The Ride"-Staggered

Mentally divide lane into third

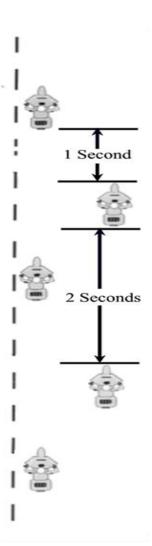
- Lead bike in left track
- Bike #2 in right track ≥1 sec.
- Bike #3 in left track ≥2 sec.
- And so on...

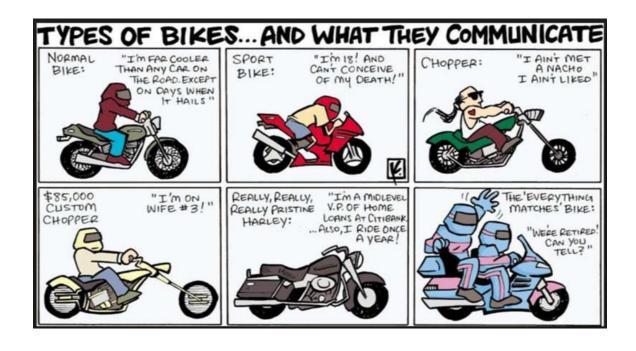
Allows time and space in which to react

Adjust distance to conditions (rain, night)

• Double the following distance

Only the Lead Bike should use high beam













# **CHAPTER K2 MEMBERS**

Friends or Fun, Safety & Knowledge

Armando V.	Michael P.
Donna W.	Charlotte F.
Pat P.	Mike P.
Robert Y.	Keith B.
Robert H.	Gloria D.
Dino W.	Jesse D.
Mary W.	Esther F.
Michael L.	Richard F.
Julie F.	Cheyenne F.
Shannon R.	Bill T.
Joshua D.	Kaitlyn P.
Dave H	Laney D.
Dan S.	Charles W.
Cherie M.	Naomi S.
Marcus V.	Rick M.
Art P.	Michelle V.
"WILLY K"	Ruth P.

# **TUESDAY BIKE NIGHT**

Show off your Motorcycle! Enjoy company with fellow riders!



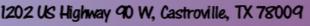
WIN GIFT CARDS



For participating











www.gwrrak2.com

Chapter K2 performs BIKE NIGHTS to make the public aware that we, as motorcyclists, are present and hope they "SHARE THE ROAD". Wearing our chapter colors at these events really make us stand out and proud.

# **K2 OUT and ABOUT**









### Barbecue Shrimp Recipe



www.geniuskitchen.com

1 ¼ lbs fresh jumbo **shrimp**, unpeeled. ½ cup unsalted butter, sliced. ¼ cup Worcestershire sauce. 3 cloves garlic, minced. 2 tablespoons lemon juice. 1 tablespoon creole seasoning. 1 tablespoon fresh coarse ground black pepper.1 lemon, cut into 4 wedges.



Bubba was out riding one fine day, when his bike died on an isolated road. Miles from anywhere, no help available, Bubba was in trouble. Bubba RODE bikes, he didn't know how to fix'em. The only sign of life was a brown horse and a white horse in a nearby field.

Bubba walked around the bike, cursed, kicked the rear tire, and wondered whether his bike would be here if went for help. When he heard a voice say, "Take off the carb bowl and clean the main jet!" Bubba spun around quickly but saw no one. The only movement was the brown horse, shaking its head over the fence wire. "I said clean the main jet, Ace!" the brown horse said. This knocked Bubba of his feet.

Eventually, Bubba figured he had nothing to lose, so he followed the horse's instructions and in no time his bike was fixed, fired up and off he roared. Straight to nearest bar. After downing his first drink, the bartender came over and asked Bubba if there was a problem.

"You won't believe this", Bubba began, "but a horse just helped me fix my bike".

"Musta been the brown horse out on the country road", the bartender replied, his expression unchanged.

"WHAT!" Bubba roared. "How'd you know that?"

"Stands to reason", replied the bartender, "cause that white horse don't know nutin' about bikes".

# **Member Enhancement Coordinator**

### Hello Friends.

Our April Gathering was GREAT! Our Gathering was called to order by Chapter Director Michael P. All stood and did the pledge of allegiance. We had 23 members in attendance. New member certificates were given to Cherie M, Rick M, Michelle V, Marcus V, Ruth P, and Art P.

The GWRRA Chapter Picnic and Campout at Garner State Park had to be cancelled due to bad weather. We will be rescheduling another campout.

The 50/50 won by Marcus V. All in attendance won prizes! Once again, thanks to our sponsors.

Thanks to the members who are inviting and introducing new friends to GWRRA Chapter K2. The Saturday's or Sunday's rides numbers are growing. Some members are riding on both days! K2 Country Wings RIDE!

Plan to take advantage of the great riding weather that is here. We have some new rides and events coming up.

Remember the GWRRA motto of "Friends for FUN, SAFETY and KNOWLEDGE". Let's ride and let's have some fun!

Hope to see Y'all soon.

Mike P., Jr.

MEC GWRRA K2

GWRRA M	EM	BERSHIP A	PLICATION		□ New □ Renew	Member No:	
Member Name:	Last		First		Member Date of I	Birth:	and the second s
Co-Rider Names:			FIISt	A CANADA AND A CAN	weeten and the second		
Mailing Address:							
		City	State	Zip	USA 「	Canada 🗅 Oth	er:
Telephone:	Hom		Work: ( )		E-Mail:		
	ctory l	nformation (must chec	k at least one):				
A) Truck/T	Trailer		C) Tent Space D) Lodgi	ing E) Tools	F) Tour Guide	☐ Do Not list me	in the Gold Book
GWRRA			mber Type (Select One)		Upg	rade Road Ride	rs Rescue
21423 North 11 Avenue Phoenix AZ 85027  800-843-9460 (623) 581-2500  Individual Membership  3 yrs \$150 USD □ 2 yrs \$105 USD □ 1 yr \$55 USD  Family Membership (2 or more people in household) □ 3 yrs \$180 USD □ 2 yrs \$125 USD □ 1 yr \$65 USD			nold)	Motorcycle Plus		Rescue Plus Premium  □ \$80 USD	
(877) 348-9416 I www.gwrra.or www.rescueplus.	g	Subscription Only (	Wing World™ Magazine) □	1 yr \$40	registered drivers in non-commercial vel motorcycle trailer.	n your household w hicle or motorcycle. Certain limitation	ed benefits and covers all hile driving or riding in any Rescue Plus also covers your s and exclusions apply to
			promotional email offers. 3rd party mail promotion			coverage. All individuals must be registered with GWRRA to receive a membership card and coverage. Members of GWRRA must have Family Membership to cover multiple drivers.	
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Credit Card Number	r:		Exp. Dat	e:	Cardholder's Signa	ature:	



Are you a member of the *Gold Wing Road Riders Association* (the *GWRRA*)? If not, then check it out. The *GWRRA* is the reason why TX - *Chapter "K2" Country Wings of Castroville* exists today!

With membership in the **GWRRA** you receive the following:  $\underline{\text{Wing World}}$  magazine, the  $\underline{\text{Gold Book Member Directory}}$ , Towbusters Emergency Roadside Assistance Program, Affinity Credit Card Program, USA hotel discounts, and much more.

Ask a us how you can become a member of GWRRA Chapter "K2" Country Wings! EMAIL US: gwrrachapterk2@gmail.com

# **K2 TUESDAY DINNERS**













## 40 to Phoenix:

## **Motorist Awareness Opportunities at Every Stop**

For my motorist awareness article this month I'd like to share with you our "40 to Phoenix" adventure and close with how these rides are motorist awareness opportunities. 40 to Phoenix is a GWRRA sponsored activity that involves riders from all over North America riding Interstate 40 to visit our international headquarters in Phoenix, Arizona. This year about 125 riders registered for the event. Six of those were from central Texas: Randy and Kathy Reese and Steven Thomas from Chapter O and John Hall along with Judy and me from Chapter T2. John took his toy hauler and met the group in Phoenix. The rest of us rode up from Austin to Amarillo to meet the main group of riders.

The trip began on an interesting note; it's not supposed to be in the high 40s with strong north winds on April 14<sup>th</sup> in Texas. That's cold for April. But the wind really made the riding tough. We made it to Lubbock on the first night and even had time to stop by a Tour of Honor location in Bronte, Texas along the way. The next day, we had an easy day with lite winds up to Amarillo where Texas District Chapter A treated us to burgers and hotdogs in Palo Duro Canyon. Palo Duro is not the Grand Canyon, but it is spectacular nonetheless.

This is where the journey got interesting. On Monday, April 16<sup>th</sup> the Reese's stayed in Amarillo with a brake issue on Randy's trike. (There's enough for another article about their adventure home but I'll let them tell it.) So our central Texas group was now down to 3. We had a pleasant day riding to Moriarty, New Mexico. Along the way we stopped at the Russell Truck Stop and Museum just on the New Mexico side of the border. Everyone enjoyed breakfast and looking at the classic cars and bikes. The neat thing about this day was the bike parade. State troopers met us 10 miles outside of Moriarty, shut down the interstate for a few minutes and lead our 125+ bikes into town where the GWRRA chapter catered a great dinner for us. I have to say, I was a little nervous riding with that many bikes, but it was a great site to see.

On Tuesday, we rode to Springerville, Arizona with a brief stop in Pie Town, New Mexico for burgers and pie. Yes, there really is place named Pie Town and it is well worth the stop. As we were heading into Springerville, the winds began to pick up again but nothing we couldn't handle. (continued next page)

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It is in Springerville our journey west ended. We were in the hotel lobby eating breakfast when I receive the email that K2 was going to reschedule their weekend event because of the threat of severe weather. About the same time the Phoenix news comes on and says enjoy today because tomorrow the winds will be back up and Interstate 10 maybe closed due to blowing dust. At this point, we were 850 miles from home but only 200 from Phoenix. What do you do? We opted to enjoy the lite wind day and head home. We rode 570 miles on Wednesday and ended up in Snyder. We made it home on Thursday, only to see the severe weather go north of us. Overall, it was a great ride of about 2000 miles. I got a good shake down of the new Wing and now I'm ready for the big summer ride to Newfoundland.

In regard to motorist awareness, this trip reinforced to me that every ride is a motorist awareness opportunity. We hadn't ridden 150 miles from home when at a stop we had folks taking pictures of our bikes as we gassed up. They were more than happy to chat with us and were even more delighted when Randy said, "hop on and I'll take your picture." The parade in Moriarty was a grand event but just having 5 or 6 bikes on a ride to lunch will attract attention. If we are mindful of these opportunities, we can really increase the non-riding public's awareness that bikers are out there. The more motorist think about us, the less likely they are to look through us as we ride down the road.

Spring is riding time in Texas. Be sure it is also motorist awareness time as well.

Be safe.

Scott and Judy Finnell

**Motor Awareness Coordinator** 



Our Mascot name has been chosen,

# "Willy X"



WILLY K rides with his friends. Join him in "Going places you may never see again". He loves riding in the TEXAS Hill Country, but has

"Georgia on his Mind".

If he isn't riding, Willy makes the best BBQ and sings all day. All the girls look into his "Blue eyes crying the rain" but he tells them "I will always love you".

Many chapters join him in riding and after the ride hear him say, "I'm glad you came along". Bring your bikes and join him for a ride

See Ya, "On the road again"

-Willy X

# **K2 RIDES!**

MOTTO: Fun, Safety & Knowledge

### Happy Birthday

5/3 Jesse D.5/15 Cherie M.

### Happy Anniversary

5/28 Cherie and Rick D.

Let us know if your birthday or anniversary was not listed.

Correction will show in next month





### K2 Country Wings

Do you have a joke or a recipe you would like to share?
All submissions will be considered!
Please send them to:

gwrrachapterk2@gmail.com



# You're invited to 7 nights of WOW!



### **Departs Galveston, Texas on October 21, 2018**



Day	Ports of Call	Arrival	Departure
Sunday, October 21, 2018	Galveston, Texas		8:30 pm
Monday, October 22, 2018	Cruising		
Tuesday, October 23, 2018	Cruising		
Wednesday, October 24, 2018	Roatan, Honduras	8:00 am	5:00 pm
Thursday, October 25, 2018	Belize City, Belize	8:00 am	5:00 pm
Friday, October 26, 2018	Cozumel, Mexico	7:00 am	5:00 pm
Saturday, October 27, 2018	Cruising		
Sunday, October 28, 2018	Galveston, Texas	6:30 am	

Join your fellow Wingers from all over the county on this amazing cruise. Special events and perks for the group. **The following prices include ALL port taxes**, per person & based on double occupancy. <u>WWW.WINGERSNWAVES.COM</u> or call (386) 299-7535 today!

Inside Cabin: \$576 Window Cabin: \$696 Ocean View Balcony: \$986

We guarantee the best possible price. In addition, we honor RCCL loyalty rates and special discounts too if they are offered at the time of booking. YOUR DEPOSIT IS FULLY REFUNDABLE UNTIL JULY 20, 2018. Only a \$250 deposit pp – final payment July 20, 2018. **LIMITED SPACE** 



## **TEXAS DISTRICT STAFF**

#### **District Director**

Jim & Alvalin Woodul 254-634-4658

### **Assistant District Director**

Dan & Donna Rymarz 
847-702-6667

#### **Assistant District Director**

Tom & Dawn Sprague 3858-755-6071

#### **District Treasurer**

Tim Brooks 254-290-5462

#### **Motor Awareness Coordinator**

#### **District Educators**

Randy & Kathy Reese 512-744-3635

#### **Assistant District Educator**

<u>Chris Schoenthal</u> 2 972-660-6286

#### Couple of the Year 2017-18

Sal & Phylis Pesta 210-662-8161

District Trainer

Open position

#### **Assistant Trainer**

Jim Scholes 3832-627-8423

### **Membership Enhancement Coordinator**

Lyle & Sheri Altes 512-897-0860

#### **COY Coordinator**

Dale & Carleen Garrett 254-554-4123

### **Chapter of the Year Coordinators**

<u>Sheri Altes</u> 512-897-0860

#### **Webmaster / Newsletter Editor**

Tom Sprague 3 858-755-6071

#### **Vendor Coordinators**

Michael & Pat Pineda 210-707-8411

### **Activities Coordinator**

**Open Position** 

### **Entertainment Coordinator**

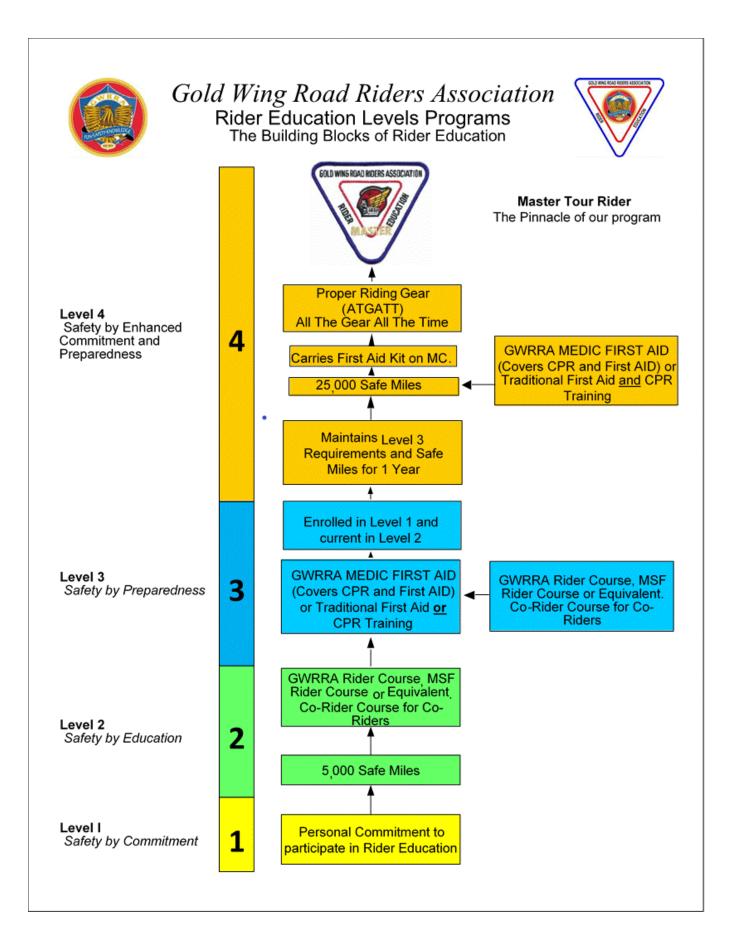
**Open Position** 

# **MAY 2018**

# " Friends for Fun, Safety and Knowledge"

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>29</u>	<u>30</u>	BILL MILLERS BBQ 6:15PM - 8:15 PM	<u>2</u>	<u>3</u>	<u>4</u>	8 am - 2 pm Ride to Floresville, TX
<u>6</u>	<u>7</u>	BIKE NIGHT DAIRY QUEEN 6:15-8:15 PM	<u>9</u>	<u>10</u>	<u>11</u>	8 am - 2 pm  RIDE to Briscoe - Garner Museum FREE ADDMISSION
13 CONTROL CONTROL CON	<u>14</u>	K2 Gathering at PIZZA HUT 6:15 PM - 8:00 PM	<u>16</u>	2018 TEXAS DISTRICT RALLY, Brenham, TX	2018 TEXAS DISTRICT RALLY, Brenham, TX	2018 TEXAS DISTRICT RALLY, Brenham, TX
<u>20</u>	<u>21</u>	JIMS RESTAURANT 302 1604 Loop, SAN ANTONIO, TX 78245	<u>23</u>	<u>24</u>	<u>25</u>	8 am - 2 pm  MAINTENANCE DAY
<u>27</u>	28  Memorial  Duy	VALLARTA RESTAURANT 829 S. General McMullen, SATX 78239 6:15- 8:15PM	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>

MAY 29 Tuesday	FOOD	VALLARTA RESTAURANT 829 S. General McMullen San Antonio, TX 78237 6:15 PM—8:15 PM
MAY 26 Saturday		MAINTENANCE DAY 833 Co Rd 583, Lacoste, TX 78039 8:00AM – 12:00PM
MAY 22 Tuesday	Jins. Restaurants	Jim's 302 TX-1604 Loop San Antonio, TX 78245 6:15 PM – 8:15 PM
MAY 17-19 Thursday-Saturday	Texas District Rally	Brenham TX May 17-19
MARY 15 Tuesday	Pizza	K2 Gathering at PIZZA HUT Castroville, TX 6:15 PM - 8:00 PM
MAY12 Saturday	O CONTRACTOR OF THE PARTY OF TH	Briscoe – Garner Museum 333 N. Park St. Uvalde, TX 78801 KSU 8AM
MAY 8 Tuesday	DO	BIKE NIGHT DAIRY QUEEN, Castroville, TX 6:15 – 8:15 PM
MAY 5 Saturday	6	Jacks Cafe 507 10 <sup>th</sup> St., Floresville, TX 78114 KSU 8AM
MAY 1 Tuesday	Edit Malia Bar. B.C.	Bill Miller's BBQ 103 FM 471 N. Castroville, TX 6:15 – 8:15 PM



# Thanks for visiting

We hope to see you soon.

Join us at a

Tuesday Dinner,

Bike Night,

Monthly Gathering or

Saturday or Sunday Rides

-willy X

K2 RIDES!
MOTTO: Fun, Safety &
Knowledge







