

Volume 3, Issue 6

JUNE 2018

<u>K2 Officers and Staff</u>

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Chapter Director Michael P.

Asst. Chapter Director/2018 Individual of the Year Armando V.

> Treasurer Charlotte F.

Member Enhancement Coordinator Mike P., Jr.

Ride Coordinator/2017 Chapter Individual of the Year Donna W.

Webmaster/Newsletter Editor Pat P.

2018 Couple of The Year Mary & Dino W.

> Chapter Hosts Esther & Dick F.

Mascot " WILLY K"

Join Us!

MONTHLY GATHERING: Pizza Hut, 1202 US Hwy 90N, Castroville, Texas 78009. Third Tuesday of each month. Meet and Greet: 6:15pm · Gathering: 7:00pm

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K2 WING'N News

Chapter Director News

Hello Chapter and Friends,

It's hard to believe that June is here, and the summer riding is about to begin!

Our May gathering was great. Our ACD, Armando V. who has been out due to health came to join us. We also had two visitors: Alex V., ACD GWRRA WA Chapter I and Teresa D. Thank you for visiting.

The blessings of the bikes at San Jose Mission in San Antonio, TX was very nice. There were many motorcycle clubs and riders having their bikes blessed. Thanks to Marcus V., one of our member for finding this ride for our Chapter to take.

Our Texas District Rally up in Brenham, Texas was a blast. A lot of work went into this rally. The District had a new staff, but all pulled together for an awesome Rally. Set your calendars. Next year about the same time in May the Rally we will be in Paris, Texas. More information will be coming.

I want to thank the members that took the short ride up to Brenham: Donna W., Jean K., Michael L. and Rick M. Even though it was hot, warm and sticky they got to participate in Rally. K2 member Michael L. won some prizes and K2 Chapter friends Wayne Y. and Barbara Y. also won. One of our members Rick M. went on a small trip on his Harley and sent back pictures. Pat P. is listing pictures and their locations in the website and this newsletter. Be sure to ask him about his trip next time you see him.

We are thinking about putting another order in for the long sleeves wicking shirts. I know one member who is interested. Please let me know your size and they're each \$20. It does take about two weeks to three weeks turnaround.

Maintenance day was cancelled but was reschedule. We had a wonderful time working on several 1800s: CB's, Oil and Parts were checked, and some replaced.

Something new we're trying for next month in June is doing an **EVENING RIDE**. For those that are wanting to bring their bikes out, we will may take a little cruise at night time. See where the road takes us

June 5th will be eating dinner at Aspen Creek Grill 11719 Bandera Road San Antonio, Texas 78250

(continued next page)

Chapter Director News

(continued previous page)

The 4th of July Parade in Castroville, TX is coming up soon. I'm hoping y'all are thinking about those decorations for your bikes. They don't have to be fancy. Just a little something red, white and blue: shirts, hats, or boots. Whatever you got works just fine. It's all about just having fun and throwing a lot of candy. Then going after for some pie.

We will be **looking** for you at our upcoming events

Remember **Bike Night** is on Tuesday, June 12th at Dairy Queen. Bring your bikes, wear your **colors** and show the public we're out there. June 19th the 3rd Tuesday of June is our gathering at Pizza Hut. Tell you friends and co-workers who have motorcycle to come visit.

A special thanks to Cherie M. who is stepping up to do our scrap book. It's so nice to have extra help. Let me know if you also want to have **FUN** helping.

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"



There's two different kind of pain. Pain and Man pain. Man pain is when you do something **Stupid**?



Wing Ding 40

Knoxville, TN

To make a hotel reservation, please call

865-342-9191

Do not call the hotels directly All reservations must be made through "Visit Knoxville" in order to receive the discounted group rates. Business hours are Monday –Friday, 8:30 AM – 5:00 PM EST. <u>vkhousing@knoxville.org</u> www.visitknoxville.com/housing

August 28—September 1, 2018

Register online or call 800-843-9460

Members: \$40 Life Members: \$20

Full Preregistration

- Must be postmarked before July 23, 2018 -
- 4-day pass to indoor Trade Show
- 4-day pass to Demo Rides on all participating manufacturers' bikes (subject to availability)
- Wing Ding Welcome Party
- Access to Seminars and Parades
- Access to Opening and Closing Ceremonies
- Optional dinner and priority seating prior to free Entertainment Event
- Access to free Evening Entertainment Event
- Souvenir Event Pin and Pocket Guide
- Exclusive opportunities for tours, dinners and other ticketed events
- Numbered armband for chance at thousands of dollars in amazing prizes!
- Precision Drill Team Exhibitions and other performances
- Optional Rider Education Safety Courses, CPR

Wing Ding 40

Knoxville, TN

Aug. 29-Sept. 1, 2018

TIPS from DONNA

It's here. I have been dreading it. I can't escape it for any length of time and neither can you. The heat, the humidity, the misery. Triple digits. Puts a whole new spin on riding. Gone are the days of bundling up in multiple layers and freezing your digits off. Only in Texas.

So, like the Marines we have to adapt and overcome. I have enclosed a link to good information on riding in hot weather, from <u>Fix.com</u>.

Definitely a good read!

https://www.fix.com/blog/motorcycle-riding-in-hot-weather/

Y'all stay cool out there and be safe!

Donna Wilson Ride Coordinator Be safe and be seen!



PROUDLY FLY THE AMERICAN FLAG!

K2 WING'N News



PRESS HERE FOR VIDEO: https://youtu.be/hXULAoQP_64



Opening Ceremonies



Chief of Police, Michael & Judge



Opening Ceremonies



MICHAEL P. with LA District friends



JEAN K. and PAT P.



LEVEL 4 LUNCH at The Cannery



TOM H. (TX U) & MICHAEL L. (TX K2)



LEVEL 4 Lunch at The Cannery



LEVEL 4 LUNCH at The Cannery



CONGRATS! Carl & Angela, (TX H)



LIGHT PARADE



LIGHT PARADE



START OF NIGHT PARADE



BIKES LINING UP



BIKES LINING UP



WAYNE & BARBARA Y., GW friends



SCOTT (TX-G) and PAT P.



BIKES LINING UP



JIM W. announing 50/50 Winner



DONNA R. says "SMILE"



CHEERS for Winners



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JEAN & MICHAEL waiting for show



MICHAEL L. looks at his prize



PHYLIS P. & PAT P.



KATHY & RANDY R. awarding gifts



SAL & PHYLIS P.



DALE, CHARLEEN, TIM & YOUNG



"Thanks for watermelon"



"Thanks for watermelon"



"Thanks for Watermelon"



WAYNE, BARBARA, MICHAEL enjoying Blue Bell ice cream



"Thanks for watermelon"



"Thanks for watermelon"

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Texas District Officers



PAT & MICHAEL



TOM S.



DAWN S



Rally Games



Pat, Jim, Teresa, Michael (TX G)



SAL #1





JEAN K. & MICHAEL L. (TX K2)



SHRIMPMAN's 1800



District at Dinner

9



District at Dinner

AWARENESS

When our CD talked about distractions, how many of you included ourselves as riders?

We know that when we are in 4wheel vehicles we can keep busy setting the radio, answering the phone, texting, enjoying a juicy hamburger, hollering at the kids and checking the GPS.

On our motorcycles, we don't have kids to holler at, nor the opportunity to enjoy a burger as we ride thru the country side. We do have distractions when we ride.

Many times, we take our eyes off the road, so we can appreciate the scenery. One second away from eyes on the road, we can travel the length of a football field.

We can be distracted just checking our gauges, GPS or radio station. Sometimes we are distracted when we are making sure that the 4wheeler can/has seen us.



We can reduce distractions by insuring that we make sure that we have our favorite radio station and GPS are set prior to beginning your ride.

Become familiar with all controls, so you don't need look for them when you need them. We need to use our peripheral vision when checking our mirrors or glimpsing our gauges.

We as motorcyclist need to be constantly aware of the vehicles around us. After all we are a small vehicle and those cars and trucks have many more distractions.

Focusing on being good defensive drivers can help us

BE SAFE and help us ENJOY THE RIDE!

Armando V.

MOTOR AWARENESS PROGRAM



The times we are so Crazy,

It's hard to waive bye

The times we laugh so hard,

We Can't help but Cry

The inside jokes and the

remember when's

The reason we are GWRRA K2 friends!!!

COUNTRY_WINGS

Take 2 rides daily Side effects: reduced stress

Rx







CHAPTER K2 MEMBERS

Friends or Fun, Safety & Knowledge

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

V. W. t P. tY. H. W. W. 1 L. e F. nR. D. e H ۱S. M. V. tP. **K**″



May Gathering

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WILLY K welcomes Alex V.



WINGNUT WINNER.....Robert Y.



Esther picks out a prize

Thanks for visiting:

ALEX V., ACD

GWRRA WA Chapter I





RIDE AWARE!

"They may not notice you"

School is out!!!

Children of all ages are walking and playing in the streets in places and at time where we have not seen the in a while. **They may not notice you. New Driver's!!!**

A new group of teenagers' have just gotten their drivers licenses and are excited to be free; with all the distractions they face. **They may not notice you. Vacation Season!!!**

Our pools are open and people not familiar with the area are just looking at sights. They may not notice you. Summer Parties!!!

Families are beginning to host yard parties where alcohol might be served.

Which may cause delay reflexes.

Be aware of the partiers.

They may not notice you.



Three sisters-aged 92, 94, and 96 lived together in a small house. One night the 96-year-old drew a bath, put one foot in the tub, and then stopped and called out to her sisters, "Was I getting in the tub or out? From downstairs, the 94-year-old called, "I don't know, I'll come up to see." She started up the stairs, stopped and called out, "Was I going up or going down?" The 92-year-old was sipping tea at the kitchen table as she listened to this exchange. She shook her head and said to herself, "I sure hope I never get that forgetful," and then knocked on wood for good measure. Then she called, "I'll come up and help both of you as soon as I see who's at the door."



A preacher addressed his congregation:

"Let anyone who would like to be prayed over Come up to the front altar."

A line formed near the front of the church, and after the preacher had prayed over several people, it was elderly Lester's turn.

"Preacher, I need you to pray for help with my hearing."

The preacher laid his hands on either side of Lester's head and began to pray, first quietly, then louder and louder until the whole congregation was voicing their enthusiasm over the preacher's words. After a few minutes, the preacher removed his hands, stood back, and asked,

"Tell me, Lester, how is your hearing now?" "Well, I don't know," said Lester, "the hearing is not until next week."

K2 OUT and ABOUT

San Jose Missions BLESSING OF THE BIKES









TUESDAY BIKE NIGHT Show off your Motorcycle! Enjoy company with fellow riders!



K2 TUESDAY DINNERS







DINNER AT Bill Miller's BBQ. Then off for PIE and COFFEE at Sammy's



DINNER AT Jim's



Member Enhancement Coordinator

Hello Friends.

Our May Gathering was GREAT! Our Gathering was called to order by Chapter Director Michael P. All stood and did the pledge of allegiance. We had 19 members in attendance and 2 visitors.

The 50/50 won by Michael L. Many prizes were handed out. Once again, thanks to our sponsors.

Thanks to the members who are inviting and introducing new friends to GWRRA Chapter K2. Let us grow together! There are many reasons to join and be and active part of GWRRA.

WHO IS A TYPICAL MEMBER:

-Men and women from all walks of life with varied interests and backgrounds -Riders with Goldwing's, Harley's, Can Am's, Indian's, BMW's and even 2 or 4 door Cages -Solo riders, Co-Riders and Friends

"WE SHARE THE WIND"

-Many joins for the technical information shared -Others for the friendship made, rides and fun In short, the typical GWRRA member is **YOU!**

K2 COUNTRY WINGS RIDE!

Plan to take advantage of the great riding. 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!

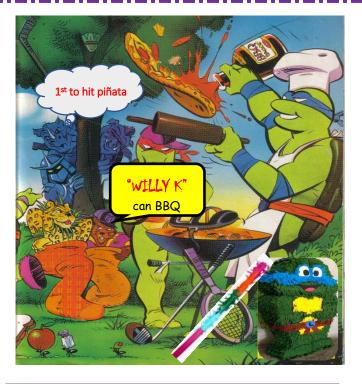
Hope to see Y'all soon, Mike P., Jr. MEC GWRRA K2

Summer Safety Tips

Summer heat is here. Work or play smartly when outside when the heat index is above 91°

Drink plenty of fluids!

	BERSHIP APPLICATION	🗅 New 🗅 Renew	Member No:	and the product of the second s
Member Name:	First	_ Member Date of Bi	rth:	
Las Co-Rider Names:	First			
Mailing Address:				
				er:
Telephone: Hon	work: ()	E-Mail:		
	 Information (must check at least one): B) □ Phone Calls Only C) □ Tent Space D) □ Lodging E) □ Tool: 	F) D Tour Guide [Do Not list m	e in the Gold Book
	Member Type (Select One)	1	ade Road Ride	
GWRRA 21423 North 11 Avenue	Individual Membership			
Phoenix AZ 85027 800-843-9460	□ 3 yrs \$150 USD □ 2 yrs \$105 USD □ 1 yr \$55 USD	Sile Plus		Rescue Plus Premium □ \$80 USD
(623) 581-2500	Family Membership (2 or more people in household) 3 yrs \$180 USD 2 yrs \$125 USD 1 yr \$65 USD			
(877) 348-9416 Fax www.gwrra.org				ed benefits and covers all
www.rescueplus.org	Subscription Only (Wing World TM Magazine) 🖵 1 yr \$40	non-commercial vehic	ele or motorcycle.	while driving or riding in any Rescue Plus also covers your
				as and exclusions apply to ered with GWRRA to receive
<u>A</u>	Exclude me from promotional email offers.	a membership card ar	d coverage. Mem	bers of GWRRA must have a
	Exclude me from 3rd party mail promotions.	Family Membership to	o cover multiple d	rivers.
Now Mombors Who r	eferred you to us? Name: MICHAEL PINEDA	λ	1ember #	302728
Where did you hear abo	but GWRRA? (Example: magazine, website, mc dealer, etc.)			
Make checks navable in	US Funds to GWRRA. GWRRA dues are not deductible as a ch			
and the the physical in			1	
	Exp. Date:	Cardholder's Signate	ure:	
Credit Card Number:				
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Credit Card Number:				
Credit Card Number:	Are you a member of the <i>Gold Wing R</i>			
Credit Card Number:	Are you a member of the <i>Gold Wing R</i> then check it out. The GWRRA is the rea <i>Castroville</i> exists today!			
Credit Card Number:	then check it out. The GWRRA is the real Castroville exists today!	ason why TX - (Chapter "K	2" Country Wings o
Credit Card Number:	then check it out. The GWRRA is the rea	ason why TX - (eceive the follo	Chapter "K	2" Country Wings of ng World magazine



Island Chicken

Shared by tyson.com

4 boneless, skinless chicken breasts

- 1 mango peeled and diced into small cubes
- 1 can pineapple chunks including juice (8 ounces)
- 1 teaspoon jalapeño finely chopped
- 1/4 cup red bell pepper finely chopped
- 1/4 cup red onion finely chopped
- 1 teaspoon cilantro chopped
- 1 teaspoon lime juice

Prepare mango salsa by combining fresh mango, canned chunk pineapple including juice, jalapeño pepper, red pepper, red onion, cilantro and lime juice in a large bowl. Stir gently to mix well and let sit at room temperature 1 hour to allow flavors to blend. Prepare grill to medium hot. Grill chicken 15 to 20 minutes or until done (internal temperature170 degrees). Plate each chicken



We are finally into the summer and barbecue season. Thus, it is important to refresh your memory on the etiquette of outdoor cooking as it's the only type of cooking a real man will do, probably because there is an element of danger involved.

When a man volunteers to do the barbecue, usually on a Saturday, the following chain of events is put into motion.

1) The woman buys the food.

2) The woman makes the salad, prepares the vegetables and a dessert.

3) The woman prepares the meat for cooking, places it on a tray along with necessary cooking utensils and sauces and takes it to the man who is lounging beside the grill –preferred adult beverage in hand.

4) THE MAN PLACES THE MEAT ON THE GRILL.

5) The woman goes inside to organize the plates and cutlery.

6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring him another beverage while he deals with the situation.

7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

8) The woman prepares the plates, salad, bread, utensils, napkins, sauces and brings them to the table.9) After eating, the woman clears the table and does the dishes.

10) EVERYONE PRAISES THE MAN AND THANKS HIM FOR HIS GRILLING EFFORTS.

FOOTNOTE: IF THE BARBECUE CATCHES FIRE, THE MAN GETS OUT THE HOSEPIPE WHILE THE WOMAN CALLS THE FIRE STATION.

GRILLED MUSHROOMS

by tasteofhome.com*

1/2 lb. medium fresh mushrooms1/4 cup butter melted1/2 teaspoon dill weed1/2 teaspoon garlic salt

Thread mushrooms on four metals or soaked wooden skewers. Combine butter, dill weed and garlic salt. Brush over mushrooms. Grill over medium-high heat for 10-15 minutes or until tender, basting and turning every 5 minutes Vield: 2 servings





K2 Country Wings BIKE NIGHT









K2 WING'N News





PICTURES FROM RICK M.'S TRIP



"Nothing is IMPOSSIBLE,

the word itself says, I'M POSSIBLE!"

-Audrey Hepburn



HAPPY FATHERS DAY...

Good, bad or indifferent, we all had a father and some of our earliest memories are probably of our father. I know that a lot of our fathers are not with us today, but we still like to remember them.

Do you know how Father's Day began???

Historians have recorded that there was a tradition to celebrate Fathers Day over a thousand years ago. In Babylon, a son called Elmesu carved a Father's Day message on a clay card. In his message, Elmesu wished his father a long and healthy life. There is no knowledge as to what happened to the father /son duo, but it is believed that several countries retained the custom of celebrating Father's Day originated in the last century.

Though there are several people credited for furthering the cause of Father's Day, there is no greater acceptance than for a Ms. Sonora Louise Smart Dodd contribution.

A doting daughter from Spokane, Washington, Ms. Dodd is recognized as the founder of the Father's Day festival. Inception of the Father's Day took place in Sonora's mind when she happened to hear a Mother's Day sermon in 1909. Sonora was 27 then and had began to recognize the hardship her father must have gone through while bringing up his 6 children alone.

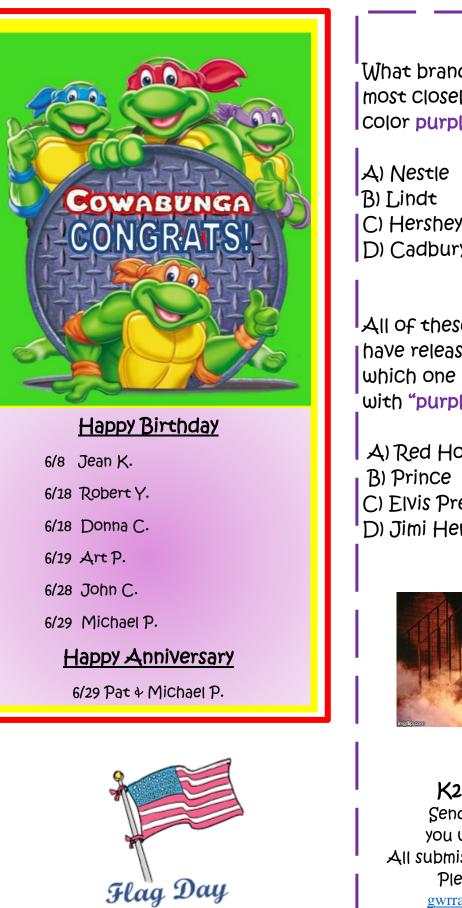
When Sonora was 16, her mother died in childbirth. Sonora's father, a civil war veteran by the name of William Jackson Smart, raised all 6

K2 WING'N News

children, including the newborn. At 27, Sonora decided that if there was a Mother's Day, there certainly should be a Father's Day. Many people laughed and joked at her idea, but her will did not droop. She began a sincere campaign. Her hard work began to show signs of success when Spokane celebrated its first Father's Day June 19, 1910. Sonora wanted it to be celebrated on her father's birthday, June 5, but it so happened that there was not enough time to prepare and the day came to be the third Sunday each June. In 1966, President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as FATHER'S DAY. But in 1972, President Richard Nixon established a PERMANENT national observance of Father's Day. www.history.com



"IT'S FATHER'S DAY, DAD, I WANTED TO POLISH YOUR BIKE OUT IN THE HOT SUN...HOW'D I KNOW THIS STUFF WAS GASOLINE?"



What brand of CHOCOLATE is most closely associated with the Color purple?

C) Hershey D) Cadbury

All of these recording artists have released "colorful" songs but which one never released a song with "purple" in the title?

D

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A) Red Hot Chili Peppers C) Elvis Presley D) Jimi Hendrix



K2 Country Wings Send in a joke or recipe? you would like to share? All submissions will be considered! Please send them to: gwrrachapterk2@gmail.com

(2 WING'N News



You're invited to 7 nights of WOW!

LIBERTY THE SEAS

Departs Galveston, Texas on October 21, 2018

I	R	Ŋ	VZ	l	С	a	ri	ŀ	b	oe	a	n	®
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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 858-755-6071

District Treasurer <u>Tim Brooks</u> 254-290-5462

Motor Awareness Coordinator Scott Finnell 512-591-7631

District Educators Randy & Kathy Reese 512-744-3635

Assistant District Educator Chris Schoenthal

Couple of the Year 2017-18 Sal & Phylis Pesta 210-662-8161 District Trainer

Assistant Trainer Jim Scholes 832-627-8423

Membership Enhancement Coordinator Lyle & Sheri Altes 512-897-0860

> COY Coordinator Dale & Carleen Garrett 254-554-4123

Chapter of the Year Coordinators Sheri Altes 512-897-0860

Webmaster / Newsletter Editor <u>Tom Sprague</u> 858-755-6071

> Vendor Coordinators Michael & Pat Pineda 210-707-8411

Activities Coordinator Open Position

Entertainment Coordinator Open Position

K2 WING'N News

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JUNE 2018 RID	E SCHEDULE	
JUNE 2 Saturday KSU 8AM	Ó	RIDE TO LEAKEY, TX KSU BAM
UNE 5 'uesday :15 – 8:15 PM	ASPEN CREEK	ASPEN CREEK GRILL 11719 Bandera Rd. San Antonio, Texas
UNE 9 Saturday KSU 8AM	Ó	RIDE TO KENDALIA, TX
JUNE 12 Tuesday 6:15 PM – 8:15 PM	DQ	BIKE NIGHT at DAIRY QUEEN 1202 US HWY 90 W. Castroville, TX
JUNE 16	% [\	

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JUNE 16 Saturday KSU 8AM	Ó	RIDE TO KERRVILLE, TX
JUNE 19 Tuesday 6:15 PM - 8:00 PM	Pizza	K2 Gathering at PIZZA HUT 1202 US HWY 90 W, Castroville, TX
JUNE 23 Saturday KSU 8AM	Ó	RIDE TO CONCAN, TX
JUNE 26 Tuesday 6:15 PM — 8:00 PM	Ene Mel	BILL MILLERS 810 US 90 FM 471N CASTROVILLE, TX 78009





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K2 WING'N News

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JUNE 30

Saturday

KSU 8AM

RIDE TO Camp Verde, TX

	RELATIV	70°	75°	80°	85°	90°	95°	100°	105°	110º	115°	12
	HUMIDIT				APPA	RENT	TEMPE	RATUR	RE *			
How to use	0%	64°	69°	73°	78°	83°	87°	91°	95°	99°	103°	10
this Chart	10%	65°	70°	75°	80°	85°	90°	95°	100°	105°	111°	110
1. Across the top of the chart find the	20%	66°	72°	77°	82°	87°	93°	99°	105°	112°	120°	13
temperature.	30%	67°	73°	78°	84°	90°	96°	104°	113°	123°	135°	- 14
2. Down the left side of the chart find the relative humidity.	40%	68°	74°	79°	86°	93°	101°	110°	123°	137°	151°	
3. Follow across and	50%	69°	75°	81°	88°	96°	107°	120°	135°	150°		
down to find the apparent temperature,	60%	70°	76°	82°	90°	100°	114°	132°	149°	10.0		
which is a combination of heat and humidity. This is how hot it feels to	70%	70°	77°	85°	93°	106°	124°	144°				
your body.	80%	71°	78°	86°	97°	113°	136°					
Note: Exposure to full sunshine can increase	90%	71°	79°	88°	102°	122°		parent	Heat stress	rick with al	hysical activ	
these values by as much as 15°F.	100%	72°	80°	91°	108°			mperature		onged expo		ity.
	* Combined i						body. 90	°-104°	- A		haustion pos	
	Source: Nation	onal Ocean	ic and Atm	ospheric A	dministrati	on	10	5°-130°	Heat cramp Heatstroke	os or heat ex possible	haustion likel	У
								0° and up		highly likely		
							stres	 Individual reac 	wides general guide tions to heat will var chart. Studies indic	ry. Heat illness ca	n occur at lower te	mperature
							with a		enalt. acudies indici	are mar susceptibl	my to neat disorde	is morease

Join us at a Tuesday Dinner, Bike Night, Monthly Gathering or <mark>Sat</mark>urday or Sunday <mark>Rides</mark>

-Willy X

K2 RIDES! MOTTO: Friends for FUN, SAFETY and KNOWLEDGE



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K2 WING'N News