



National



Tennessee District



Chapter H



Let's go riding!


Harpeth Wings

Chapter H

Franklin, Tennessee

We eat at 9:00 am, meet at 10:00 am at Shoney's Restaurant, Hwy 96 (exit 65) just west of I-65 in Franklin, 4th Saturday of each month. Come join us at our next meeting – August 24.

Check out our Chapter webpage at <http://www.chapterh.com>

Also our Facebook page at  TNChapterH

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Gold Wing Road Riders Association (GWRRA)

Friends for Fun, Safety and Knowledge



Will & Thu Horsley
Chapter H Directors
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Director's Corner

Hello one and all,

Chapter H has been doing some riding. Our ride coordinator, David Hill, has been doing a good job of figuring out places to ride and the back roads to take. Between the heat and thunderstorms, it has been a little difficult at times. One of our rides was to Soda Pop Junction, which was a good ride there, but they had a party of 30 in the back room ahead of us. Needless to say, we had a long wait but gave up after we found out about the party and left. We just went down the road to Campbell Station Country Store Restaurant and ate there. Another ride we went on was to the Narrows of the

Note to newsletter recipients: If you do not wish to receive this newsletter any longer, please send a note to tnwingrider@me.com and you will be removed from the email list.

Harpeth River State Park. A few pictures were taken. After leaving there, we rode to Montgomery Bell State Park. They have a nice place to eat, a buffet, and didn't require a long wait time.

At our last meeting, we had the COY Plaque & Middle/West Tennessee Plaque to be given away. Chapters Q and Z came and Z went home with both plaques.

Our District Directors (Jan & Dennis Peterson) was there also. They officially made Karen & David Hill the District University Coordinators. They have so many hats to wear that they need a large hat rack for all of them.

As I stated at our meeting, a lot of motorcycles wrecks have been the news lately. We all need to be careful.

On August 24th, we have our next meeting; come see us.

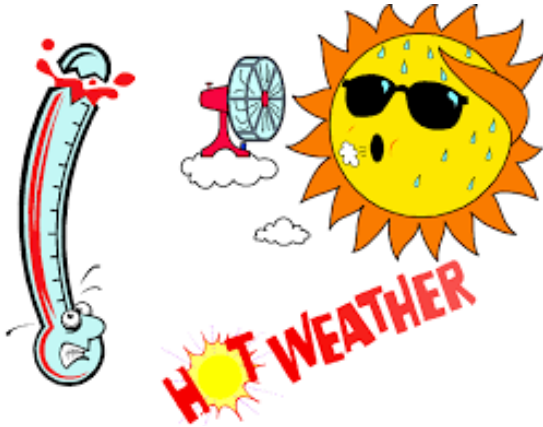
Be Safe & Drive Defensively.

Will & Thu Horsley

TN-H CD's



Karen and David being given the oath of office as District University Coordinators by the Tennessee District Directors, Jan and Dennis Peterson.



Chapter Team

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Ride Coordinator

We have had several good rides so far this summer. If you have any suggestions for rides or dinner rides, please let me know (tnwingrider@me.com). Thus far, we have not received an overwhelming response.

We don't have any specific rides planned at the moment but we try to ride on most Saturdays if the weather permits including after our meetings which are on the 4th Saturday of each month.

Please send any suggestions you have for rides to us.

Ride Safe and we will see you on the road,
 David & Karen

Rider Education

Something to think about:

The following article was published on The Lost Adventure website (thelostadventure.com) in June, 2011. It has a few years on it but it is still relevant to the temperatures we are experiencing these days. This was written after a group of Harley riders went on a trip from Las Vegas to MotoGP races in Monterey, California in early July. The temperature at 4:30 am when they left Las Vegas was in the high 80's. By midday the temperature was 112 degrees. The following is an excerpt from the article Jim (don't know his last name) wrote evidently the following year.

BEAT THE HEAT WHILE MOTORCYCLE TOURING THIS SUMMER

Jim, June 2, 2011

“Watch very carefully for signs of Heat Exhaustion and Heat Stroke. Your body will send you signals that it's having trouble with the heat, which can include cramps, nausea, headaches, extreme fatigue, flushed or pale skin, dizziness, and heavy sweating. Left unchecked, you can develop Heat Exhaustion, which is a form of mild shock. If you're feeling these symptoms, it's time to pull over, rehydrate, rest and recover for as long as it takes. Don't be in a rush to get back on the bike – sometimes a rider doesn't want to inconvenience their friends by holding things up. How long do you think a trip to the hospital will hold up the ride?

“If Heat Exhaustion is allowed to develop into Heat Stroke, you're in big trouble. Your cooling system shuts down, and body temperature can rise to as high as 105 degrees. Brain damage is possible and at the very least, you'll likely have an erratic pulse and trouble breathing. People with Heat Stroke often pass out – not something you want to happen when you're riding. For more tips on avoiding and recognizing Heat Exhaustion and Heat Stroke, [visit the American Red Cross website here.](#)

“Bring more water than you think you'll need. Water is vital for keeping the body cool, but it also is necessary for digestion, for flushing toxins out of your body, and for lubricating your joints. It also cushions your organs and tissues, so when you get dehydrated, your body just won't work properly, things will start to shut down, and you'll physically crash. The worst thing is that by the time you start feeling bad, you're already in trouble, so it's HUGELY important to stay hydrated. That means drinking plenty of water before you get on the bike, and consuming 1 liter of water every hour, especially in extreme temperatures. We try to get water that includes electrolytes (like SmartWater) to help replenish vital minerals that are lost when you sweat profusely.

“Include stops on your route where you can cool off. One of the best ways to rejuvenate yourself is by getting out of the heat, into a cooler environment. You meet interesting people in rural convenience stores, and many have large ice freezers outside. We place our helmets in the freezers while we go inside for a cool drink. A quick stop can enable you to ride another 45 minutes even in the worst heat, so plan your ride along roads that have services and conveniences no more than 1/2 hour apart. If it's in the 100's and you've got a two hour ride before your next stop, you're putting yourself through unnecessary misery and risk.

“Dress properly and keep your skin covered. Seems like simple, advice, but it’s amazing how many people don’t follow it. Any areas of skin that are exposed will be much harder to cool, as the sweat will evaporate from the air rushing over it at speed. This means you’ll dehydrate faster. It may seem counterintuitive to cover yourself with clothes in the heat, but look at the Bedouins in North Africa – they’re covered head to toe. Of course, on a motorcycle you need to wear abrasion and impact resistant gear, which can be heavy. I wear a mesh ventilated textile riding suit, Tim wears a leather jacket, based on our personal preferences, but we’re always covered. In our experience, the people who are affected most by the heat are those who don’t cover themselves properly.

“Wear a cooling vest. When temperatures rise over 90 degrees, a cooling vest is worth it’s weight in gold. Basically, it’s a vest that is filled with tiny beads that retain water. This is a much better solution than soaking your t-shirt, as cotton doesn’t retain the water and it evaporates quickly. You soak the vest, shake off extra water, then put it on under your riding jacket. The moisture forms a cooling layer next to your skin, and you feel much more comfortable. Cooling vests are as cheap as \$30 and run up to \$100. The more expensive vests are better quality garments, and usually don’t bloat up as much with the retained water. Our favorite cooling vest is made by **Silver Eagle Outfitters**, and you can order one **here**.”

Plaques

Tennessee Traveling Plaque	TN-C, Kingsport	Available 8/20/2019
COY Plaque	TN-Z, Columbia	Given away on 8/10/2019 – don’t know who picked it up
Middle/West TN Traveling Plaque	TN-Z, Columbia	Given away same day as COY Plaque-don’t know who has it either.

Coming Events

August 15-17: Kentucky Blast District Convention. Cave City. Registration form is available at http://www.gwrraky.com/Doc/2019_Kentucky_Blast_Registration.pdf.

August 25: TN-G is celebrating their 35th Anniversary this year. Their party will start at 2:00 pm at Shelter #1 at the Fred Deadman Park in Manchester. Bring your own lunch if desired. The chapter will provide cake and homemade ice cream. Additional details can be found on the ‘events’ page on the District website.

August 27-31: Wing Ding 41, Opryland Hotel, Nashville. <http://41.wing-ding.org>

September 6-8: 24th Annual Wings Across Tennessee.

September 19-21: “Come Ride With Us” put on by the Georgia District in lieu of their District Rally. River Vista Resort, 20 River Vista Dr, Dillard, GA 30537. A flyer which is available at http://www.gwrra-ga.com/events/2019Events/Come_Ride_With_Us.pdf.

September 26-28: Wings Over the Smokies. Haywood County Fairgrounds, Waynesville.
Registration form is available at
<http://www.gwrranc.org/WOtS/2019/WOSRegistration2019.pdf>.

October 17-19: Mississippi District Rally, Holiday Inn Gulfport-Airport, Gulfport. Registration form is not yet available. Additional information can be found at
https://www.cyclefish.com/motorcycle_event/50240.

Check out the District Newsletter and the www.gwrratn.org website for coming events and a lot of other information.

Lack of editing can sometimes result in humorous statements: take the following statements from church bulletins for example.

“For those of you who have children and don’t know it, we have a nursery downstairs.”

“Next Thursday there will be tryouts for the choir. They need all the help they can get.”

“Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.”

Final Comment: Check out the greatly improved Tennessee District Website (gwrratn.org). Don Luth is doing a great job with it.



TN Chapter Gatherings Meeting Day, Time, and Places
(Please send corrections to PattiHamilton@charter.net)

Chapter A

Last Tuesday
Eat at 6:00 pm/Meet at 7:00 pm, Golden Corral
315 Old Lebanon Dirt Rd., Hermitage, TN
CD Troy & Vickie Hurt, 615-351-6629

Chapter B

1st Tuesday
Eat at 6:00 pm/Meet at 7:00 pm
Shoney's, 2405 Andersonville Hwy, Clinton, TN
Exit 122 off I-75 (Rt 61-Museum Exit)
Senior CD Tom Peck, 423-907-9712

Chapter C2

3rd Thursday Eat at 6:30 pm/Meet at 7:00 pm,
Ruby Tuesdays, 2316 N Main St, Crossville, TN
CD Randy Ryan 985-201-3791

Chapter F

3rd Thursday Eat at 6:00 pm/Meet at 7:00 pm,
Golden Corral 2905 W Andrew Johnson Hwy,
Morristown, TN
CD Bruce & Gayle Babcocke 865-344-7194

Chapter H

4th Saturday
Eat at 9:00 am/Meet at 10:00am,
Shoneys Hwy 96, Franklin, TN
CD Will & Thu Horsley 615-483-2335

Chapter M

2nd Tuesday
Eat at 6:00 pm / Meet at 7:00 pm
550 Ft. Loudon Medical Ctr. Dr., Lenoir City, TN
CD Brian & Loretta Richards, 865-249-6173

Chapter A2

3rd Monday
Eat at 6:00 pm/Meet at 6:30 pm, Shoney's
1021 W Lamar Alexander Pkwy, Maryville, TN
CD Bob Mack, 865-258-9872

Chapter C

3rd Tuesday
Eat at 6:00 pm/Meet at 7:00pm, Mama's House
2608 N John B Dennis Hwy, Kingsport, TN
Senior CD Richard & Connie Pendleton, 423-245-8484

Chapter E

2nd Saturday
Eat 9:00 am/Meet 10:00
The Smyrna Bowling Center, 96 Weakley Rd, Smyrna, TN
CD Murray Dunkin, 615-848-5255

Chapter G

3rd Thursday
Eat at 6:00 pm/Meet at 7:00 pm,
Gondola 412 E Carroll St., Tullahoma, TN
CD Dennis & Anne Greer, 931-728-1463

Chapter L

1st Saturday
Eat 11:00 am/Meet 12 noon,
Shoney's 814 S Cumberland, Lebanon, TN
Senior CD Andrew & Debbie Smith, 615-784-9772

Chapter N

1st Saturday
Meet at 5:00 pm / Meet 6:00 pm Brook Shaw's Old
Country Store, 56 Casey Jones Lane, Jackson, TN
CD Jeff and Shari Douglas, 731-267-3388

Chapter O

1st Tuesday

Eat at 6:00 pm/Meet at 7:00 pm, Golden Corral
350 Stuart Rd., NE Cleveland, TN
CD Shane McAmis & Amanda Cronan, 423-310-5903

Chapter S

3rd Saturday Eat at 1:00 pm/Meet at 2:00 pm,
My Time Cafe, 100 Main Street, Portland
CD Grant and Carol Bottomley, 615 - 337 -8386

Chapter V

2nd Saturday Eat at 9:00 am/Meet at 10:00 am, So.
Honda, 1394 Workman Rd., Chattanooga, TN
CD Wes Billings 423-593-8106

Chapter Y

3rd Saturday
Eat at 9:00 am/Meet at 10:00 am, Farmer's Family
Restaurant, 1958 Old Fort Pkwy, Murfreesboro, TN
CD Wesley and Cindy Neal, 615-668-4448

Chapter Q

Last Monday

Eat at 6:00 pm/Meet at 7:00 pm,
Golden Corral, 2811 Wilma Rudolph Blvd, Clarksville, TN
CD Cindy Bidwell, 731-642-0415

Chapter T

4th Saturday
Eat at 9 am and meet at 10 am
Golden Corral 6612 Clinton Hwy, Knoxville, TN 37912
CD Lee Ann & Wilburn Hayes, 865-497-2945

Chapter W2

3rd Saturday
Eat at 6:00 pm/Meet at 7:00 pm,
Perkins Restaurant 1340 S. Germantown Pkwy, Memphis, TN
CD Ivan & Leesa Coburn, 870-514-8622

Chapter Z

2nd Saturday
Eat at 5:30 pm/Meet at 6:30 pm,
Shoneys, 2225 Carmack Blvd., Columbia, TN
CD Charlie & Pam Huffman, 931-215-1650

Be sure to check the District Website (www.gwrratn.org) for any gathering changes.