



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 – April 24 (*no gathering in March*).

Check out our Facebook page at  TNChapterH

Volume 13 Number 3

March 2020

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 everyone.

I haven't heard of any GWRRA members having their lives disrupted by the tornados that tore through Middle Tennessee. They sure did a lot of damage.

Again, a reminder that Chapter H will not have a meeting March 28th. Most of us will be at the Horizons Workshop that is being conducted by David & Karen Hill.

It appears that the days are getting warmer. Should not be too much longer before we are able to get our group riding started.

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.

Remember to ride defensively,

Will & Thu Horsley
TN-H CDs
615-483-2335



Chapter Team

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Ride Coordinators
Newsletter Editor
District University Coordinators
tnwingrider@me.com (David)

Ride Coordinator

It's 2020 and time to schedule some rides for the year. To start the list, we saw a segment on "Tennessee Crossroads" about The Brick Oven Grill and Deli in Lafayette, KY. In looking at Google maps, it appeared to be a little under 100 miles and would take about 2 ½ hours. It will be a full day's ride.

I still want/need your suggestions for rides. Otherwise, we'll ride to locations Karen and I want to go. At least the weather is beginning to warm up so we should be able to hit the roads very soon. Of course, the rains are beginning, too.

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

Rider Education

Top Ten Truths That All Motorcycle Riders Need to Know

Posted on August 23, 2018 by Ken Condon on his website www.ridinginthezone.com

Here is a list of the top 10 things riders need to know (but often don't):

1. Traction management and direction control are directly affected by load transferring to the tires.
2. Timing of deceleration, braking, countersteering and acceleration directly affects traction, direction control (line) and where the bike is pointed at the turn exit.

3. Intensity of brake and throttle application and handlebar inputs directly affects traction, chassis stability and direction control.
4. Specific Visual targets help to accurately read the road and minimize overspeed corner entry.
5. Dynamic Lane positioning is a critical tool for maximizing angle of view and conspicuity.
6. Trailbraking done correctly, maximizes stability, manages traction and refines corner entry speed and direction control at mid-corner and exit.
7. Even the best riders get into trouble if they don't respect environmental limitations.
8. Electronic rider aids help manage traction; they do not create more traction.
9. Proper riding gear minimizes the risk of injury, but does not make you "safer".
10. Reading lists like this can make you smarter about riding, but only application of knowledge can make you a better rider.

About Ken Condon: Ken is author of "Motorcycling the Right Way" and "Riding in the Zone" (book and blog). He is also the "Street Savvy" columnist for Motorcyclist Magazine, and former longtime author of the Proficient Motorcycling and Street Strategies columns for Motorcycle Consumer News. Ken is Lead Instructor for Tony's Track Days, a 20 year Motorcycle Safety Foundation instructor, and owner of Riding in the Zone Motorcyclist Training.

Check out Ken's website at www.ridinginthezone.com.

Plaques

Tennessee Traveling Plaque	TN-E, Smyrna	Available 03/21/2020
COY Plaque	Information Unavailable	
Middle/West TN Traveling Plaque	TN-Z, Columbia	Available 02/22/2020

Coming Events

March 19-21: "Gathering of the Wings", Florida District Rally, Sanford. Flyer available at <http://nebula.wsimg.com/64f45715dbf5833686a3221fb7e5220e?AccessKeyId=3D340C2E6C4D7EE36612&disposition=0&alloworigin=1>.

March 26 – 28, Louisiana District Rally, Houma, La. Registration form can be found at <http://nebula.wsimg.com/8acdd4d39cfb0aeb6da855de981d0513?AccessKeyId=BE87BD97B4DE91D6F76E&disposition=0&alloworigin=1>.

March 28: Horizons Program Workshop. Trinity United Methodist Church, 2303 Jones Blvd, Murfreesboro. Program will begin at 9:00 am and will end not later than 5:00 pm.

April 11: ARC/TRC classes (Range only), Gallatin Civic Center, 210 Albert Gallatin Ave. For information, contact Steve Thomas, 861 Rockbridge Rd, Bethpage (561) 315-8629 or Gary Hamilton (865) 661-9121. The registration form is online at www.gwrratn.org. Click on the tab for Events.

April 16-18: “Sweet Dreams....and Nightmares!!!”, South Carolina District Rally, Clemson. Flyer is available at https://drive.google.com/file/d/18Acq_OIyT-tvXqaiK-dlk6WfxN27TKaV/view.

April 25: TRC is being hosted by Chapter Z in Columbia. The classroom portion starts at 8:30 am. See registration form under Events on the District website for additional information.

April 30 – May 2, 2020: Spring Fling, Pigeon Forge.

May 28-30: “Wingin’ the Ozarks”, Missouri District Rally. Branson

May 30: ARC/TRC, Blount County Sheriff’s Office Training Center, 1431 William Blount Dr, Maryville. The registration form is online at www.gwrratn.org. Click on the tab for Events. For information contact Gary Hamilton (865) 661-9121 or by email at tn.gw.de2019@gmail.com.

June 30 - July 4: Wing Ding 42 will be in Springfield, MO. Registration form can be found at <https://www.wing-ding.org/#register>.

July 30 – August 1, Illinois District Rally, Rock Falls Community Building, 601 W 10th St., Rock Falls, IL. Flyer is available at http://gwrra-ildistrict.com/uploads/3/5/1/3/35139771/summer_rally_2020_1-16.pdf.

August 13-15: “The Blast”, Kentucky District Rally, Lawrenceburg. Registration form not online as of 10 January.

September 24-26: “Wings Over the Smokies”, North Carolina District Rally, Waynesville. Registration form not online as of 10 January.

October 1-3: “Monster Mash”, Alabama District Rally, Eufaula. Flyer available at <https://gwrraalabama.org/al-rally>.

October 8-10: “Come Ride With Us”, a Riding Rally. Georgia, Dillard, GA. Flyer available at http://gwrra-ga.com/Rally/rally2020/2020_Come_Ride_With_Us.pdf.

October 15-17, Mississippi District Rally. No other information available (but at least you know the dates).

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

TN Chapter Gatherings



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 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 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 & Marrilee Peck, 423-907-9712

Chapter C

3rd Tuesday, Eat at 6:00 pm/meet at 7:00pm,
Mama's House, 2608 N John B Dennis Hwy, Kingsport, TN
CD Thomas & Carolyn Jarrell, 423-383-0339

Chapter C2

3rd Thursday, Eat at 6:30 pm/meet at 7:00 pm,
Lacosta Restaurant, 138 The Crossings, Crossville, TN
CD Randy Ryan 985-201-3791

Chapter E

2nd Saturday, Eat 9:00 am/meet 10:00
The Smyrna Bowling Center, 96 Weakley Rd, Smyrna, TN
CD Walter & Barbara Darnell, 615-210-6942

Chapter F

3rd Thursday, Eat at 6:00 pm/meet at 7:00 pm,
Golden Corral, 2905 W Andrew Johnson Hwy, Morristown, TN
CD Gene and Donna Dunn Gene (631) 848-9435: Donna (631) 495-0031

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 H

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

Chapter L

1st Saturday, Eat 9:00 am/meet at 10 am
Belle's Little Country Kitchen, 210 W High St. Lebanon
Senior CD Andrew & Debbie Smith, 615-784-9772

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 N

1st Saturday, Eat at 5:00 pm/meet 6:00 pm
Olympic Steak House, 5711 Hwy 412, Bells, TN
CD Ross Cole, 731-415-9052

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 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 S

3rd Saturday, Eat at 1:00 pm/meet at 2:00 pm,
Milo Coffee House, 125 Main Street, Portland, TN
CD Grant and Carol Bottomley, 615-337-8386

Chapter T

4th Saturday, Eat at 9:00 am/meet at 10:00 am
Golden Corral, 6612 Clinton Hwy, Knoxville, TN
CD Lee Ann & Wilburn Hayes, 865-497-2945

Chapter V

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

Chapter W2

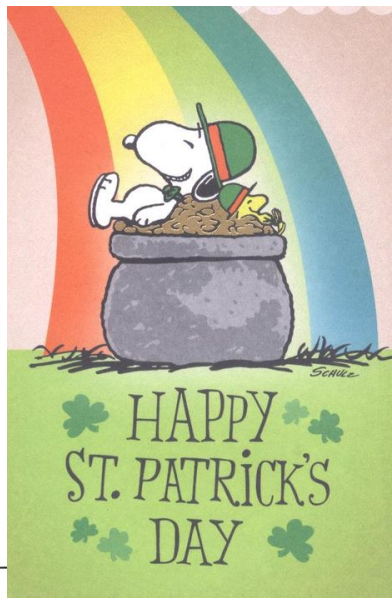
3rd Saturday, Eat at 6:00 pm/meet at 7:00 pm,
Perkins Restaurant, 1340 S. Germantown Pkwy, Memphis, TN
CD Ivan & Leesa Coburn, 830-514-8622

Chapter Y

3rd Saturday, Eat at 9:00 am/meet at 10:00 am,
Trinity United Methodist Church, 2303 Jones Blvd, Murfreesboro, TN
CD Wesley and Cindy Neal, 615-668-4448

Chapter Z

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



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- Gua Sha (scraping)
- Bodywork Therapy (Tuina)
- Myofascial Trigger and Motor Point Release



Joe Phiakhamta, DAOM, L.Ac is state licensed in acupuncture and board certified in acupuncture and Oriental Medicine by The National Certification Commission for Acupuncture (NCCAOM). Joe is also a certified Chinese Manual Bodywork (Tuina) Therapist and Acupuncture Detoxification Specialist. Upon receiving his Doctorate in Acupuncture and Oriental Medicine, Joe founded True Acupuncture & Wellness to bring healing services to the community.

1000 Physicians Way, Suite 144
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TRUE ACUPUNCTURE & WELLNESS

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TRUE ACUPUNCTURE & WELLNESS

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www.trueacupuncturewellness.com





May your
CLOVERS
have leaves
of four...

and may
your
LUCK
be evermore.

