



## Bluegrass Wings Team

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## March 2015

As I write the beginning of this newsletter, I can't help but notice that the weather is starting to break with warmer weather ahead of us. Thankfully, that means riding season is upon us. Now, I know that none of you are anxious to start riding again (LOL)!

So let's start the season off the right way. At our next gathering, Alan Ernest will be giving a Riders Education seminar. This will also help him complete his requirements to be a new University Trainer. Alan, along with 7 other participants from KY and TN went through the UTDP course on Feb. 28th. To become official, they must present a seminar and be monitored.

This will kick off our new season and also the beginning of educational opportunities that we know many of you have requested. So, for March we will have a Motorist Awareness seminar and for April we will have Team Riding. This will help our newest members understand why we ride the way we do.

We have enjoyed a couple of dinner rides, with many more to go in the coming months. The train ride that Tennessee challenged us with has been cancelled because of TRC and ARC courses that were scheduled for the same day. Anyone wishing to attend any one of these is strongly encouraged to attend and really improve your abilities as a rider.

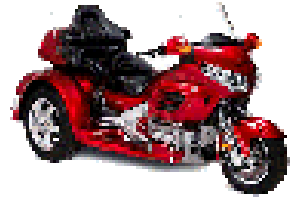
Dedre and I are really looking forward to being able to spend more time out with the chapter. Remember that with Don leaving we are again looking for an Assistant Chapter Director. Anyone interested, or thinking about stepping up should contact us to inquire about it.





From our upcoming Chapter Educator

*Alan and Shea Ernest*



*We are still experiencing some undesirable riding weather but we continue to hope for some nice warm sunshine very soon!!*

Tire pressure is a subject we discuss quite frequently in the GWRRA Rider Education Division. One or two pounds of air in your tires doesn't sound like much but it can dramatically change the handling characteristic of your wing. Air pressure affects many aspects of your riding experience such as traction, tire life, fuel mileage, handling, and stopping.

Like most of us, we refer to the PSI on the tire or ask our local mechanic what pressure we need to ride with. The correct handling and performance of the wing is why tire pressure is so crucial. When we ride we are avoiding cellphone users, people with road rage, and any number of road hazards. When tire pressure is not set at the prescribed PSI, we can't have the best or safest ride on our wing.

If you set your tire pressure at the required tire specs you have a base point to start with. When you ride the first time this season and the handling or the manner in which the bike rides is not to your preference, you can adjust your PSI to make for a more enjoyable next ride. You should not adjust the tire pressure more than one or two pounds each time you adjust the pressure of the tire.

After you find the correct tire pressure for the way you ride, you can set your shock settings. The shock settings should be done one number at a time either higher or lower.

**Ride Safe,**

**Alan Ernest**

**Chapter C Rider Educator**



# 2015 GWRRA Region N Convention Schedule

## SPRING FLING

THE TENNESSEE DISTRICT CONVENTION “SOUTHERN FAMILY REUNION” CAMP JORDAN ARENA,  
EAST RIDGE TENNESSEE

April 23—25, 2015

## WINGS OVER THE SMOKIES

THE NORTH CAROLINA DISTRICT CONVENTION  
ACQUONI EXPO CENTER—CHEROKEE, NORTH CAROLINA

July 9—11, 2015

## DOWN HOME RALLY

THE WEST VIRGINIA DISTRICT CONVENTION  
CONFERENCE CENTER—SUMMERSVILLE, WEST VIRGINIA

July 24—25, 2015

## Blast From The Past

THE KENTUCKY DISTRICT CONVENTION  
CONVENTION CENTER—FRANKFORT KENTUCKY

August 13—15, 2015

## WING DING 37

“Rocket City Road Trip”

HUNTSVILLE, ALABAMA

September 3—6, 2015

## RALLY IN THE VALLEY

THE VIRGINIA DISTRICT CONVENTION  
HOLIDAY INN—TANGLEWOOD—ROANOKE, VA

October 1—3, 2015 (tentative date )

Hello Fellow Wingers,

03/10/15

Can you believe it is March already, yippee!!! Riding weather just around the corner. We have just moved the clocks forward to give us more daylight at the end of the day. When we think about spring, we think about getting our motorcycles ready for the riding season. But what about getting our bodies ready for the riding season, don't you think we should work on that also? For the most part I have been a couch potato during the winter and especially the last few weeks with all of our snow. Recently I have started working out to get ready for my bike season.

I have started walking on the treadmill for ½ hour every other day to increase my stamina. After the tread mill I have started doing setups to try and strengthen my stomach muscles. And the last thing I am starting to work on will be thigh and hip strength, I just purchased a recumbent exercise bike. I noticed last summer after some long days in the saddle I would start to cramp up in the hips and that was not good since I was supporting in most cases myself and my wife on the motorcycle. The last thing I would want to do is drop the motorcycle and perhaps injure both of us. When you do the math if you are still two wheeling you could be supporting close to 700+ lbs. with one leg and with our hilly roads and parking lots in could be more weight.

So don't wait till you drop the bike, start getting in shape for the ride season. Take it a little at a time and increase your training each time. Just like any athlete, you will feel and perform better at your sport or hobby when you fine tune your body.

Quote: **Race the rain, ride the wind, and chase the sunset!**

Safe Riding!

Darrell and Alice Hampton

Bluegrass Wings Chapter C

Membership Enhancement Coordinators

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UTDP Class from February 28, 2015. Great group!!



I can't believe that it's March already! Of course with the last two snow storms that we've had, I'm more than ready for Spring!

Two weeks ago Mike and I taught our first solo University Trainer Development Program (UTDP). Our own Alan Ernest, John Main from Chapter A in Louisville and Ray Taylor and Mike Falone from Chapter H in Shelbyville are on their way to becoming University Trainers. Alan and John will become certified in Riders Education and Ray and Mike are still deciding. Stay tuned for training opportunities to help them finalize the process.

Speaking of training, look at your CPR cards and see when your certification expires. Mike is willing to put a class together for those who need it. Email Mike at [m.vanhoose@aol.com](mailto:m.vanhoose@aol.com).

We've got some fun things to look forward to! Chapter H in Shelbyville has the Traveling Plaque. They had to cancel their last meeting due to weather so it will be available again on Friday, April 3. Come with us to capture it back!

April 11 is the "moonshine hamburger ride" that is Bill Mucha and Goo Bell's favorite annual event. They plan to leave on Friday April 10, so contact them for details.

April 23-25 is the TN Spring Fling in Camp Jordan near Chattanooga. Mike and I plan to ride down Thursday evening if he can get his work schedule changed.

May 15-17 is the District Ride-In at the campground in Elizabethtown. Since that is the weekend for our monthly gathering, we are considering whether to hold the meeting at Elizabethtown or to meet Sunday, May 17 at 1:00pm. We'll discuss at our next gathering to see what will work better for everyone

Mike has finalized the District Historical Ride. (I think Hysterical Ride sounds more fun! :-0 ) It will be held May 23-25. Reservations should be made at Pennyriple State Park for 5/23 and Kenlake for 5/24. A block of rooms is held at both locations for \$89.95. Please let Mike know you're coming along.

Ben and I went to Roanoke VA this past weekend for the Region Operations meeting.. Mike had to work, so Ben was "mini-Mike" for the meeting. It was good to see the District Teams from the rest of the states of our region (NC, TN, VA & WV) Each program has a breakout session and I learned a lot about training from our "bosses" Jim and Beverly Rambo, pictured with us below.

I'll miss seeing you all at our next gathering! I'm heading to MI to meet my sister at a needlepoint event. Hopefully the weather will permit some riding. The weather last month affected our attendance, but we die-hards had a great time!

Dedre VanHoose

**Jim and Beverly Rambo were kind enough to travel to Kentucky and observe Dedre and I as we taught the UTDP course. This was one of the requirements for Dedre and I to become Master University Trainers. We cannot thank them enough for their kindness and friendship.**





**ON-SITE CLASSES AVAILABLE**

*Thanks for stopping in!  
Check Out Some Of Our Great Events*

**Dogs & Discounts**

**Thursday Night Bike Night:**

Every Thursday 5pm-6pm with FREE food and parts discounts throughout the store.

**Off Road Ride / Demo Day:**

We will be holding an Off Road ride at Wildcat Off Road Park the first weekend of October. Arctic Cat will be bringing out a few ATV and Side X Sides to take for a spin. We will provide a FREE lunch also, so mark your calendar this will be an event you do not want to miss!

**15% OFF!**

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selection In Stock now with  
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**1618 Northgate Drive (behind Cracker Barrel)  
(859) 623-5900  
www.kymotorsportsandoutdoors.com**

## Up and coming events from our Ride Coordinator Roger Early

I'm beginning to wonder if it's time to trade the Gold Wing in on a snow mobile or now maybe a jet ski. As I write this article, the temperature is finally warm enough to melt the snow but we are expecting rain most of the week. Hopefully the rain will wash the salt off the roads and we can get out and start riding again.

Due to the snow and cold, we postponed the ride to Our Best Restaurant in Smithfield that we had planned for March 7. I'll add it back to the schedule for later this year.

If you have any ideas for ride destinations please let me know. I may not be able to fit them in this year but I will definitely add them to the list for the future. If you have any other comments or suggestions about our rides, please let me know.

The list of our upcoming rides and dinners is below. Please come out and join us.

March 21 – Ride to the Switzer Covered Bridge in Frankfort

April 9 – Dinner at the Cattleman's Club in Frankfort

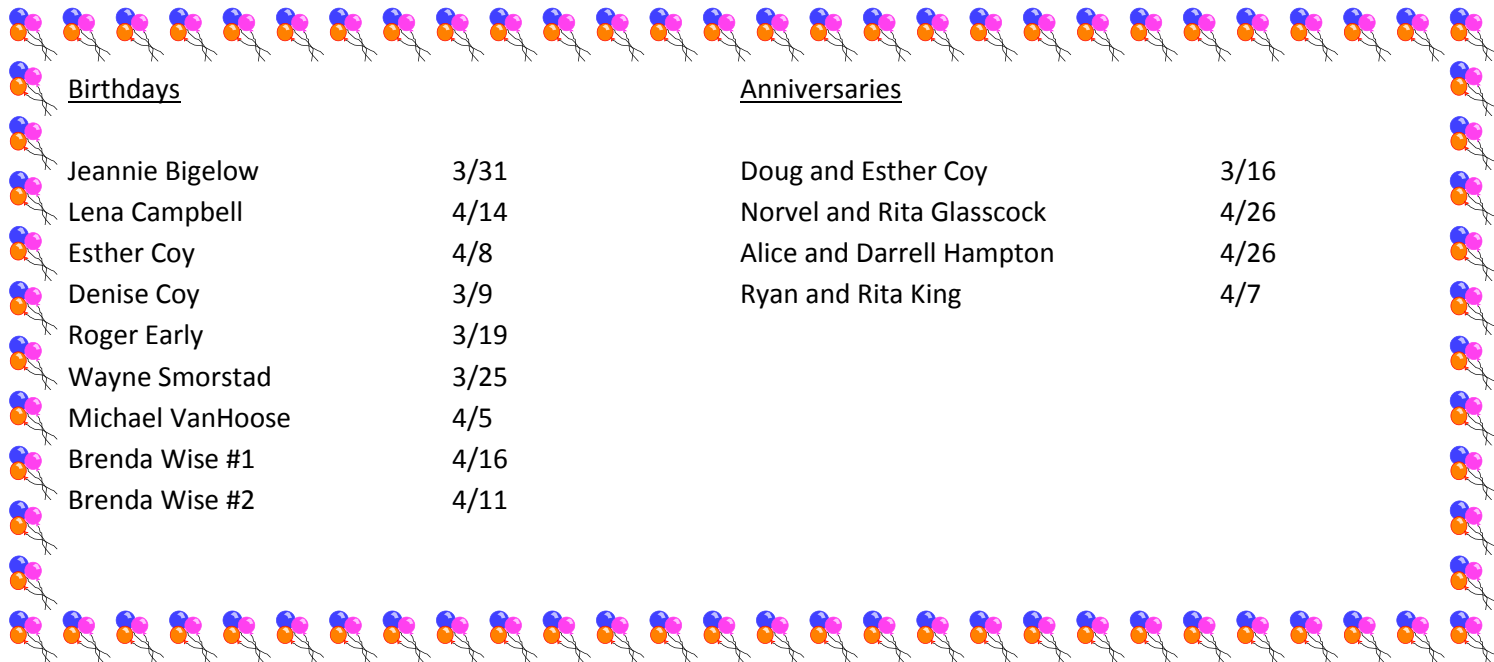
April 18 – Ride to the Beech Fork Covered Bridge in Washington County

May 2 – Derby Day Ride

I will send out an email a few days prior to each ride or dinner to provide more details.

For more information about the rides and future dates please see our events calendar at <http://www.kybluegrasswings.org/events/>. The calendar also includes the various Chapter Meetings and the Region Events. If you have any questions or corrections, please let me know.

If you want to see some of the photos from our past events, check out the following page: <http://www.kybluegrasswings.org/photos/>



<u>Birthdays</u>		<u>Anniversaries</u>	
Jeannie Bigelow	3/31	Doug and Esther Coy	3/16
Lena Campbell	4/14	Norvel and Rita Glasscock	4/26
Esther Coy	4/8	Alice and Darrell Hampton	4/26
Denise Coy	3/9	Ryan and Rita King	4/7
Roger Early	3/19		
Wayne Smorstad	3/25		
Michael VanHoose	4/5		
Brenda Wise #1	4/16		
Brenda Wise #2	4/11		