



Bluegrass Wings Team

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August 2018

Good day Chapter C!

What a month August has started out to be. The hatchery ride to Wolf Creek, dinner at Cattlemen's in Danville, and Pine Mountain State Park have already taken place. Finally good riding weather! We have had great turnout for all 3 rides and that just tickles me pink!

This past weekend we had 14 members go to Pine Mountain for the weekend and we put in close to 600 miles. Rainy on Friday, but all sunshine Saturday and Sunday. We really enjoyed the roads and mountains of southeast Kentucky. First time Frank has ever seen brown gravy. A good game of Pass The Trash, (sorry Alice) and we had the best time.

This weekend, remember the KY Blast, Wing Ding in 2 weeks, and Wings Over the Smokies later in September. Just a reminder that the GWRRA has already set up the cruise list for next year. They might actually be well worth checking out. As far as cruises go, you can never go wrong!

Thank you Chapter C for all you do and for the friendships we have. Dedre and I really enjoy our time with each and every one of you. Best of all, our chapter's 35th anniversary party is coming up on September 22!!



From our Ride Coordinator — Roger

After our last gathering we were scheduled to ride to Big Bone Lick State Park but unfortunately, they were forecasting rain, so we canceled the ride. As it turned out, the rain came much later than expected, at least in Lexington, so we might have been able to complete the ride.

On July 12th, we had a dinner ride to Jerry's in Paris. We are fortunate to have them as one of our sponsors. We had a great turnout and the food was fantastic, as usual. Our waiter did a great job, even with Alan's help. Alan was working hard but unfortunately, I did not get any pictures of it, so you'll have to take my word for it.

On July 28th, Mike invited our chapter for a ride to McKee and through the Natural Bridge area. I joined them hoping we would be able to have lunch at Opal's in McKee but unfortunately, they were closed. I headed to Richmond from McKee to visit with my son and daughter-in-law. Mike led the group through the Red River Gorge area and I am sure they had a great time.

Here is a picture of the group waiting for the Valley View Ferry:



As Mike announced in the July newsletter and at our July gathering, I am stepping down as the Ride Coordinator for our Chapter. I joined the chapter in the spring of 2012 and became the Ride Coordinator in July of 2012. After 6 years, I think it is time to step down and get someone new to plan our rides. I realize stepping down in the middle of the riding season isn't the best timing. We had a team meeting prior to our July gathering to discuss how to find a new Ride Coordinator. I appreciate the team and especially Mike and Dedre for understanding and supporting my decision. I plan to continue as the chapter webmaster and look forward to continuing to work with the chapter team. I will continue to participate in as many rides, dinners and gatherings as I can, so I'll still be around.

The events that are coming up include:

August 4 – Ride to Wolf Creek Dam and National Fish Hatchery

August 7 – Dinner at the Cattleman's Roadhouse in Danville

August 10 through 12 – Overnight Ride to Pine Mountain State Park

August 16 through 18 – The Blast

August 28 through September 1 – Wing Ding in Knoxville

September 13 – Dinner at Casa Café in Richmond

September 15 – Ride to the Kentucky Fudge Company in Harrodsburg

September 27 through 29 – Wings Over the Smokies

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 District 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/>



A hot cup of coffee, and this view from Pine Mountain Lodge. Doesn't get any better!!



Great friends! Great times!

We paid a visit to the Cumberland Gap Overlook. You can see 3 states from this viewpoint. Kentucky, Tennessee, and Virginia. We also paid a visit to the Portal 31 Mine in Lynch. Traveling those backroads was well worth the ride and we had an absolutely beautiful weekend to do it!

Riding with the best chapter ever!





Hello Fellow Wingers,

08/09/18

It is August and I am finding it hard to believe that the year is almost 2/3rds over already. Our chapter has had some nice rides but have had a lot of rain this year that slowed some of our riding down.

We did have a nice ride last Saturday to Wolf Creek Dam. I believe we had 7 motorcycles, 1 jeep and 10 people so we had a good group. The only hiccup along the way was that we forgot about the 127 yard sale going on. Our original plan was to ride down to the dam on 127 and return on 55. Well we changed off to going down on 55, then after our dam and fish hatchery visit we headed back on 127 to Russell Springs and a great little restaurant recommended by Jonathan Jones. The restaurant is called Coe's and it had great catfish along with several other menu items that were very good. With it being later in the afternoon we thought the car traffic on 127 might have eased up and some of us were talking about riding 127 on the return trip. While we were waiting in line to pay our bills a gentleman came in and said he had just come south on 127 and traffic was still very bad with drive by shoppers. So a change of plans took us east on the Cumberland Pkwy to 27 and we came back to Danville and Nicholasville on that route. It was a bit warm and we made several U-turns with me as the ride captain but overall we had great weather and a great 310 mile ride with friends. Thanks to all those that came on the trip, you helped make some lasting memories with friends

I know some of the chapter will be doing an overnight ride to Pine Mountain State Park this weekend. Alice and I had planned on making that trip but our 6th Grandchild "Finley Rose" was born on July 27th so we will be making our way to Michigan to hug and kiss on her chubby cheeks.

Don't forget that we have Wing Ding in Knoxville coming up on the 29th thru Sept 1st. Hope to see you there and always safe riding.

Quote: **Sometime you need a really crooked road to get your head straight"**!

Safe Riding!

Darrell and Alice Hampton

Membership Enhancement Coordinators

Email: MEC@kybluegrasswings.org



5th annual WINGERS-N-WAVES 2019



Mark your calendar and come sail away with us on the 5th annual Caribbean WINGERS-N-WAVES. The Independence of the Seas will depart from Fort Lauderdale and travel to Nassau, Labadee & Jamaica. You will have the opportunity to meet Chapters from all over the US and Canada!



Our special group rates **include port taxes**, based on double occupancy. The rates are subject to change until booked. Please book your cabin with **WINGERS-N-WAVES** to ensure you're included into the special functions, parties, group dinners & Winger perks!



Oceanview Balcony cabin - \$788 per person

We promise to book your cabin at the lowest price at the time of booking and guarantee the best possible price. We will honor Crown & Anchor rates and special discounts if offered at the time of booking. Only a \$250pp deposit and the final payment is 10/20/18.

GWRRR Wing Ding 40 will give a FREE WINGERS-N-WAVES cruise for two at closing ceremonies! Check out our Annual Alaska Cruisetour, Viking River Cruise & Australia & New Zealand! All Wingers and friends are invited to join our group!

LIMITED SPACE – CALL TODAY TO RESERVE YOUR CABIN (386) 299-7535

For full event details: WWW.WINGERSNWAVES.COM



Let's ride West Virginia!!

Chapter C, are you ready for a FUN weekend riding the roads of West Virginia? I have made arrangements for us and anyone that wants to join us to enjoy the scenery of West Virginia from Hawks Nest State Park. We will ride over on May 29th and ride out to different destinations everyday. We will have 4 nights coming home on June 2nd. Among the sights we will enjoy are the Green Bank Radio Observatory and the Cass Scenic Railroad. Hawks Nest actually overlooks the New River and also has a ferry and cable car ride up the mountains with some beautiful scenery. I will provide additional information as it come available. You can call Hawks Nest State Park at 304-658-5212, extension 1520 to make your reservations. I have blocked off 15 rooms under Bluegrass Wings. They have given us a 20% discount on the room prices for our group. I urge you to make reservations as soon as you can in order to reserve your room. According to Hawks Nest, they book up very early. Our booking offer will expire on December 31 for any unclaimed rooms. This will be a great adventure!!

Mike VanHoose
Director, Chapter C
Bluegrass Wings



Riding across 119 toward Lynch and Big Stone Gap.





Chapter C
35th Anniversary
9/22/2018
11:00 AM to 4:00 PM
Falling Springs Center
Versailles, Kentucky



Come enjoy food, music, games and fellowship.
Lunch(BBQ, sides & desserts) will begin at 12:00.

Music by Puncheon Creek from 1:00 to 2:00.

All members, past and present, are welcome!



Visit www.kybluegrasswings.org or contact CD@kybluegrasswings.org for more information

Birthdays

Jim Springate 09/11

Anniversaries

Lynn and Julie Tucker 08/26

Denny and Terri Grimmett 08/25

Roger and Karen Early 09/05

805 Louisville Road
Frankfort, KY 40601



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From our District Educator

Bill Mucha



Summer Riding Tips

1. Keep yourself hydrated. Wearing the right gear is good, but you should always keep yourself hydrated. Readily sip water on your ride can use a Butler cup with a straw this way you can ride longer without stopping your bike.

It is also a good idea to carry an extra bottle of water, especially if you are planning Long rides. There is no substitute for H2O!

2. Avoid alcoholic and caffeinated drinks. When riding a motorcycle in summer, you should avoid drinking sugary drinks like juice and soda. It is also best to avoid caffeinated or alcoholic drinks.

Downing a bottle of cold beer might feel refreshing at first, but alcohol and coffee will increase the urge to urinate due to their diuretic properties, which means your body will lose a lot more water.

3. Watch out for signs of heat stroke and heat exhaustion. Your body can only take too much heat. The early warning signs of heat stroke are nausea, cramps, headaches, dizziness, fatigue, flushed or pale skin, and heavy sweating.

Fatigue is your number one enemy when riding in extreme heat. This is the reason why you should invest on summer motorcycle gear, so you can keep your composure even when you are constantly exposed to the sun.

You can easily overcome fatigue and prevent heat stress by drinking plenty of water. Don't wait until you're extremely thirsty before drinking water! Your body is losing a lot of water as you sweat, so you should do your best to replenish lost fluids before fatigue sets in.

If you feel any symptoms of heat stroke and heat exhaustion while riding, you should pull over and rehydrate as soon as possible. It is also a good idea to take a rest until your body recovers from dehydration.

Do not ride your bike when you feel weak, groggy, or disoriented!



Bad Wolf Burgers is located at 350 Foreman Avenue in Lexington, KY 40508
859-286-9889



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4129 Lexington Road,
Paris, KY 40361

Information from your Membership Enhancement Coordinator

Lets got out and VISIT our fellow chapters. Here is a list of when and where they meet. It's FUN to make new Friends.



Chapter A Meet on the 2nd Saturday of the month at Roosters, 5338 Bardstown Road. They eat at 11:00 and meet at 12:00.



Chapter C Meet on the 3rd Saturday of the month at Roosters. This is at the intersection of Nicholasville Road and Man O War in front of Walmart. Eat @ 11:00 AM and meet @ 12:00.



Chapter G Meet on the 2nd Tuesday at Dave and Busters, 781 Heights Blvd, Florence. They eat at 6 and meet at 7.



Chapter H Meet on the 1st Friday of the month at the UK Shelby County Extension Office, 1117 Frankfort Road, Shelbyville, KY 40065 Meet @ 7:00pm



Chapter S Meet on the 2nd Sunday of the month at Shoney's, 1046 Executive Dr. Elizabethtown, KY 42701. Eat @ 4:00 PM, Meet @ 5:00



Chapter T Meet on the 3rd Saturday of the month at Carriage House Ramada Inn Paintsville, KY. Meet @ 6:00



Chapter Y Meet on the 1st Thursday at Majestic Family Restaurant 700 S. 6th St. Mayfield, KY 42066. Eat at 6:00, Meet @ 7:00

Look at the Chapter Gathering days as we will try and visit them all sometime.