



# GWRRRA Rider Education



## NATIONAL RIDER EDUCATION NEWSLETTER

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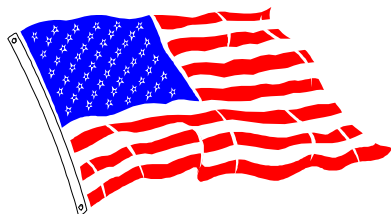
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## Let Freedom Ring



## **Independence Day**

## HAPPY BIRTHDAY AMERICA

We have made this country from the bits and pieces of the rest of the world; we took the best, the worst of every culture and nationality, race and creed, and made an alloy that may be dented, but not even a trial by fire can melt.

Although there are people that try to destroy us, we respond when they need our help because we are America.

GWRRRA has been built similar to America. We have been created with many different cultures, creeds and nationalities. Riding for Fun, Safety and Knowledge. We have a freedom to ride our

Gold Wings whenever we can or want. We are also given the opportunity each year to celebrate our freedom along with enjoying our Association's National Rally, "Wing Ding". Let us unite together this year to remember that freedom is not there for everyone to have and sometimes it doesn't come cheap.



May God continue to Bless America, help her to protect us all, and may she continue to shine as a beacon of democracy and hope to the rest of the world.



Deepest sympathy to Larry Stiles, Carla Stiles and family on the recent loss of Larry's mother.

### **INSIDE**

1. Freedom, Condolences
2. Safe foods for Summer
3. SPF, EPF and UPF Ratings  
Replenishing fluids
4. Rider Education increases, MSF, Respect the Flag  
July 4<sup>th</sup> Safety



## TIPS FOR SUMMER SAFE FOODS

For many people summer means picnics, barbecues & cookouts, and that requires careful food preparation.

To make sure your food is safe, indoors or outdoors, here are some tips from the National Food Processors Association.

### Picnics

Plan just the right amount of food to take that you won't have to worry about the storage or safety of leftovers.

Plan the menu with an eye to safe food handling. Don't use recipes that contain raw eggs, such as cream pies or homemade ice cream.

Since hand washing is critical to prevent the spread of bacteria, choose a picnic location with facilities for washing. If no facilities are available, pack disposable towelettes.

Pre-cook the foods in plenty of time to thoroughly chill them in the refrigerator. Then use an insulated cooler with sufficient ice or ice packs to keep the food at 40 degrees Fahrenheit. Pack food directly from the refrigerator into you cooler. Make sure you read and follow label instructions

to "keep refrigerated" or use by a certain date.

If you are planning on eating take-out foods such as fried chicken, eat them within two hours of pick up, or buy ahead of time and chill before putting into the cooler.

Don't put the cooler in the trunk – carry it inside the air-conditioned car. Use a separate cooler for drinks so the one containing perishable food won't be constantly opened and closed. If carried in your saddlebags, trailer or at the picnic, keep the cooler in the shade and replenish the ice if it melts.

### Cookouts

For safety and quality, the coals in your grill should be very hot before cooking food. For optimal heat, let the coals heat for 20 to 30 minutes or until they are gray.

When handling raw meat, remove from the cooler only the amount that'll fit on the grill. Do not interrupt cooking, as partial cooking may encourage bacterial growth. If you must cook ahead, cook the meat completely and then cool it fast for reheating on the grill later. Reheat pre-cooked meats until steaming hot.

It is always a good idea to take an "exploratory" cut into any patties, poultry, meat or fish to check doneness. On the grill, the outside of foods may look done before they are cooked through. To be sure bacteria are destroyed,

cook hamburgers to 160 degrees Fahrenheit. Use a meat thermometer to check the inner temperature of the food. Cut into the patty to be sure the center is no longer pink and the juices run clear. Grill raw poultry until the juices run clear and there is no pink close to the bone. Make sure to cook all ready-to-eat-meats thoroughly.

When taking foods off the grill, do not put the cooked items on the same platter, which held the raw meat. That can cause cross contamination where the cooked food picks up harmful microorganisms left on the plate from the raw meat. Use separate, clean utensils and wash your hands frequently.

Perishable leftovers should be refrigerated or stored on ice within two hours of cooking.

For the return trip, the cooler should again travel in the air-conditioned part of the car or make sure you add ice to the cooler. Check the cooler when you get home. If there is still ice in the cooler and the food is refrigerator-cool to the touch, the leftovers should be safe to eat.

When feeding small children under the age of 4, make sure to cut the food into small pieces, especially hot dogs. Many children choke each year on food not properly cut-up. Children's esophagus muscles do not function properly until they reach the age of 4.



## FUN IN THE SUN

### SPF RATES

Sunprotection.org

Enjoy the Ride. Take the sting out of a fun day

**SPF- rates sunscreen, makeup and lotion.** SPF (Sun Protection Factor) ranges from (2-50+). Without protection, the sun begins to damage your skin after about five minutes of exposure. An SPF 15 will protect you for about 75 minutes (15 times longer than you would be without sunscreen).

Don't forget your lips. You can use Chap Stick or equivalent to protect them from drying out. The sun will bake them and then you will find yourself licking them to provide moisture only to make matters worse.

**EPF – rates sunglasses.** EPF (Eye Protection Factor) is used to rate the protection of sunglasses. An EPF of 10+ = 100% UV Blockage. Wear sunglasses, clothing and accessories that provide 100% UV Blockage. Sunglasses should block UV light entering from the top and sides of the glasses.

Exposure to ultraviolet radiation increases the risk of cataracts, which can cloud vision... and if left untreated, may lead to blindness.

**WARNING: Many sunglasses made for babies and children are toys and do not provide adequate protection. Ensure that your child wears sunglasses that block 100% UV.**

Protect your eyes and neck from the sun's (uvr) ultra violet radiation.

**Wear a hat with a brim of at least 3 inches.** Baseball caps do not provide adequate protection because they do not cover the neck or the ears...two areas especially vulnerable to skin cancer.

If you live or travel in areas where there are tunnels, you may need to look into having blended sunglasses made. They are dark on top and smoked clear on the bottom.

**UPF – rates sun protective clothing.** UPF (Ultraviolet Protection Factor) ranges from 2 – 50+. This, like SPF, measures how much longer protected areas can be in the sun without getting sunburn.

In fact, most light colored shirts provide a UPF (ultraviolet protection factor) of 7.

**“A wet, light –colored shirt transmits almost as much light to a child as his or her bare skin.”**

**Outdoor workers are 60% more likely to get skin cancer.**

Each day you work in the sun unprotected, your skin is damaged irreparably. Employees can make valid compensation claims for contracting skin cancer in the workplace. The number of claims will increase in the future.

600,000 cases of skin cancer were diagnosed ten years ago; over 1.3 million people will be diagnosed in 2002.



## SAFETY AT THE FOOD STOPS

The GWRRA member's favorite stop, FOOD and what is the best way for replacing your fluids when you stop? First, avoid all caffeine products.

- A. Sports drinks containing between 14 – 19 grams of carbohydrates (6 - 8 % carbohydrates) and 50 – 80 calories per 8-ounce serving are appropriate before or during activities lasting longer than 60 minutes. The carbohydrates can help increase the rate of fluid absorption from the gastrointestinal tract. In long duration activity, carbohydrates can also delay onset of fatigue.
- B. The optimal sugar (carbohydrate) solution is 6 – 8 %. In sports drink with greater than 10% sugar solution contains too many carbohydrates, absorption may be slowed and nausea, cramps or diarrhea can result. The greater the quantity or concentration of the food or beverage you ingest, the slower your stomach will empty it's contents, reducing the amount of fluid you are able to absorb. Less fluid absorption means greater risk of dehydration and a higher body temperature. Under these conditions, your performance will suffer. Sugars in soft drinks and fruit juice are more concentrated: 10 to 15 % carbohydrate. They aren't recommended during exercise because of their high sugar content and, for soft drinks,

their carbonation. Dilute soft drinks and fruit juices to half-strength if you drink them during prolonged workouts and competition.

C. A sport drink with less than 5% sugar solution is too weak of a concentration and may not provide your muscles with enough energy to increase exercise duration and thus can affect performance.



### **Rider Education Program**

The District of Indiana is reporting some huge gains in rider education.

From the year 2000 to present, Indiana has had a gain from 574 to 951 in the REP. That is almost double. From 44 level 4 riders in 2000 to over 100 currently, that is over double increase. Senior Educator, Brad Meadows, told me if he could make it to September with all Chapters reporting he will set another new record of having 100% of the Chapters reporting.

To get gains and reporting like that, it takes a lot of work from Brad and the Chapter Educators. Congratulations to all the Educators in Indiana.



**MSF**

How many members know who the Motorcycle Safety Foundation is? The foundation is funded by ten motorcycle manufactures. Each manufacture has a member on the board to help govern the action of MSF.

Since 1974, the **Rider Course** has graduated 2,243,219 students. The new rider program, Basic Rider Course (BRC), has now been implemented in 21 states.

The MSF has a Government Relations Office to keep tabs on bills introduced about motorcycles. 2001 saw more than 100,000 bills introduced, which had to be looked at to find those affecting motorcycle safety.

Many MSF instructors give a lot of their riding time (weekends) to train new and old riders. They attend updates and refresher courses. There are many hours and trips they do on their own. When you see an Instructor at Wing Ding or at home doing a Parking Lot Practice, let them know you appreciate them.

For more information about MSF or to see the store items available to buy, go to [www.msf-usa.org](http://www.msf-usa.org). If you don't have access to a computer you may call (949) 727-3227.



### **Respect the Flag**

Alvin M. Owsley  
American Legion

When you see the Stars and Stripes displayed, stand up and take off your hat. Some may think you are showing off or they may try to deride all expression of noble sentiment. When old glory comes along, salute, and let them think what they please. When you hear the band play or someone sing "The Star Spangled Banner", get up even if you rise alone; stand there and don't be ashamed of it, either!

Your flag stands for humanity, for an equal opportunity to all. Other flags mean a glorious past; this flag means a glorious future. It is the flag of tomorrow. It is the signal of the "Good Times Coming." It is not the flag of your king; it is the flag of yourself and of all your neighbors.



### **MAKE YOUR 4<sup>TH</sup> OF JULY SAFE**

According to "Prevent Blindness America", nearly 13,000 fireworks victims keep hospitals busy every year. More than half of those injured are children. Fireworks not only injure users, but also 40% of fireworks mishaps injure bystanders.

The tree types of fireworks that keep hospital emergency room busy during this holiday period are bottle rockets, firecrackers, and sparklers. Bottle rockets and firecrackers can fly in any direction prior to exploding and sparklers burn at temperatures hot enough to melt gold.

One of the reasons fireworks injuries continue to occur is because people just don't consider how dangerous these devices can be. People often don't realize – until they are injured – that the risk of blindness or injury outweighs the excitement of taking risks with fireworks. Giving fireworks to young children can mean a trip to the hospital emergency room.

**TAKE THE PATH OF LEAST  
RISK**

**RIDE SAFE**