

Jul 2023

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Membership is doing great! We are now up to 111 members. Welcome Eric Boe and Patricia Sullivan who just joined us on Thursday's ride, June 29. Thanks to everyone for doing a great job recruiting new members! We keep finding people who want to join us and ride.

A group of us just returned from our 6 day trip and 8 state tour that took us to the highlights of the "Tail of the Dragon" in North Carolina and Tennessee. Then we continued on to Virginia, and Kentucky to see the Cumberland Gap. There was one overlook where we were standing in Virginia and looking at Kentucky and Tennessee.

Please call or see Brush if you would consider volunteering for this important position.

Brush will schedule you to lead a ride when you are in town and available. The more of us that get involved makes it better for the entire group. Maybe we could expand our schedule and start having two rides every week.

I hope to see you all at our Club meeting on July 8 at Clampit's Country Kitchen, 9 AM for breakfast and 10 AM for our meeting.

We are a RIDING CLUB! We have at least one ride per week and sometime more! Many riders like the variety of rides we provide for our members. However, we need more Ride Captains. I would really appreciate your consideration of volunteering to lead one ride per quarter. That makes it easier for all of our Ride Captains and provides a larger variety of rides and destinations for all of us. It does not matter if you travel often or are only here part time.

2023 Activities



2023 Staff

President

Don Hewett

Vice President

Scott Pennington

Treasurer

Butch Robbins

Newsletter/Webmaster

Valerie Hewett

Ride Coordinator

Bill (Brush) Brusenhan

Membership Enhancement

Mike Neal

Facebook Administrator

OJ & Jan Miles

Meet to Eat

Dan & Angie Drennon

Quarter Master

Dan Drennon

Safety Enhancement Advisor

Vin Hayes

OFFICIAL AER EVENTS

August

8/19-9/1 - Rockies Trip, Vin planning

September

9/9 - Club Picnic at Avery Pavilion

9/28 30 Green Country Spider Jam

October

10/7 AR District MEMORIAL Picnic

10/23-26 Eureka Springs Mike

November

11/6-9 - Leaf Peeping Trip, Jasper

December - Christmas Party-Scott & Don

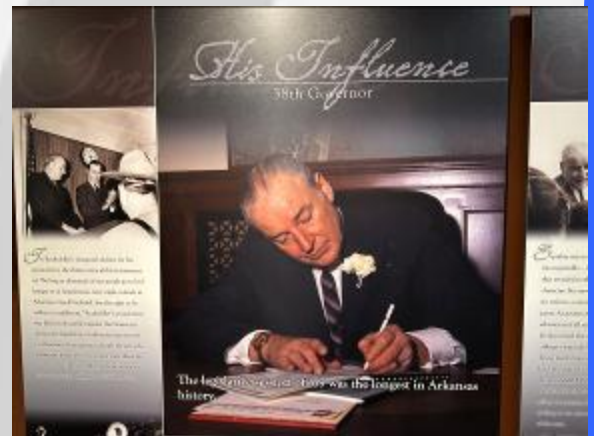
Rockefeller Institute



This is a conference center located next to Petit Jean State Park



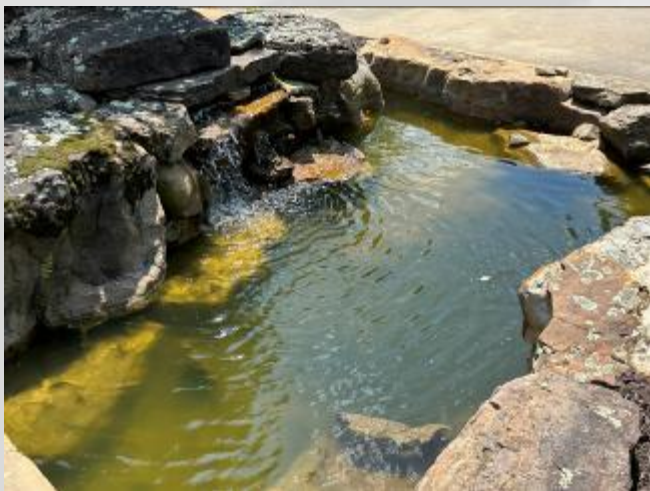
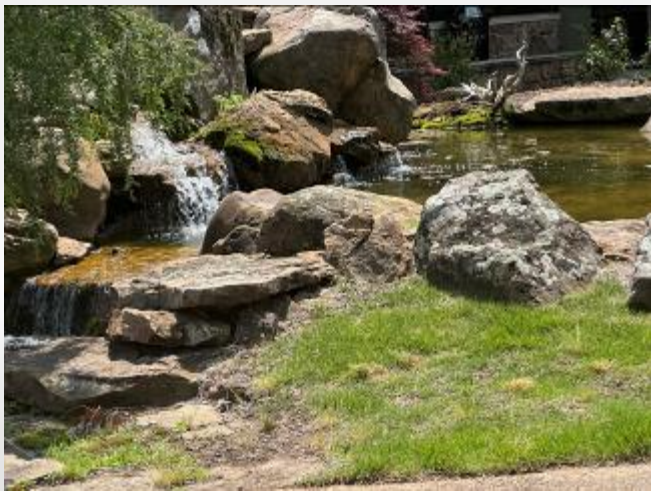
Rockefeller Institute



Rockefeller Institute



Rockefeller Institute

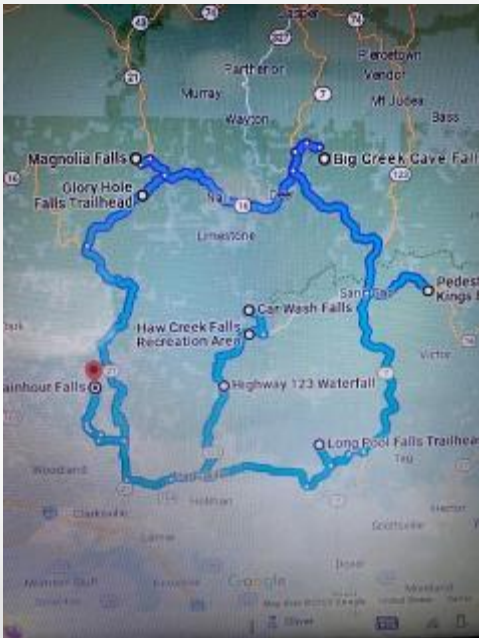


Rockefeller Institute



AR Waterfalls

by Jan Miles



AR Waterfalls



by Jan Miles

AR Waterfalls



by Jan Miles



Ride to Oark



Ride to Oark



Ride to Oark



Bikefest



AER Meeting

by Bob Kulas

New Bike for Bob and Debbie. They love their Harley Ultra CVO.



Ride to Glenwood



Ride to Glenwood



Ride to Glenwood



Father's Day at Mt Carmel



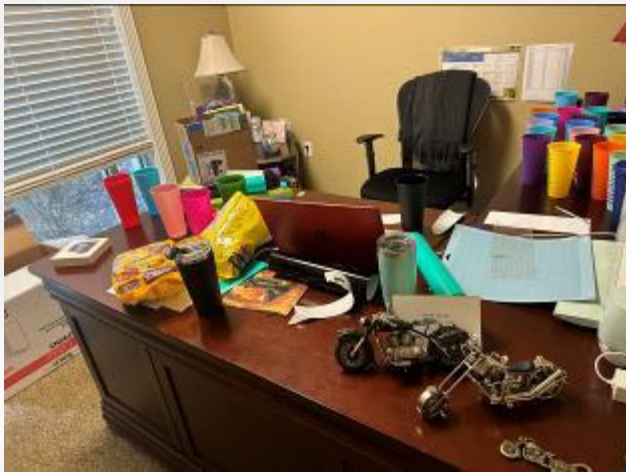
Father's Day at Mt Carmel



Father's Day at Mt Carmel



Father's Day at Mt Carmel



Whose messy desk is this?



HSV Hail



HSV Hail



Tail of the Dragon



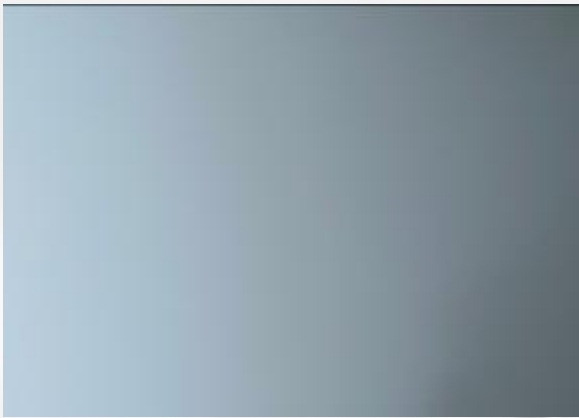
Tail of the Dragon



Tail of the Dragon



Tail of the Dragon



It rained every day we were there. Sometimes heavy rain and sometimes sprinkles. Don finally stopped riding because he could not see any more



Tail of the Dragon



Tail of the Dragon



Tail of the Dragon



Tail of the Dragon



The ceiling at the restaurant at Deal's Gap is covered with T-shirts from different clubs.



Cumberland Gap



Cumberland Gap



Cumberland Gap



Cumberland Gap



Cumberland Gap





Safety Article on HEAT

THE HEAT IS ON

As we are all well aware, here in the deep south July and August are the hottest months of the year when temperatures can often climb well over 100 during the afternoon. Most of us will likely be riding at least twice a week during the summer, either alone or in our regular groups. In your car, you can relax and enjoy the comfort of the wonderful air conditioning. While riding a bike, you are utterly exposed to the environment and the slip stream in which you are riding has very little cooling capability when the ambient temperature is very high. Additionally, the protective gear that we ALWAYS wear (ATGATT) tends to restrict the body's normal function to evaporate sweat in order to maintain a normal body temperature. Excess heat can effect our body's performance in various ways but the two prominent types of heat-related illness are HEAT EXHAUSTION and HEAT STROKE. With heat exhaustion, your body temp is too high (above 100) and you need to take on lots of water and get cooled down soon. Heat stroke is an absolute emergency which requires professional medical attention immediately. Suffering from a heat-related illness while riding a motorcycle is definitely a recipe for disaster.

HEAT EXHAUSTION – Body temperature over 100, profuse sweating, weak and rapid pulse, nausea or vomiting, dizziness or fainting.

HEAT STROKE – Body temperature above 104, rapid heart rate, not sweating, hot and dry skin, loss of consciousness.

We must all be aware of heat-related illness as we ride throughout the summer. Keep well hydrated and continuously monitor your own condition while being vigilant and observant of the physical condition of others in the group.

On a totally different subject, go to this link on youtube:

<https://www.revzilla.com/common-tread/viral-video-could-this-crash-have-been-avoided>

Please read the excellent analysis of this accident before watching the videos. It is full of learning points and admonitions about group riding and situational awareness. You may have to log on to YouTube or Google as the videos are age restricted (SCARY).

Stay COOL, stay SAFE, Vin