

## **WHEN YOU'RE HOT, YOU'RE HOT !!!!!**

### **Summer Riding and Rider Ed News**

There's no way around it! The heat is here to stay, and we have no plans to store the bike in an air-conditioned garage for the season. We want to enjoy Wing Ding, the Region A Rally, vacation time saved up and all those DQ stops. We still need to dress for the fall (don't stop reading now), and we also need to avoid heat exhaustion and heat stroke. Just wear the summer version of "full gear" and **DRINK, DRINK, DRINK!!** Drinking a pint of water every hour should do the trick. You want to sweat because evaporation cools the body. Don't fall into the trap of not drinking because you want to have fewer stops and get there faster.

The symptoms of heat exhaustion include leg cramps, headache, dizziness, fatigue, and clammy skin. Although heat exhaustion is dangerous and heat stroke is potentially life threatening, with a few simple precautions they can be avoided. In addition to drinking water, you need to continuously wet down your headskin, shirt, and neck scarf at rest stops. Cooling your neck cools the main arteries there (carotid arteries), which provides a major source of cooling in the blood. Stay in the shade or air conditioning until you feel normal.

Friends need to keep an eye on each other so immediate action can be taken if the victim becomes disoriented. In addition, the body's temperature may rise, sweating stops, and the heart rate increases. Take all steps listed for heat exhaustion and also cool the victim with wet cloths and ice packs. Do not immerse the victim in cold water, as it could be fatal.

To summarize, we can see that adequate drinking, breaks in shade or air conditioning, and wetting clothes, keeps summer riding safe and fun.

**Raffle Time:** Once again we have a brand new Honda Gold Wing to raffle off at the 2007 District Rally. Tickets have been sent to CD's, and as we know, they sell out quickly. Remember, your chapter keeps 10% of the ticket sale money for your treasury. Gracie would love to see money and stubs sent in way before the rally, as that is such a busy time. We thank you ahead of time for your dedication and hard work in selling tickets. This is our only fundraiser and it is how we can offer free classes to our members. Let's keep the best Rider Education program in the country going strong. Our 2006 Rider Ed Fair is scheduled in St. Petersburg for Saturday, November 4, 2006. That weekend has several major events planned, but this is your opportunity to avail yourselves of valuable classes at no cost to you. Review your levels and skills and sign up early. We hope to see you at Wing Ding, Region A Rally, and DQ's far and wide.

**Keep cool and Ride Safely**

**Joe and Jan Mazza District Educators**