

Muletown News

JULY / AUGUST 2010

Thoughts from Ken...

Hey Muletown,

Many of our members are “stretching their legs” and taking longer and longer rides. Folks are riding to Sturgis, spending days on the Blue Ridge Parkway, riding to Key West, Las Vegas, or other far away destinations. These are often once in a lifetime rides and we want to pack just as much as possible into them. Everyone needs to be careful not to push their mental and physical limits too far. In the article below Robert Vaughn offers suggestions for fighting fatigue and drowsiness and staying safe on your once in a lifetime ride.

Ride Safe

Ken



You Are Getting Very Sleepy...

by Robert Vaughn

It's our two archenemies, fatigue and drowsiness, talking to us again in their usual monotones. They are indeed powerful, but they can be beaten with a little knowledge and planning. Let's practice the old adage—know your enemy. What are fatigue and drowsiness?

Fatigue is a weakness or weariness resulting from physical exertion or prolonged stress. It can be both physical and mental. Drowsiness is a state of lowered consciousness, reduced alertness, and dulled perception.

Knowing what they are is only the first part. We also need to know what causes them and how to fight them. They usually occur in prolonged riding because of monotony, tight schedules, heavy traffic, or bad weather. After two to four hours of continuous riding, the central nervous system becomes fatigued, senses become dulled, and perception is lowered.

Highway hypnosis can sneak up on you. Highway hypnosis is the drowsiness caused by lack of visual and physical stimulation while riding. Several things contribute to it—straight, unvarying roads, riding alone at night, few riding operations and being surrounded by the monotonous engine sound.

How can you fight these enemies? If you've had a hard day, physically or mentally, you need plenty of sleep before riding. Don't plan to start for Big Bend after work. Go home. Sleep. Leave the problems of work behind and get a fresh start in the morning. Plan the trip for no more than two hours of straight road at a stretch. Vary your speed, lane, and lane position. Listen to the radio, or better yet, talk on the CB or to your co-rider. Take rest breaks. They help to raise alertness levels.

Riding demands more attention and requires more skills than driving. You need that extra edge--not just when you start your trip, but always. A little planning can keep you sharp and safe for the whole trip.

WOW! WHAT A RIDE!

Hello Muletown!

Since we are just a little past the midway point of our riding season, I have taken a few minutes to reflect back on what this year has entailed. After thinking about it, if anyone asked me to describe March, April, May, June and July in twenty-five words or less, I would tell them it only takes one. AWESOME! I can't even begin to describe how great the rides have been we have had up to this point. Also, we have had great turnouts for all of the rides. I realize some of you have jobs that require working on Saturday, and we understand that you have to put beans on the table, BUT, if you just haven't been motivated enough to get up on Saturday morning, you have no idea what you've been missing. We are fourteen Road Captains strong, and I will guarantee you, there aren't any better in the whole H.O.G organization! Words can't begin to describe the awesome job your Muletown Road Captains have done this year! We have been blessed to live in what I feel to be one of the prettiest places in the world, and the rides so far this year have reflected that. Since March, we have explored southern middle Tennessee (great barbecue in Savannah), rode across the river on a ferry (where they had great catfish), flirted with the plateau on a great back way to Murfreesboro, gone across a couple of state lines (AL and MS) where we met someone who is almost more "country/redneck" than me at the Broken Spoke, gone to the mountains of east Tennessee (who knows if we crossed over to NC), had a couple of great dinner rides, and even crawled under the north Alabama rocks. Since I was born and raised in southern middle Tennessee, we were taught that things in Alabama crawled out from under rocks, but we didn't know they were in the form of huge burgers, fried green beans, mushrooms, jalapenos, cheese sticks, and chicken fingers (how could anyone eat chicken any way but southern fried) and even a pet skunk! I could go on and on, but I think you get the picture. In short, your Muletown Road Captains have gone above and beyond the call of duty this year. In my opinion, so far, this has been the best riding season Muletown has had. In the process, we have added a couple of new Road Captains. What we have done so far this year makes me, and I'm sure all of the Road Captains, work a little harder in planning the rides for everyone. Hopefully, my words will serve as an appetizer to whet your "riding appetite", to try to make as many of the rides we have scheduled for the rest of the year. As I have said before, H.O.G. is a family. Come on out and check in on your "H.O.G brothers and sisters"! Throw away the watch, and let's ride!

Keepin' it in the wind,
Jerry



What do they say Hot August Nights! Man so far this has been one hot summer!! This year sure is flying by, and a lot of good rides have taken place already, with a lot more to come.

I'm happy to say we have 2 new members this evening: Linda & Mark Ryan. You may not see them for a while because they live in the Washington, DC area!! Both are retired from the military. They belong to the Fort Washington HOG Chapter and live in Md. They also purchased 2 small rockers for their vests. His wife is from the Spring Hill/Columbia area, they have been married for 32 yrs and this is her present. Pretty cool A.

So we stand at 60 members. We are going to also try something new. If you are a current member in good standing and sign up any new member between now and the Christmas Party, you will receive a \$10.00 gift certificate for the dealership. So good luck, sign up your better half if she or he is not a member or any friends you have that like to ride!

We still have a few large and small rockers for sale so let's get the Muletown name out there. If anyone has any ideas for new members please let know. Well that's about it for now. I know it's hard to stay in touch with everyone but if you haven't seen some of our members around, give them a call and make sure all is well! Well that's it for now.

Peace,

Jay Morgan



Chapter Membership
Total as of August 2010

-60-



Welcome!

Our newest members:

Bryan Robinson
Linda C. Ryan
Mark W. Ryan

Muletown HOG Chapter #2033

Officers

Director - Bill Isom

Assistant Director - Ken Steverson

Secretary - Jock Floyd

Treasurer/Membership - Jay Morgan

Activities Coordinator - Rodney Schmitt

Head Road Captain - Jerry Knox

Newsletter Editor - Tricia Shearn

www.muletownrider.com

Muletown's Kicking!!

The weather is heating up but the Muletown Chapter is still offering some cool activities!

Coming this month we will be heading north through Land Between the Lakes for oven-warm bread served in a flowerpot and the area claiming the Best Glazed Pork Chop around!

In September we will cruise the county before our Annual Chapter Picnic where we will enjoy some friendly competition, prizes and brotherhood!

We have received some great ideas as we fill the remainder of this year's schedule and plan for the 2011 calendar! **Include YOUR Dinner Ride, Overnighter and A-B Ride recommendations along with any Non-riding Extracurricular Activity you believe the Chapter may enjoy!**

You may submit your ideas:

“Ride Suggestion” link on www.muletownrider.com

Email directly to: rschmitt@usit.net

Drop a note in the Muletown HOG Chapter suggestion box at the Columbia HD Dealer

Your recommendations are helping to keep the Muletown Chapter Cool!

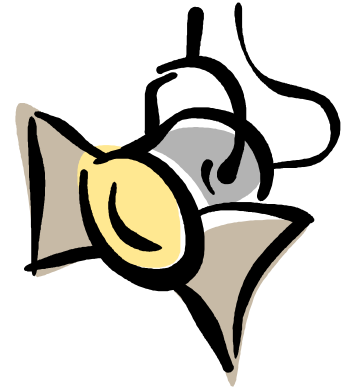
Don't Hide it, Ride it

Rodney A Schmitt



This month's spotlight on...

Mark W. Ryan



WHAT WAS YOUR FIRST BIKE? 1972 Kawasaki Enduro

WHEN AND WHAT PROMOTED YOU TO START RIDING?

With friends in high school, probably because my mom thought it was too dangerous.

WHAT HAS BEEN YOUR MOST MEMORABLE MOTORCYCLE RIDE / TRIP SINCE YOU HAVE BEEN RIDING?

Any afternoon on the road with friends.

WHAT WOULD BE YOUR DREAM MOTORCYCLE RIDE / VACATION?

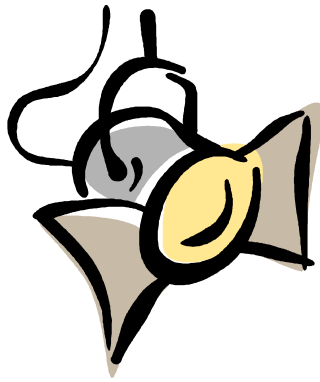
The 4 corners of the lower 48.

MOST FRIGHTENING EXPERIENCE AND RECOMMENDATIONS TO HELP OTHERS PREVENT IT:

Returned to riding after a 10 year break in the summer of 2009. First afternoon out a cager pulled out from a side street and ran me off the road. Driver had looked at me and waved and just kept going.

Lesson learned: Never trust that others will follow the rules. Ride defensively.





Linda C. Ryan

WAS YOUR FIRST BIKE? Honda Shadow 500

WHEN AND WHAT PROMOTED YOU TO START RIDING?

Have been riding off and on since I was 15. I love the power, freedom and feel of the bike when you are riding.

WHAT HAS BEEN YOUR MOST MEMORABLE MOTORCYCLE RIDE / TRIP SINCE YOU HAVE BEEN RIDING?

Riding around Mount Rainier Washington

WHAT WOULD BE YOUR DREAM MOTORCYCLE RIDE / VACATION?

Riding across the northern portion of the United States from Maine to Washington State.

MOST FRIGHTENING EXPERIENCE AND RECOMMENDATIONS TO HELP OTHERS PREVENT IT:

Don't like to ride on gravel roads. Sometimes you can't avoid it but when I can I do.



EVENTS CALENDAR

September 4th	Lunch Ride: Pelham 9:00 a.m. "A" Ride (Closed Event)
September 18th	Cruzin' the County: Chapter Ride 10:00 a.m. (Closed Event) Chapter Meeting and Family Picnic; Chicasaw Trace Park 12:30 p.m. (Open Event)
October 9th	Lunch Ride: River Shack, Perryville 9:00 a.m. "A" Ride (Closed Event)
October 15-17th	Overnight Ride: Fort Payne, Alabama 8:00 a.m. "B" Ride (Closed Event)
October 19th	Chapter Meeting: Buffalo Wild Wings, Spring Hill 7:00 p.m. (Open Event)
October 30th	Halloween Graveyard Ride: Visit graveyards throughout Maury Co. 10:00 a.m. "A" Ride (Closed Event)
November 6th	Lunch Ride: Location TBA 9:00 a.m. "B" Ride (Closed Event)
November 20th	Muletown Chapter's 5 th Annual "Turkey Run" 10:00 a.m. Benefits Hope House – Maury County Center Against Domestic Violence (Open Event) Chapter Meeting (Open Event)

"A" Rides: Rides of less than 200 miles roundtrip

"B" Rides: Rides of more than 200 miles roundtrip
which may include overnight rides.

CLOSED EVENTS – Are those chapter events which are open to chapter members and one guest per member.

MEMBER EVENTS – Are events that are open only to H.O.G. members.

OPEN EVENTS- Are those chapter events which are open to chapter members, national H.O.G. members and other guests as desired.

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