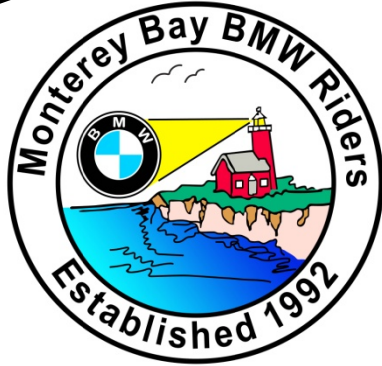


# THE MONTEREY BAY WATCH



MOA Charter #217  
BMW RA #300

## 2011 CLUB OFFICERS

President: Neil Talbert

Vice President: Jay Whyte

Secretary/Treasurer/Pillion Princess: Dale Whyte

### Directors:

Chuck Adkins

Dennis Chase

James Martin

David Ow

Jay Whyte (2010 President)

Newsletter Editor: Dale Whyte

Social Coordinator: Denny Adkins

Club Postmaster: Jay Whyte

web site: [www.mbbr.org](http://www.mbbr.org)

## President's Message Neil Talbert doesn't write:



beyond (like Colorado).

We wish them all a great time and a safe journey there and back.

The President has left the building, yer, well he's in the throes of preparing for an adventure with several other club members to the Bonneville Speed Trials and then, for some of them –



**The Monterey Bay BMW Riders meet Saturdays at 9am (when a ride is not scheduled) for breakfast and conversation. See website for current location.**

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# THOUGHTS FROM THE NURSING HOME

## You Go Gabby!

By James Martin

As I vegetate here in the nursing home, watching the nightly news, I see, in a major Willis Reed moment, Gabby Giffords finally returned to Washington to vote for the first step in raising the debt ceiling and therefore avoiding what many feared would be a major economic meltdown (how much worse could it get?).



If Gabby could rehabilitate herself fast enough (I know a little about rehab, though I haven't been shot in the head....yet) to do her part in averting a disaster, maybe it will embarrass the rest of the idiots in Washington enough to start putting their constituents ahead of their political goals like she did. Maybe her courage and dedication to finishing the job she was elected to do will signal the start to a new sense of purpose in Washington.

Some people have asked me if I really do live in a nursing home. Let me answer that question this way: when you are struggling every day to recover from a serious injury (not equating in any way the shattering of a hip joint with having a bullet bouncing around inside your brain pan), pushing past your pain threshold as many times as you can and then going a few extra, continuing on when all you want to do is to take some pills and sleep, overcoming the despair that overtakes you every time you stop to consider your future, you live in the moment.

Every moment you are given a choice: either choose the hard way because you know that it is the only path that might lead to improving your situation, or give up and take the easy route and end up watching reality TV in the nursing home. Every time you choose the latter, getting back on the path to recovery gets even harder.

Besides, as far as I know, they don't let you have motorcycles in a real nursing home. Needless to say, that was never a very realistic choice for me.

**The Monterey Bay BMW Riders meet Saturdays at 9am (when a ride is not scheduled) for breakfast and conversation. See website for current location.**

## Tips for Riding in Hot Weather from Doc Wong

**Subject:** Doc Wong Tip: Fighting Fatigue On A Hot Day of Riding

Some riders have been asking how to keep from being tired with a full day of riding. This is especially true during those 100+ degree riding or track days. There you're working pretty hard for short periods of time, still by the end of the day, most riders are pretty beat and tired. Definitely not as fun, but being worn out or tired while riding can be dangerous! I'm often seen at the end of a hot day still riding, so here's what I do:

**\*\*\*(Summary: Get adequate sleep, drink water and supplement with electrolytes, and keep cool.)\*\*\***

The most common cause of fatigue, headaches, etc on a hot day of riding:

1. **Lack of sleep a couple of nights before.** Of course an exciting day may get you through as you're all "worked up." However sometimes your body just won't keep up. This is especially true as you get older. So get adequate sleep even better take a nap.

2. **Dehydration.** Full hydration can take quite some time. Unless you usually consume 1-2 quarts of water a day, just drinking a lot of water the day of the event will not be enough. Hydrate at least a week before the event. Small sips of water spread throughout the day is best. Just chugging down a quart of water in one drink will definitely not be as effective.

### 3. **Electrolyte Deficiency or Imbalances:**

Basically electrolytes are minerals that your body needs for a variety of critical body functions. How well your nerves and muscles work for example, can be compromised by an imbalance of electrolytes. On a hot day, where you're physically working out and sweating, your body can excrete a good amount of electrolytes. The most common electrolyte excreted on a hot day of riding are Sodium and Potassium, then Magnesium and Calcium.

I'll do one of two things:

I'll either take salt and potassium tablets that you can find at any health food store. (Dose: Usually a Salt to Potassium ration of 2:1) That usually does it for me and I'll experiment by seeing how I feel thru the day, on how much to take.

Or the other good alternative is to supplement with Cytomax. You can find that at any camping store such as REI.

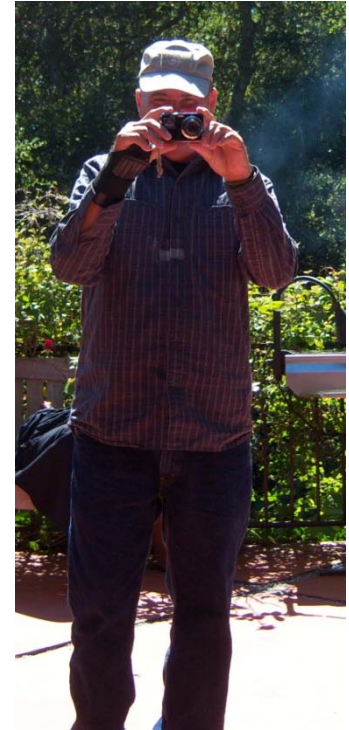
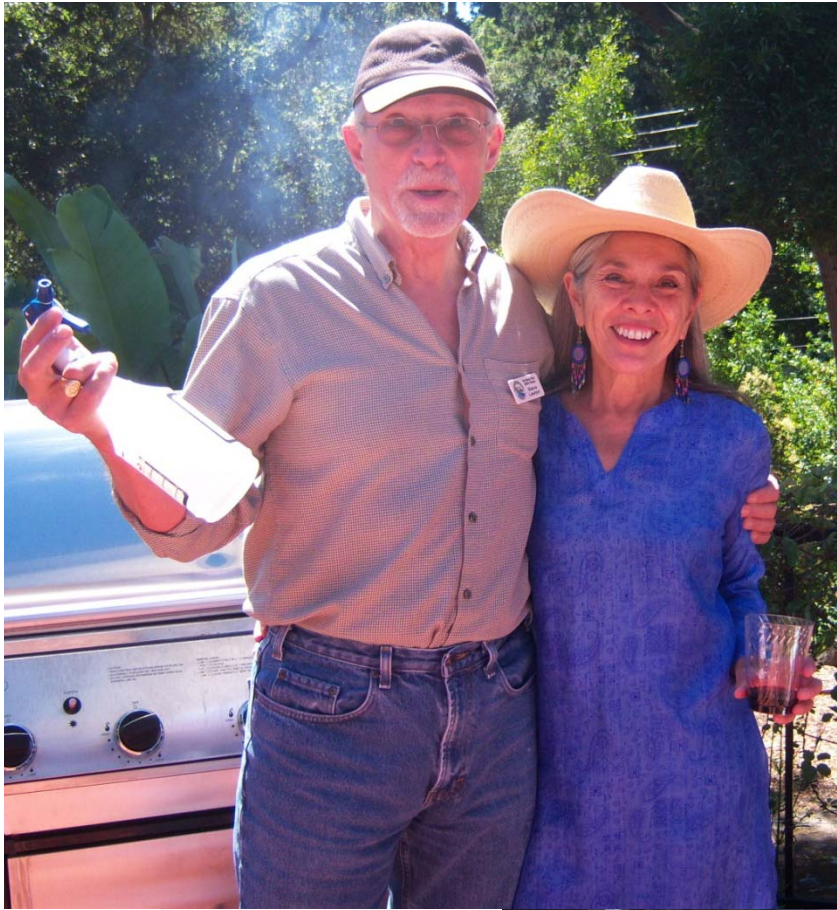
I try to avoid "Sports Drink" products containing sugar or hi-fructose corn syrup. Though they contain electrolytes the sugars in them cause other problems. Nasty stuff, but if I was stuck with no other alternative, I'll drink it to get me thru that time period.

4. **Stay cool.** Good tunes and bobbing your head? Yea, but what I actually mean is to do what you can to lower your body temperature.

On a hot-hot track day, between sessions I'll literally go under a shower or use a water hose to soak myself with leathers on (boots off). In a few minutes I'm good to go, back on the track. The combination of air flow and water evaporating off my leathers is quite refreshing and within an hour I'm bone dry. Not a bad way to wash all the sweated salt out of your leathers too. I think even Helmut of Helimot Leathers gave me a nod of approval on that one too! :-)

During a street tour, I'm usually the one sticking a water hose down everyone's leathers, getting them soaked. One year we had to do this as I got the itch to lead a group of adventurous riders to ride thru Death Valley of July 4th weekend. THAT was hot. I think we must have it 115 degrees!

**Photos from the Club BBQ  
Many thanks to our Hosts – Steve and Pamela Lawton!**



Top Left: Our Hosts – Steve and Pamela Lawton  
Camera Guy: President Neil Talbert  
Dueling Camera: Dale with Donna, Marilyn and May  
Top of the Hill: Neil, Dennis and Jay greeting guests

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Guy Table: Jim Martin, Dick Dodd, Victor Kimura, Ron Aikins, Mike Clark

Standing around: Mike Clark, Dennis Chase, Jim Martin and Jay Whyte

Pooch: One of the Lawton Corgis, woof!

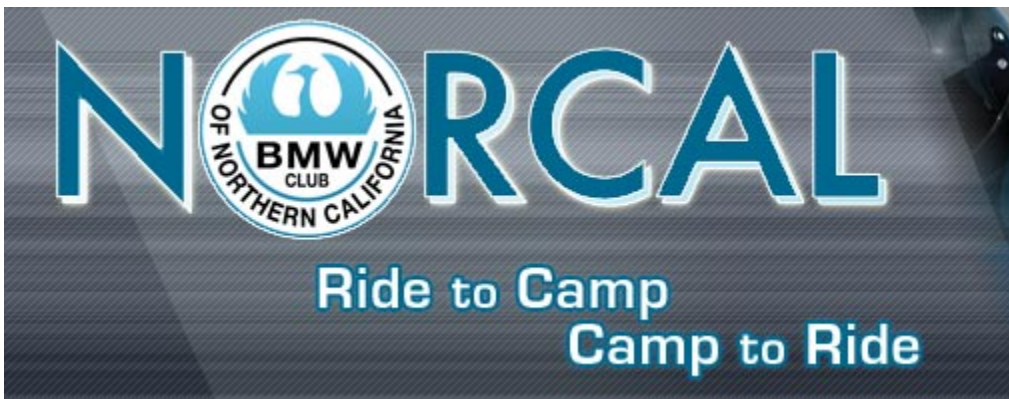




Jay Whyte was the 100<sup>th</sup> sale at the recently opened Ben's Motorcycle Works in Watsonville and won a new and much needed battery for his GS.

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## Invitation

NorCal BMW would like to invite the Monterey Bay BMW Riders for a breakfast and ride on Sunday, Sept 11.

The breakfast will be at: (ride follows breakfast)

Rocky's Cafe  
6560 Hwy 9  
Felton, CA

8AM Breakfast  
9AM Riders Meeting

Ride details:

Start at Rocky's Cafe 0 ft  
Turn Left onto Hwy 9 and drive southeast 50 ft  
Turn right onto Felton Empire Rd 0.2 mi  
Arrive at Ice Cream Grade and Felton Empire Rd and Empire Grade 4.0 mi  
Go Straight onto Ice Cream Grade 4.0 mi  
Turn right onto Pine Flat Rd 6.6 mi  
Turn left onto Empire Grade 8.7 mi  
Turn right onto Jamison Creek Rd 14.7 mi  
Turn left onto Big Basin Way 17.7 mi  
Arrive at Big Basin State Park 24.3 mi  
Arrive at Hwy 9 and Big Basin Way 32.4 mi  
Bear left onto Hwy 9 0° 32.4 mi  
Arrive at Hwy 9 and Skyline Blvd 38.5 mi  
Turn right onto Skyline Blvd 38.5 mi  
Turn left onto Black Rd 44.8 mi  
Turn right onto Montevina Rd 49.3 mi  
Turn left onto Bear Creek Rd 49.6 mi  
Turn right onto Old Santa Cruz Hwy 49.6 mi  
Turn left onto Aldercroft Hts Rd 51.7 mi  
Turn left onto Alma Bridge Rd 51.7 mi  
Arrive at Miller Point 51.7 mi

**Saturday's, when a ride or club event is not planned, the club meets for breakfast at 9:00am  
– please see web site (mbr.org) for current location.**

**Down the road..... 2011**

**Note: Check out the change of address for Ted Porter's Beemer Shop!**

**August, 2011 Bonneville Ride Leaders: Neil Talbert and Jay Whyte**

September 11 – Breakfast/Ride with NorCal BMW Club – see inside for details

September 16-18 – Central Cal BMW Club Beemer BASH

**Saturday, Oct 15, 2011 Lunch at the Apple Farm, SLO Ride Leader, Dick Dodd**

**December, 2011 Club Event -- Holiday Party, date and location TBD**

**MONTEREY BAY BMW RIDERS  
629 Main Street, P.M.B. 385  
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check out our web site:  
<http://www.mbr.org>