



# ROLLING THUNDER

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**Next Meeting:  
May 11, 2017**

**Publishing Deadline:  
For June RT  
May 30, 2017**



## **President's Message** *Jerry Stern*

Greetings Fellow Members,

**I** remember when my son was just a little guy and sometimes we'd all pile into the car with some destination in mind, and invariably that little voice would chime out from the back seat with the proverbial "Are we there yet?"

I'm sure most all of us have heard that, or some variation of it, when just getting to the destination was the goal, and the quicker, the better.

At the time I didn't have a Harley, (I had my first Harley in 1957, a used '48 Pan-head 74; terrible motorcycle but of course now priceless. That was back in Boston). I did for a while have a Honda 305 here when my son was little, but that was more for just getting around L.A. than for taking rides.

When the little tyke was more grown and I resumed Harley riding, I came to realize that riding my Harley was different than reaching the destination. It bears out the old saying "It's the journey, it's not the destination". The trip getting there and back is made up of succes-

sive moments of NOW, and each of those moments is to be savoured and treasured. You take it all in while the wheels are rolling, and it's hard to duplicate with any other mode of transportation.

Everything that goes into it, the technical concentration and perception of the panorama, and the adventure of sometimes seeing new places that you've never been before. That's what it's all supposed to be about.

As long as you stay out of trouble's way, invariably you'll get where you're going, and it's especially great if you see stuff you didn't expect along the way. You can't be in a hurry to get somewhere on a motorcycle; it's too easy to get into a jackpot, like hi-speed lane splitters on rice rockets often do. So make sure to mix it up in your riding. Don't always go the same way, just because that's the way you've always gone.

Take the path less travelled. That's all part of the adventure.

Ride Safely,  
Jerry Stern



# Arizona Bike Week - 2017

Lou Piano - Author Extraordinaire

Packed up Tuesday night and loaded the bike for an early start tomorrow morning. Up at 5:30, make some coffee and shove a couple of cups down my throat to be ready for Dave's arrival at 06:30. Right on time and off we go to meet Bob & Linda at their zoo....er, I mean home.

Sure enough they're packin' and getting ready to go at 07:00 am....or thereabouts! They make a few luggage adjustments and we're off in the cool morning air on the 210 freeway. We have a lunch date with friends in Lake Havasu and we have opted to stay off the 40 highway choosing highway 62 to the 95 instead. We finally arrived at a local restaurant around 2:30 and had a pleasant lunch and caught up on friendly news. We then made a quick stop at their lovely home before heading to Kingman for the evening.



After a nice visit with Mike and Linda we headed to Kingman Arizona for a quiet and restful night to recharge our batteries for the ride into Scottsdale.

Up bright and early we headed up the road and made a quick stop at the 'Caverns Inn' in Peach Springs Arizona. Talk about eclectic! Wow! As we approached this place we were enticed to stop because of the huge dinosaurs gracing the front yard. Once inside we found a restaurant and behind the 'secret door' we entered a world still stuck in the 50'. Bob had to make a quick call home and lucky for him he found an open line.



After looking around for a while we

decided to top off our tanks for the short trek to Seligman and were lucky to find a few open gas pumps.



We continued up (or is that across) route 66 and enjoyed some desert scenery until we reached SCHRA's favorite 'wide spot' in the road'. As it

was not yet near lunch time we actually went right past the Road Kill Café and stopped a short distance from there to take in some quick sightseeing.

KSU's and back on route 66 again to



head towards our home away from home for the next 3 nights. We picked this place because it was reasonably priced and only 14 miles from the main rally.

Slept in late and didn't leave the motel until almost 9:00 am! Time's a wastin'. We had to get to Goldfield ghost town. Yep, another old mining town with more old fun stuff.



This was one of the more interesting Ghost Towns we have seen. Lots of western art items with the artisans making things on site. An old working church used on a regular basis for services and children's activities.



Back to the bikes because we had to get to Cave Creek. A smaller city that has a lot of rally stuff packed into it. We arrived there around noon. Just in time for lunch. After finding a convenient spot to park between a few thousand bikes we saw a place that looked interesting for lunch and took our chances. It turned out to be a good lunch and, considering the large number of bikers, the service was okay.

I was going to show a picture of the food, but we ate so fast that my camera was just warming up when the plates were licked clean.

The Cave Creek venue was interesting because the road narrows to one lane in each direction. There were plenty of police officers directing traffic and directing pedestrians to keep everyone safe. Vendors on both sides of the street and plenty to see and do. We walked around for a while and Bob saw some people he knew and kibitzed with them a little. We found an artists row with a lot of cute and fun things. See picture below!

We left Cave Creek around 4:30 so we could make a quick stop at Buddy Stubbs Harley Davidson of Phoenix. Yes, it is a typical Harley place but you should see the museum in a separate section. I didn't count the bikes but there must have been a couple hun-



dred old time racing bikes with some touring models and everyday riders.

That was a full day and we headed back to the motel to rest up for the next days activities.

Up in the morning and nothing to do until we headed to Westworld- the main venue for Arizona Bike Week. So Linda demanded that we take a quick side trip to Payson for lunch. Another one of those 'out of the way, unsuspecting' local eateries with a great lunch for 20% less than you'll find in the BIG CITY. Back on the road - or should I say back road for the trip back to the motel and then to Westworld. Oh, did I mention that it was a short hundred and fifteen mile round trip!

Finally we were headed to Westworld of Phoenix. The venue that brought us to Arizona in the first place. We arrived and found lots of parking with a short walk to the front gate. Bob commented that the entry had changed from a couple of years ago. We had to pay to enter. Huh! Pay to have vendors try to sell us stuff we probably don't actually need? Okay, there's a sucker born every minute and there was 4 of us at the gate we cash in hand.

Paul Yaffe had a very nice set-up of about 24 of his custom bikes and they were very cool and were presented very nice. Each had a description and a short history of why the bike was made and who bought or commissioned it.



There were also 2 bike shows. The first one we saw was the Busted Knuckles Stunt Riders. These guys were doing the wheelies and burnouts and were excellent and exciting. It was fun to watch these guys do amazing things with their motorcycles. The

second show we watched was the Harley Davidson of Scottsdale Drill Team. Less crazy stunts but still lots of fun to watch. A dozen riders on big cruisers doing lots of close order drills on big bikes in close quarters.



You'll be shocked to hear that the rest of the venue was filled with a rock and roll group playing so loud that you couldn't hear yourself talk to the vendors. Vendors? Oh, another surprise. Leather goods, knives, hats, cheap sunglasses, expensive sunglasses, one guy polishing the bottom of aluminum coke and beer cans (something I do at home on most of my diet coke cans), phone accessories and on and on. Stuff you can find at every biker event we have been to. I didn't find anything new but never-the-less it was an interesting way to spend an afternoon.

I probably won't go back to Arizona bike week next year but I had a nice time with good friends. Bob & Linda Dunn and Dave ZumAllen were my riding companions and we had a very nice ride there and a quick and good ride back zooming up the 40 at break-neck speed with a quick stop at the infamous Farm's House Restaurant. A nice lunch and home for another week of work.



## Upcoming Events

*JB - Activities Director*

# Upcoming Events: May, June, July & August, 2017

This monthly column has become sort of a bully-pulpit for me and since compensation for this journalistic effort is so small, I feel at liberty to make some small editorial comments. Unfortunately, I don't presently have any such comments to make. But I digress!

The year is one-third over, and despite smaller membership the Saturday ride is popular and going strong. Interesting how we seem to attract three to seven riders every weekend without anyone even knowing where we're going.

Despite the reduced membership we still have a substantial number of upcoming events in various sizes. If you want a half day ride, just show up on Saturday at 9:30 AM near Starbucks at Ventura & Topanga. If you like a full day of riding, check out the Reyes Creek ride or the Big Bear event.

If you like your rides king-sized, we've got single and double overnights for your consideration. There are also some rides which exceed those specifications such as Death Valley or Nevada. And these are just what is coming up during the first half of 2017. Keep in mind also, that we have a relationship with the folks from River City Harley Riders (RCHR) wherein we are welcome to join many of their events, and they can do likewise.

And now, gentlemen and ladies of SCHRA, here is what you need to know about upcoming good stuff.

### **MAY:**

#### **Friday 5/19 thru Monday 5/22 - Death Valley with RCHR: JB, Roxford McD, 8:30 AM**

Much has already been published in Rolling Thunder and in the Event Alert. Anyone still interested should contact JB and we'll see if accommodations are still available. We are currently at six participants and RCHR will also have six.

#### **Sunday 5/28 - Lockwood Valley/Reyes Creek: Joe-Bob, Roxford McD, 9:00 AM**

If you love great roads through our local mountains, this is for you. Quaint and funky, plus the outdoor lunch is terrific. Perhaps Joe will be available at the May meeting to answer any questions.

### **JUNE:**

#### **Friday 6/9 thru Sunday 6/11 - Cambria: Sternz, Kanan McD, 9:00 AM**

At last count all five of our rooms held at Creekside Inn (805.927.4021) have been taken but a few additional rooms may still be available, but they won't last. The original plan for a ride along CA-1 is scratched due to a broken bridge but Jerry has a new plan which he'll share at the May club meeting ...so don't miss it.

#### **Wednesday 6/21 thru 6/25 - Nevada: JB, Roxford McD, 8:00 AM**

If Las Vegas is your idea of what Nevada is all about, then this ride will help dispel this false notion. We're off on a 4-night, 5-day journey to the little-known towns and state parks of NV. As an added bonus we'll be meeting-up with our RCHR friends again.

We've already given lots of details about this ride in the newsletter and in an Event Alert. If there are any stragglers who still want in, we may be able to manage it. If you're serious, call JB for further details. So far we have six takers.

### **JULY:**

#### **Sunday 7/9 - A Day at Big Bear: Lou, Meet-up? Time?**

This is really a "sweet" ride which offers some interesting desert highways, mountains and spectacular views of the LA Basin. Lunch *may be* hosted by Lou Piano; the penalty for missing the deadline for Meet-up and departure time. So bring a hearty appetite. Also bring yourself to the May meeting where Lou can provide all the details in a very serious and business-like manner.

### **AUGUST:**

#### **Sunday 8/6 - Solvang Danish Village: David Z, Meet-up? Time?**

If it's "Aebleskiver's your looking for, look no further. This town is full of them (Danish Pancakes) and lots of other good stuff. Spend a day with Dave and friends as we re-visit this Santa Ynez Valley attraction. Attend the May meeting and find out where we'll meet and at what time. No, Dave is not hosting lunch; that's Lou (see above).

#### **Saturday 8/19 - Midsummer Party: Casa Bruce/Wood Ranch/Simi Valley, 7:00 PM**

SAVE THE DATE!



## Beat Rider Fatigue

Ron Lynn - Contributor at-large

**R**ider fatigue provably results in more accidents or near misses than we might want to admit. Riding a motorcycle requires the rider to be in-the-moment at all times; anticipating various options and situations in order to react effectively.

The following suggestions are offered to remind you how to limit fatigue, especially on longer rides:

### Get Enough Sleep:

- Full night's sleep before departure.
- Begin the day's ride at a realistic time. Not the crack of dawn.

### Back Roads vs. Freeway

- Greater mental engagement.
- More interesting winding back roads.
- Keeps you alert.
- Less usage of Cruise Control.

### Stop Before Needed

- Make a habit of stopping before weariness sets in.
- Distances short enough not to induce tiredness.
- Plan frequent stops; every two hours or less.
- Stops are more important when riding in a group for different riders.

### Move Your Body

- Exercise lightly for a few minutes: Walking; Stretching.
- Stimulates both your mind and body.
- Walk a block or two in a new town: See interesting things & have conversations with people.

### Drink Like a Fish

- Drink water at each of the more frequent stops.
- Dehydration can lead to dizziness and a slower reaction time.

### Eat Like a Bird

- Large carbohydrate-heavy meals give you a big shot of sugar which leads to a sugar crash later while riding
- Smaller more frequent meals; Protein, Nuts,

Meat, beans, or dairy which produce a longer more sustainable energy.

### Nap Like a Baby

Humans are hard-wired to need naps, however we short-circuit this need via various mechanisms.

Take advantage of those pit stops: At a park or shaded grassy area.

Naps take you off the road when you need it.

Recharges your system for the remainder of the day's ride.

### Communicate

Simple act of a courtesy waive at passing motorcycles can be enough to stimulate your mind and body.

Riders using communication systems who occasionally converse report their feeling more alert and engaged.

### Passing for Position

Avoid riding behind another motorist for long periods of time which can lull your brain into a dulling form of cruise control.

Move ahead of other motorists to more fully engage your senses and alertness.

On a less crowded highway change lanes now and again to awaken your senses and your connection to the motorcycle.

### Don't Fight The Wind

Wind accelerates fatigue via audible noise and the striking force against your body and the balancing of the motorcycle.

Wear ear plugs and a full-face helmet as well as a windscreen all of which reduce the impact of the wind.

Try not to over-control the motorcycle, just relax and allow the physics of the gyroscope effect to stabilize the bike.

Referring to the above recommendations will help to minimize the effects of fatigue and will allow you to stay more alert, spot road debris, avoid and allow you to anticipate and effectively react to those surprising dangerous situations which present themselves unannounced.

Enjoy the ride and don't forget to smell the flowers. Stay safe and keep the rubber side down.

*Outlined and annotated by Ron Lynn from an article in the HOG Magazine #60 volume 39 written by John Sandberg 2017*

## 2016 - 17 Officers and Board Members

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Jerry Stern - JS Lee Blackman ~ LB Jerry Bruce ~ JB Joe Gubbrud ~ JG	Ron Lynn - RL Lou Piano ~ LP Cindy Stern ~ CS	Starbucks Ventura & Topanga Canyon  McDonald's 11015 Sepulveda Blvd., Mission Hills  Denny's Sand Canyon 15401 Delone St., Santa Clarita  McDonald's Kanan Rd., NE corner behind Shell Station

### SCHRA Boutique

*Ask a board member for more info, prices or to purchase Some of this highly gifted stuff.*

All Shirts are \$15.00

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	Blue	0
	Black	5
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	Blue	0
	Black	0
LS	White	0
	Blue	0
	Black	2
LARGE		0

<u>X-LARGE</u>	
White	0
Blue	2
Black	5
<u>LS</u>	
White	0
Blue	0
Black	2
<u>XX-LARGE</u>	
SS	0
White	0
Blue	1
Black	0
<u>3XL</u>	
LS	0
White	3



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cont)



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