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**GWRRA**

# **INTERNATIONAL Rider Education Newsletter**



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## **ATTENTION ALL REGION & DISTRICT EDUCATORS**

We now have a new National Rider Education Staff member. Please welcome Bob & Shirley Kekeis, our Rider Education Web Coordinator.

### **Safe Riding Tips**

*by Gordon Murphy – National Director –  
Rider Education – Canada*

For the past few Newsletters we have been presenting safe riding tips, based on riding principles we teach in our Advanced Rider Course and other GWRRA riding courses. I hope these tips will be of some help. To get more information regarding these tips and to practice them under controlled conditions, enroll in an ARC or ERC course at your next available opportunity.

**Slow Speed Riding.** Proper balance. Riding a motorcycle at slow speeds is much more challenging most times than riding at speed on the highway. Slow speed riding and turning requires:

**Proper balance.** The rider should be comfortably seated, knees tucked into the tank, firmly – but not too tightly – holding the handgrips with all four fingers.

**Good clutch – throttle control.** The rider should always maintain good, smooth throttle control. The clutch varies the power to the rear wheel while the throttle controls the engine power.

During slow speed maneuvers, the throttle should be on, with sufficient fuel to reasonably propel the motorcycle. The rider's wrist should be relatively flat to avoid pulling back on the throttle. The clutch should never be all the way in or all the way out but would vary depending on the required speed. The rear brake would be tapped slightly, as necessary, to slow the motorcycle before turning.

**Look into the turn.** The rider should turn his/her head in the direction of the turn.

The secret to doing good, smooth slow speed riding is keeping good balance, maintaining good clutch / throttle control with strategic braking, using smooth steering inputs and looking in the direction of the turn. In tight cornering or circles, it may be appropriate to use counter-positioning, i.e. moving the body to counter-balance the lean angle of the motorcycle.

### **Remember**

**Anger is a condition in which the tongue works faster than the mind**

**You can't change the past, but you can ruin the present by worrying over the future.**

**A hug is a great gift. One size fits all.**

**It can be given at any occasion and it is easier to exchange.**

**Take time to laugh — it is the music of the soul.**

**If someone speaks bad of you, live so none will believe it.**

**Do what you can, for who you can, with what you have, and where you are.**

We are in the process of updating all MEDIC FIRST AID® Instructors. The new version 6 should have been completed online by all instructors of MEDIC FIRST AID to ensure they are ready to teach classes using the new format. It is important that we explain the reasons why the new updates took place and how important it is to follow the guidelines given by all instructors in the CPR/First Aid area.

We also changed the name of our program from MEDIC FIRST AID® to CPR/First Aid Program. We feel there are a lot of great instructors out there that are doing an outstanding job making sure our membership is getting the best information they can at a low cost.

MEDIC FIRST AID® will still be our primary program for GWRRA. It is very important that we also recognize those instructors that use the other great organizations, American Red Cross and American Heart Association.

We hope in the near future to bring all these great instructors into a unit of one. It doesn't matter which organization or program we use, we will teach and our membership will learn the vital knowledge that saves lives.

We have many other programs in our great organization that are important to our membership. We have fun in the COY program and other seminars. Rider Education—on the range and in the classroom—shows us how we can ride safely to reduce risk. The CPR/First Aid program is meant to help us help others in time of need when they are hurt or injured. All our fine instructors are very important to our organization and to the betterment of GWRRA and Rider Education. Some have expressed to me that they feel like they mean nothing and that the programs are not being recognized as they should. That is far from the truth. Sometimes we think everyone believes the COY program has far more important meaning than CPR/First Aid & Rider Education. Again, that is far from the truth. Ask a member or a family that was involved in an unfortunate mishap and see what they think is more important.

MCSR is another important program that has been developed in a seminar format so qualified instructors can teach what to do at an accident scene.

Remember “FOR FUN, SAFETY AND KNOWLEDGE.” That is our motto and we live by it. Every person in Rider Education is a very important link to making sure our membership gets the best information and skills available. Our CPR/First Aid instructors are a very important part of this organization.. Every one of you work hard and believe in what we represent. You are the best of all the motorcycle organizations in existence. Be proud and never let your head hang low, **YOU** make the difference.

Larry & Rhonda Stiles

## WOMEN AND HEART ATTACK

If you're a woman, you may not believe you're as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they're having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Women should learn the heart attack warning signs. These are:

- Pain or discomfort in the center of the chest.
- Pain or discomfort in other areas of the upper body, including arms, back, neck, jaw, or stomach.
- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter !!! DO NOT wait for more than a few minutes—5 minutes at most—to call 9-1-1. Your family will benefit most if you seek fast treatment.

### Reducing Heart Attack Risk

You can reduce your risk of having a heart attack— even if you already have coronary heart disease (CHD) or have had a previous heart attack. The key is to take steps to prevent or control your heart disease risk factor.

## Six Key Steps to Reduce Heart Attack Risk.

Taking these steps will reduce your risk of having a heart attack:

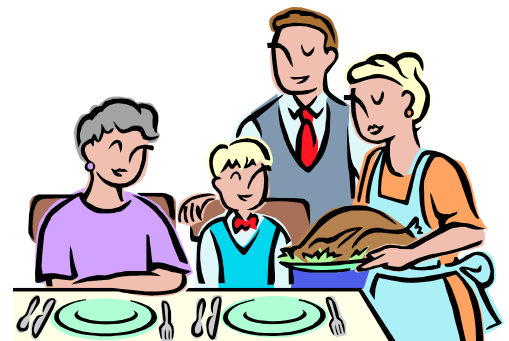
- Stop smoking
- Lower high blood pressure
- Reduce high blood cholesterol
- Aim for a healthy weight
- Be physically active each day
- Manage diabetes

For more information you can go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Since we were out of country at the end of the month our newsletter is a small one but still very important to get this to our members.

Winter is coming soon and to some it has arrived. Chapters will be looking for important seminar and first aid/CPR classes. Have your Chapter Educators check their files and see who is coming up on their levels and First Aid/CPR classes.

You Make The Difference.



The National Rider Education Staff would like to wish all of you a wonderful and enjoyable Thanksgiving. As we give thanks for our good fortune and remember those in need, be sure to remember our military service men and women who are away from their families protecting us.

Ride safe, Ride Smart for those lucky enough to still have good weather to be able to ride.

National Rider Education Staff