



**Red Knights Motorcycle Club – Mass Chapter 2**  
**P.O. Box 316 — Westminster, MA 01473**  
**www.rk-mass2.org — Summer 2005**

**T**his is just a mid-summer's briefing to keep everyone up-to-date on chapter *happenings* and to remind you of some up coming events.  
*...ride safe!*

**On the road with our friends**

The weather this year has been odd to say the least. Late spring the weather was cold and damp all through May. Americade week was hot and humid in the 90's. The week after Americade returned to the previous cold and damp and the Adirondacks saw so much rain that a ten mile portion of I-87 north of Lake George was closed because of mud slides and parts of the road washed away! WBZ said that in the 90 days of spring we had five (yes that's 5) days that were above 70 degrees and no rain!

But even with all that said we still have been able to get on the road and enjoy some riding time with our bikes, and our friends.

On Father's Day we had a handful of bikes meet up for a picnic ride. It was a little cool with the sun peaking out from a mostly cloudy sky, but it was still a good day to ride. We kept on back roads meandering through Rutland, Oakham, New Braintree, and Hardwick before stopping at the Hardwick Winery for a friendly chat at the wine-tasting table. Then we were off to the Quabbin and a scenic picnic at the Enfield Overlook watching the birds fly above us and a number of other bikers ride by us.

Then we rode up the west side of the Quabbin to New Salem where we toured the Swift River Historical Society (the Quabbin Museum) before our final stop for ice cream (of course). It was a nice father's day.

In July we had 11 bikes, three four-wheelers, and 23 people at our pig roast. And we had a blast! Started off with a 100 mile ride. Then we had enough food to feed half of Nashua, the weather cooperated (almost). We played bocce, horseshoes, and had a generally great (relaxing) day.

**MSF Scholarship**

Our chapter is again sponsoring a scholarship to promote the MSF Riders Courses for both beginner and experienced riders.

Enclosed is a scholarship application. The Experienced Rider Scholarship is available to any member of our chapter. The Beginner's Course Scholarship is open to any rider.

If you know of a rider that would benefit from this training, please share the information about the scholarship with him or her.

The application is due with the committee by November 1. Information and applications are also available on our webpage.

Thank you to Donna Moreau, Bob Shakarian, and Don Hurme for their willingness to serve on the committee again this year.

**O**ur annual raffle was a big success thanks to all the people who bought and sold tickets and especially Marty Eldridge for her time and effort in running the raffle... Thanks Marty!

Our big winner was Dennis Charpentier of Leominster Fire and our second place ticket was stamped "Central Mass Safety Council." Since they are the group that helps underwrite our MSF scholarship, we hope they were successful when they started scratching tickets!!

Thanks again everyone... look for more tickets next year!

**Fall elections**

With the pending retirement of our treasurer Cliff Eldridge, our Road Captain Tim Kilhart has announced he will run in October as Cliff's replacement. Tim will be stepping down as Road Captain to run for this slot. If any Active Member is interested in running for the Road Captain position (or any other position) in October, please contact nomination chairman Kevin Martin.

**Red Knights Anniversary Book**

Included in this mailing is an informational flyer on the RKMC Anniversary Book that is being published by the International.

The RKMC and Turner Publishing are working together to publish a full color book to

commemorate the 25th anniversary of the Red Knights Motorcycle Club. This volume will feature memorabilia including a large collection of photographs and materials from us the members. The book will feature full color photos of members and their bikes; each chapter's submission of a short history about themselves with group photographs; a list of chapter events; and will include any ride stories from their chapter.

The book will also include a special section dedicated to members that have passed on. This will be an opportunity for us to submit our personal experience stories, new photographs, funny incidents, and our "Do You Remember?" stories for inclusion in the book.

## **Upcoming Rides:**

### **Sunday, August 21. Ride for Kids**

Come join us and participate in one of the most rewarding benefit rides there is. Meet on the Petersham Common for 7:30 a.m. and we'll go help raise money for the Pediatric Brain Tumor Foundation.

*If you can't go, consider sending a donation along with us!*

### **Saturday, August 27. New England Air Museum**

Meet at Westminster FD for 8:00 a.m. and we'll take a ride to Windsor Locks, CT for the New England Air Museum. Then we'll meander back across Connecticut and see if we can find that infamous Dairy Bar that the UConn Huskies claim they have hidden on their campus.

### **Sunday, September 4. Labor Day Weekend Cookout at the Kilhart's Camp**

Meet at WFD at 12:30, then the Athol High School at 1:00 and we'll find our way to the Kilhart's camp (on the waters of Long Pond in Royalston) and we'll have a summer day of fun.

Bring some food to share... because we always eat!

### **September 7-11. Killington Classic in Killington, VT**

A new rally that is quickly become *the one* to attend in the fall!

[www.killingtonclassic.com](http://www.killingtonclassic.com) The Red Knights have space at the *Inn at Six Mountains*. Call for your reservation.

### **Saturday, September 17. Find your way through the Maze at the Davis' Farm**

What makes Sterling famous... it's the corn maze constructed on the Davis Farm each year. Join us at WFD at 9:00 a.m. and we'll see how well the Red Knights do when they are put to the (stress) test.

### **Sunday, October 2: Breakfast at the Jaffrey Fire Station**

Help our New Hampshire brethren kick off Fire Prevention Week with a great breakfast! Leave WFD at 8:00 a.m.

### **Sunday, October 9. Apple Pie Festival in Dummerston, VT**

A staple of our riding calendar for almost two decades. Meet at WFD at 9:00 a.m., where we'll have our annual meeting and election of officers, and then we'll be off for some apple pie.

### **Saturday, October 15. Breakfast Club and Salem Witches**

Our first Saturday Breakfast Club for the Fall will also have us heading to Salem to celebrate the season. Meet at WFD at 8:00 a.m.

### **Saturday, October 29. Halloween Costume Party & Pot Luck**

Who will be the winner of this year's best costume?

Bring some food, and we'll have a great time at Kevin and Lori's in Gardner, 6:00 p.m.

## **Off to the convention in Toronto...**

We have a number of members that will be leaving for the Red Knights International Convention in Toronto on Saturday, August 6.

We had scheduled to go out for breakfast that day... so let's meet at the Westminster Fire Station at 8:00 a.m. that day - we'll ride with those that are leaving for Canada and stop for breakfast together.

Then after enjoying that time together we can wish our fellow travelers well as they had off on their journey and the rest of us can enjoy a Saturday ride ourselves.

Maybe we can head up the east side of the Connecticut River through New Hampshire and come down the west bank through Vermont.

*See you there!*

Best wishes to Ed Brouillet, who is running for re-election as International President at the RKMC Convention.

Fourth of July weekend was not a planned chapter ride - but the weather was so nice we couldn't let it pass without a few miles and a few friends! After a few emails and a few telephone calls we had six bikes meet up on Saturday and spent sometime in the Connecticut River Valley and out into the Berkshires and the Mohawk Trail, for an impromptu 200 miles or so.

We even found a great BBQ restaurant to go back to again! It's called Holy Smokes, and as their sign says, "their the answer to your BBQ prayers."



The Red Knights  
Motorcycle Club  
and the  
Ashburnham  
Fire Department

invite you to participate in the  
Ashburnham Fire Department  
150th Anniversary Celebration

**T**he Red Knights have been asked to lead the apparatus parade celebrating the Ashburnham Fire Department's 150th Anniversary. Please come join Red Knights from around the region in leading the fire apparatus through Ashburnham on Saturday, August 20, 2005.

Marshaling point for the parade is Route 12 (North) in Ashburnham, north of Cushing Academy by 9:00 a.m.

RK Mass-2 will meet at the Westminster FD by 8:15 a.m. on Saturday, August 20th, to head to Ashburnham as a unit. Uniform shirts, dark pants, and RK vest (if you have one) will be the uniform of the day... bring your fire helmet to wear in the parade!

The parade will step off at 10:00 a.m. and it will go through town to Route 101 (south) to Oakmont High School.

The Ashburnham Fire Department is also hosting a **Firefighters' Ball** on Friday, August 19, at Cushing Academy in Ashburnham.

Social Hour is 6 to 7 with dinner at 7:00 p.m. followed by an evening of dancing. Tickets are \$70 per couple.

To purchase Ball Tickets or for more information on the Parade, contact Ashburnham Battalion Chief and Vice-president of RK Mass-2 Kevin Martin at 978-632-2677 or [kmartin812@hotmail.com](mailto:kmartin812@hotmail.com)

Ashburnham FD is running Harley Davidson Raffle for their anniversary celebration giving away a new HD... a limited number of tickets are being sold and they are only \$20!

See e member of AFD for a ticket.

Just recently we had a ride scheduled to Manchester, NH to watch the New Hampshire Fisher Cats play the Portland Sea Dogs (AA Pro-baseball).

It was a perfect summer day. 80 degrees with no humidity all weekend, what a bonus!

Thirteen members and friends showed up for the ride and we meandered in and out of some great New Hampshire roads. We even stopped for ice cream (go figure) in Milford, NH. Peg B said it was the same dairy that her folks used to bring her to as a little girl. (Very good ice cream).

It proved to be a good day for ball games too, because when we arrived there were so many people headed for the game that it sold out before we got there!

No sweat... we just went riding further and just kept enjoying that great motorcycle day.

A MSF Scholarship Success! This is the first year that our chapter has awarded the MSF Rider Training Scholarships – so it's new for all of us. If all our future recipients are like this year's it is a successful venture!

A few of us had the chance to meet Corey Feeley. He is the 17 year old who received one of the beginner courses for 2005. He said the class was great, that he learned a lot and was very appreciative of the award from the chapter.

Corey is a junior firefighter with the Westminster FD and we hope that he'll join us on some of our events in the future.

## Symptoms of FATIGUE while riding

---

### Slow Reaction Time

- Braking Hard to avoid hazard
- Spilling drinks

### Reduced Awareness/Vigilance

- Driving slower than normal
- Being surprised by a passing car
- Tailgating
- Not seeing deer or other road hazards

### Impaired Memory

- Passing a gas stop when low on fuel
- Forgetting your wallet after fueling
- Forgetting your spouse's birthday call

### Impaired Decision-making

- Not stopping to rest when tired
- Taking an inappropriate route
- Inability to choose from a diner menu

### Loss of Situational Awareness

- Failing to recognize a stop sign or signal
- Not putting the kickstand down
- Failing to put feet down when stopping
- Stopping in high gear
- Failing to go when the light changes
- Inserting eye drops while wearing glasses

### Performance Decrement

- Inability to calculate purchase amounts
- Inability to formulate routing plans
- Failure to communicate with riding buddies
- Fixating on a task

A dangerous and insidious effect of fatigue is refusal to recognize the need for sleep and the inability to take effective action

*As the sun sets and the miles pass, fatigue becomes our shadow but never our friend. The pleasures of a riding vacation can melt into frustration if a rider pushes the day's miles beyond his or her abilities.*

There are several things that you can do to prepare for a period when you expect less sleep than normal.

**Be rested.** Don't start a fatiguing activity in the state of sleep deficit. Obtain your normal rest for several days prior to the activity.

**Proper Nourishment.** Proper nourishment and hydration is an important preparation. Eating three small meals each day is preferable to having one or two large meals. Your brain needs the energy sources food supplies – so breakfast is important. Because the body's circadian rhythm produces a natural drowsiness in mid-afternoon, a protein and carbohydrate snack can help stave off this effect.

**Do not overeat.** Large meals are hard to digest and shunt blood and energy away from the brain.

**Put your mind at rest.** Have all your pre-ride preparations done before retiring the night before a long ride. Tie up those loose ends which might interfere with your ability to rest.

**Physical Fitness.** Many studies have shown that people who are physically fit are more able to tolerate the effects of fatigue. A long-standing daily routine should maintain tone and endurance.

**Prepare your ride.** Your motorcycle should be configured to increase your comfort and decrease the work of riding. Make sure you have a routine and all your equipment is thoroughly road tested. Your bike should fit you, not vice-versa.

**Avoid caffeine.** Caffeine can be useful in helping extend fatigue tolerance. But, its effectiveness is greatly enhanced if used sporadically. If you rely on caffeine every day, your

body will expect its normal supply. If you don't consume your normal amount of caffeine, you will likely experience fatigue sooner than someone who seldom drinks caffeine.

**Alcohol.** Alcohol and riding don't mix and should be avoided for several days prior to a ride. The toxic products of alcohol metabolism adversely affect brain activity long after the noticeable effects have disappeared.

**Alcohol and caffeine are also diuretics – they cause increased urination.** This has two negative effects for riders. Most important it causes dehydration. Increased urination also means more frequent unscheduled stops.

This information on fatigue and its effects on us as riders are excerpts from an article that appeared in the August 2005 edition of **Motorcycle Consumer News**, titled *Fatigue and Motorcycle Touring* by Don Arthur, MD.

...if you want to learn something about motorcycling and being a better motorcyclist, that is the magazine to read each month.