

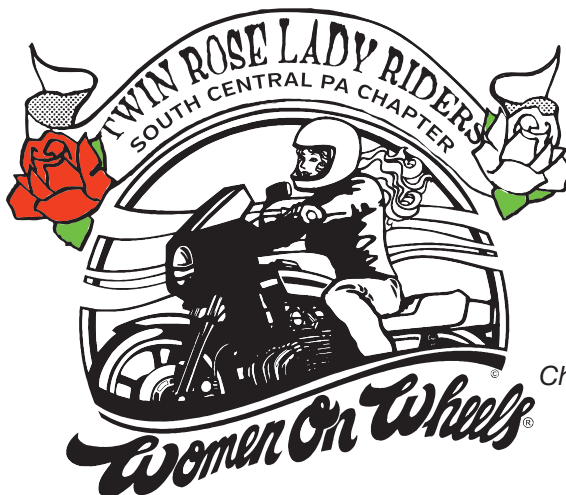
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July 2018

SOUTH CENTRAL PA CHAPTER NEWS

Vol. 24, No. 7

www.twinroseladyriders.com www.meetup.com/Twin-Rose-Lady-Riders

 **WOW: Twin Rose Lady Riders Chapter**

Greetings Twin Roses and friends,

WOW, what an awesome **Ride-In™**!! The Twin Roses were again very well represented this year. Twelve TRLRs partook in the activities in Johnson City, TN – oh, let me correct that – 15 TRLRs because, of course, we must include Gertie, Gracie, & Geraldine as part of our Chapter. The days were packed with fun activities, chatting with WOW® friends you haven't seen in a year, miles and miles of riding on awesome curvy roads, endless sunshine, cool fresh mountain air, and of course, delicious barbeque at almost every meal. Check out the rest of the newsletter (and the next issue, too!) for RideIn™ photos and stories.

A special shout-out to Natalie and Kathy M. as first time Ride-In™ attendees. Roses, mark your calendars and make plans to join the party in Casper, WY, July 9-11 at the 2019 WOW® event.

The TRLRs were also well represented at the **2018 Mid-Atlantic Women's Motorcycle Rally** (MAWMR) held in June. In spite of the rain, fun was had by all who made the trek to Front Royal, VA. The rainy weather allowed for more indoor shenanigans by Gertie, Gracie, Geraldine and long lost brother McGregor. Although it was raining when we formed up for the Parade of Chrome, the sun came out as we were police-escorted through the town of Front Royal – honoring women riders, cancer survivors and those touched by cancer. I was honored to escort H.O.P.E.'s own Barb Titanish on the back of Silverfox for the parade. This annual rally is always fun and also a great opportunity to donate to H.O.P.E. and/or Pink Out. So, what's stopping you from joining us next year?



Now we look forward to our remaining Chapter rides and of course our **2018 Ride for H.O.P.E.** In just two short months the Twin Roses will once again host this charity ride with all proceeds going to H.O.P.E. Have you talked to your favorite dealer about a door prize or raffle donation? H.O.P.E. is an awesome organization that helps make the road a little less bumpy for cancer patients and their families by providing support and assistance however it is needed. Contact Sue S. if you want some advice on preparing a donation request letter to send to family and friends. Sue lovingly calls it her 'Beggin' for Bucks' letter. She will be glad to share. Watch your email and future newsletters for upcoming dates and times for Ride for H.O.P.E. planning meetings.

The riding season is in full force so compare your calendar to our calendar of events. I'm looking forward to our August Chapter ride. Kathy R will be leading us to Knoebels Grove Amusement Park for fun, lunch and definitely ice cream.

Till I see you again – stay cool, stay hydrated, stay safe and enjoy the ride!

Lynn

Meets 2nd Sundays:

NOV – MAR: 10:30 AM brunch

APR – OCT: Check ride calendar or call for details on meeting sites or specific ride/rendezvous plans.

Welcome Prospective Members!

Would you like to ride with an enthusiastic local WOW chapter? Call any of the names above to chat, or check our web site and events calendar and drop by a meeting point. Support Guys always welcome, too!

If you'd like to continue receiving chapter news, forward \$10 (check payable to Twin Rose Lady Riders) to the Treasurer's address above. It's an annual donation toward operating expenses.

Membership Policy:

Women On Wheels® members and guests are welcome to participate with any chapter. We encourage you to **join the nat'l organization, as WOW membership is required for continued chapter participation** and because members are protected under our insurance plan. Application forms are available in the WOW magazine or from any chapter officer.

Happy Birthday

ElaineAugust 11
Sue SAugust 26

Roses, if your birthday has been missed send it (mo/day) to suespittle@comcast.net

MAWMR – June 21-23, 2018, Front Royal, VA

by Dawn H



Another MAWMR has come and gone and in my opinion a good time was had by all, even our groundhogs agree!!! Present and accounted for were Trish, Gabby Dawn, Audrey Dawn, Lynn, Kathy R. and Elaine, Gertie, Gracie and Geraldine. I arrived on Monday since I always like a couple days of peace and quiet before the event starts. Trish rolled in on Tuesday and the rest of the gang came later.



Gracie is ready to head to MAWMR with Dawn.

There's always plenty to do, from workshops, jewelry making and plenty of led rides, to the two main events – the Friday night theme party and the Saturday night Banquet. The weatherman didn't smile too kindly on us but we had a good time in spite of the raininess. Some of us went to check out downtown Front Royal and work on the Scavenger Hunt, while others rode the Skyline Drive and still others kayaked.

The theme for the Friday night party was The Renaissance and Trish, Kathy R and I had packed costumes to wear. There were so many awesome costumes and the DJ played some great dance music. As always, Saturday arrives too fast and it was time for the parade. We weren't sure if we would get the parade in with the threat of rain. It was decided that we'd go and it started to rain just as we pulled out. No rain would stop us! (...or are we just crazy to parade in the rain?)

The banquet is the finale and the best part. It's where monies are donated to the two charities that MAWMR supports – Pink-Out and H.O.P.E. Both organizations are great but The Twin Roses are partial to H.O.P.E.

And so another MAWMR ends and we say good-bye to old friends and new ones till next year.



The skies mercifully cleared!



Some Roses enjoyed the downtown Front Royal walking scavenger hunt.

But take your eyes off the groundhogs for one minute and they are up to trouble.



Dawn, Kathy R, and Trish packed Renaissance costumes for the party

Below are past and present MAWMR Presidents, Dawn and Dawn!





This is my first year with WOW® and Lynn asked me to reflect on my first Ride-In™. I am thankful to have found a great group of supportive and encouraging women who simply want to get out and ride and have fun.

At first, I didn't know how the logistics worked as WOW listed the dates for the Ride-In but didn't have many details to fill out the agenda. The dates were listed as Tues. – Thurs. in Johnson City, TN – so I thought that the Ride-In began with check-in on Tuesday evening and nothing else would be happening. Ever watchful Lynn thought to check with me and set me straight that the events began first thing on Tuesday, so luckily, I was able to change my hotel reservations in time.

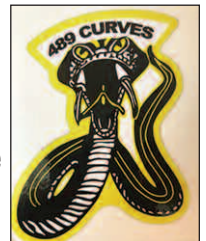
My ride began with two awesome riding buddies, Kathy R and Natalie.



Kathy charted out our 477-mile route from PA to TN in one day. Going above and beyond, she even made us a picnic lunch. It worked out very well to stop and take a short break every 100 miles.

I was surprised at registration that there were no guided group rides and that the Roses didn't have their own separate group rides. After riding the Snake, I understand why there were no group rides. Most of the rides were challenging and it would be asking for trouble having ladies of all different riding levels and styles go out together as a group. Also, having a larger group is difficult to manage.

I'm not a beginner rider but far from advanced. My goal was to ride the Snake and have vinegar pie along the Vinegar Pie Route. I'm very fortunate to have ridden with Kathy and Natalie. They are two positive ladies who encouraged me that I could do it. I did both rides and then some! I also learned that the proper term for the souvenir stickers is "Bike Tattoos". My bike got her first – a snake!



On the ride to top of the Roan Mountain, I learned that one should always check a map before starting out for the day to ensure that you have some idea of what towns are north, south, east and west of the hotel. I was overly dependent on my ill-functioning Garmin. But the many U-turns and gravel roads were great skill builders!

I felt that the unspoken theme for the Ride-In was "its ok". No matter what you need there are others to help you. From picking up your dropped bike to coming into a group dinner all dirty and sweaty. I improved my riding skills a lot and had a great time.

Can't wait to go again.

More WOW® Ride-In™ pix on next page



2018 WOW® Ride-In™

Johnson City, TN

More stories to come in the August issue.

Kathy M & Nat were honored as “newbies” at the banquet



Routes were plotted...



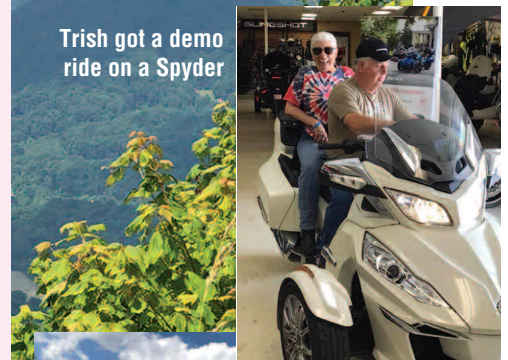
WOW –

(According to Webster’s dictionary) [interjection] – an exclamation of surprise, wonder, or the like;

[noun] – an extraordinary success; excitement, interest, great pleasure, or the like;

(According to Lynn) [acronym] – Women On Wheels®; a terrific organization formed to unite all female motorcycle enthusiasts while promoting a positive image of the motorcycle lifestyle; **a fantastic group that just held yet another awesome Ride-In™**

Trish got a demo ride on a Spyder



Patches were earned...



Audrey & Bernie enjoyed the Cherochala



Snake & Dragon were slayed



10 Twin Roses enjoyed the rally: Front - Kathy R, Elaine, Trish; Center - Bernie, Lynn; Back - Natalie, Dawn, Jo, Audrey, Kathy M

Support Guys at right - Jo gives Dan a lift and Charlie geocaches!



Staying Hydrated



Gertie knows the importance of proper hydration.

Thinking back on the heat during the Gettysburg WOW® Ride-In™... I knew how important it was to stay hydrated, so I was gulping water and iced tea like a good girl. Then why did I feel so woozy and have leg cramps?

I had neglected the other half of the equation – electrolytes – minerals in your body’s fluids that carry an electric charge, affecting how your body functions. When you

sweat you must replace electrolytes by drinking or consuming products that contain them. Water does *not* contain electrolytes.

Four electrolytes (and good sources of them) are:

- **Sodium:** smoked, cured, or canned meats, and salted nuts
- **Potassium:** baked potatoes, sweet potatoes, bananas, canned clams, spinach, lentils, and milk
- **Calcium:** milk, kale, yogurt, broccoli, cheese, and almonds
- **Magnesium:** spinach, salmon, cashews, avocados, dark chocolate, and pumpkin seeds

The key word is balance and one of the most dangerous problems is called hyponatremia. It means, like me, you over-hydrated with water and have depleted your electrolytes. You drank so much water that you have diluted the sodium in your blood and overwhelmed your kidneys.

Some warning symptoms are:

- 1) Lethargy
- 2) Confusion
- 3) Headache
- 4) Muscle weakness
- 5) Muscle cramping
- 6) Digestive cramping/diarrhea/constipation
- 7) Swelling — “Geez, my fingers feel like sausages!”
- 8) Lightheadedness

If you have been sweating (not necessarily profusely) more than 60 minutes, you probably need to hydrate and replace some electrolytes. This means either drinking a sports drink or water along with some of the foods listed above.

Your body’s rate of electrolyte loss depends on many factors, such as metabolism, age, and even what you ate for breakfast. But you are prone to lose electrolytes more rapidly if you are:

- Over 55 years of age
- Female
- Diabetic
- Obese
- Taking prescribed diuretics

Try to stay away from tea, coffee and sugary drinks while trying to accomplish anything that requires endurance, i.e. road trips of more than two hours in duration. If you do partake in more than one cup of something caffeinated or sugary then you may need to add a few more electrolytes to your intake.

How you decide to replace your electrolytes is up to you. What’s important is that you do it!



Natalie recently treated Penelope to a new seat, mirrors, floorboards, and quieter pipes.

CHATTER BOX



WHO AM I?

(Answer in August issue)



Dad's Wild Ride by Natalie

My Dad has always been fascinated by my love of riding. A little scared for my safety, but fascinated none the less. For some time I've been thinking about renting a trike and taking him for a ride, but couldn't seem to coordinate an entire day.

I was telling Lynn about my dilemma and she graciously offered to take him for a spin. I decided to keep it a secret from Dad so that he wouldn't get too anxious about it. He knew that he and my brother were going to meet me at a friend's house and then go for ice cream.

Lynn was awesome! When they got to her house, she casually mentioned that she was going to ride her bike and did he want to go along. The look on his face reminded me of a



child that was told on Christmas morning they could open the 'big gift'. She fitted him up with a helmet and we took off. Lynn and Dad on Silver Fox, me on Penelope and my brother following in the car.

Lynn said during the ride from Lancaster to Mount Gretna, Dad was chatting and pointing things out along the way. When we got there, Dad exclaimed that it was 'FABULOUS' and Lynn was a 'smooth driver' and he would go with her again anytime!

Even with his dementia, Dad remembers that ride. I printed our pictures and they are in a place of honor in the kitchen.

Thanks to Lynn for her 'Geriatric Taxi Service'. You made that old guy's belated birthday!

A new advertiser! ;-)

Senior Joy Rides

Provided by Silverfox & Lynn

Sign up now for *your* senior citizen ride!

~ Safe but fun on the back of a Spyder RT ~



A Tail to Tell

Puppy Mill Rescue Ride – June 30, 2017

By Lynn

Saturday, June 30th was a very hot and humid summer day. I was excited to support the 7th annual A Tail to Tell, Puppy Mill Rescue Ride at the Lancaster Airport. Silverfox and I always enjoy supporting a worthy cause, and rescuing dogs from puppy mills is a very good one. Plus, I had promised TRLR friends Crystal and Dawn Paws that I would provide a ride to Crystal's godmother, Linda, who lives at Brethren Village across from the airport. I was told it had been many years since she had been on a motorcycle.

The charity ride was nicely organized with raffles, give-aways and puppy mill rescue info plus a pancake breakfast. And for a minimal fee, there were airplane and helicopter rides. Dawn Paws took in the event and the surroundings from an airplane ride — what a thrill!!



Because of the heat and humidity, we decided to not participate in the organized ride, but I would take Linda on a short ride around the airport. She was so excited as I helped her put on a helmet!! She ditched her cane, hopped on the back, gave a thumbs up and said "let's go!". Before we even got out of the parking lot she was waving her arms to the music, and as our 'wind therapy' began she told me "*You have made my day*". Our 'short' ride was about 20 miles and 40 minutes and took us over a variety of roads, from

twisty to well-traveled to highways. I checked with Linda to see how she was doing and she said, "I love it – go faster!" As we entered 222 South I said "hang on, here we go" and Linda shouted, "*You have made my week.*"

Linda no longer has her driver's license, so I could feel her gratitude for this ride. She told me stories of riding her own motorcycle so many years ago and then added "*This has made my month.*" When we returned to the airport, Linda gave another thumbs up and said, "*You have made my year!*" We've already made plans to go on another ride soon.

It's very rewarding to assist someone with their dreams and desires. We never know how long we are one this earth. Someday I may not be able to ride on my own. I just hope someone will take me for a "senior joy ride"!

◀ TESTIMONIALS:

"So much fun – wanted to go even faster!"

– Crystal's godmother

"Smooth ride."

– Nat's Dad

ProRider-York by Kathy M



I saw a FaceBook post from **ProRider York** for a Ladies Only motorcycle class that touted teaching techniques guaranteed to improve your riding ability, confidence, and eliminate the “duck walk of shame”. No more duck walk – that’s the class for me! The class covered slow speed maneuvers, confined space turns, crash avoidance, U-turns and braking challenges.

As the class began, my head was full of doubt and fear. Our instructor was very encouraging and coached each of us individually. His motto was ‘do what you can’. If you knock a cone over, that’s OK; the goal is to improve as you do each exercise. The class wasn’t about perfection but improving your skills – no matter what level you are at. Going through the first set of practice gates, I was shaky. Each of the exercises built upon each other and soon I was confidently going through the gates. We also learned the police mount and dismount technique and the reasons behind it.

It was an eight-hour class and despite the extremely hot day, time flew by. I highly recommend this class for everyone. For new riders, it’s a great way to quickly improve and for experienced rider, a way to sharpen your skills.

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SAVE THE DATE



Sun., Oct. 7
Ride for H.O.P.E.

**Twin Rose Lady Riders
Charity Ride with AMA Points**

Reg. 10-1:30

\$15/person

Starts and ends at York Motorcycle Club
2333 Whiteford Rd., next to the Galleria Mall

Info: Dawn, 717-471-7026, dmhtrlr@comcast.net

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Attn. Roses:

Promote our Oct. 2018 event to fellow riders!

Also use the flyer above as official notice
at stores for food gift cards, door prizes, etc.

Ride is usually around 60 miles
and this year it will once again make a stop at H.O.P.E. in New Freedom.

Please arrive fueled
and ready to ride.
KSU = Kick Stands Up
FOO = First One Out



Twin Rose Lady Riders 2018 Calendar of Events

Chapter Rides in Bold

Must be registered
and insured to go
on WOW@ rides.
Must sign insurance
waiver for 2018 --
see Dawn H, Lynn,
or Sue S for a form.

- Aug 12 TRLR Second Sunday Ride – Knoebel’s Grove Amusement Park** - Free Admission
MEET: Marietta Sheetz on 441; KSU 9:30
FOO: Kathy R
The ride will be about 2.25 hrs each way and we will spending about 1.5 hrs at the park. Lunch will be on your own at the park, followed by ice cream. (Kathy says they have great ice cream there!) We should be back in this area by 4:00 or so.
- Sept 9 TRLR Second Sunday Ride** – details to come
- Sept 16 Lebanon Valley MC Poker Run
- Oct 7 TRLR Ride For HOPE! Tell your riding friends!**
- Oct 14 TRLR Second Sunday Ride**
FOO: Pat promises us one of her great autumn rides thru the Berks/Chester area

- Aug 11 Veteran Service Canines Ride
Starts at Marietta Legion; 5 stops including the Veteran Service Canines Training Center
\$10/bike, Reg opens 11:00; KSU 1:00
- Aug 19 “Raising Hope” art & music fest, Ag & Industrial Museum, York City; \$10, contact HOPE for tickets & details
- Aug 25 CATRA (Capital Area Therapeutic Riding Assoc.) Miles for Smiles Ride
PLACE: Shellsville VFW picnic grounds
KSU: 10:30
Reg opens 8:30; \$25 inc. coffee & donuts, 60-mi scenic ride, lunch, music, door prizes
(Passenger \$20; Meal Only \$15)

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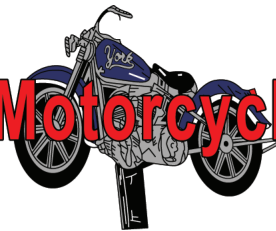


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