

Our Chapter Website is: <http://www.womenontheedge.info>.

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Women on the Edge is a chapter of Women On Wheels® out of western Wisconsin & southeast Minnesota



WOMEN ON THE EDGE CHAPTER NEWSLETTER



A VIEW FROM THE EDGE OF THE CHAPTER DIRECTOR'S SEAT

Greetings from Arizona! Normally I would say "sunny Arizona" but that sure hasn't held true this holiday season. Last night we had freeze warnings and it has been cold. Okay, not Wisconsin cold, but after 5 winters here and at my "advanced age" I am embarrassed to admit that I am freezing.

I've been here a month (since I returned from Hawaii; I no sooner arrived in Arizona than I had to fly to my brother's almost immediately to help him out with his Christmas art show and some doctor appointments – sad situation but that's another story for another time). So have only been on a few group rides and put less than 400 miles on the bike so far. BUT, on the last ride my "Baby Girl" turned over 100,000 miles! So proud of that bike. The temps that day ranged from 42-52 degrees and it was mighty chilly. I know, I'm a wimp, but that's the way it is these days.



The previous rides (to Tortilla Flats and Bartlett Lake) were sunny & about 10 degrees warmer. Here I am with the North Phoenix Cruisers at Bartlett Lake.

(It looks like my zipper is open but that's just my keys hanging from my belt loop 😊)



I'm also embarrassed that I failed to produce a Nov/Dec newsletter. Lots of reasons but no good excuses. Except one, nobody took any pictures at the Annual Chili Dump, so had little to fill the pages. Am trying to get back on track now and am working on updating the chapter website as well.

If you happen to be reading this on the web site at <http://womenontheedge.info/> then that means I'm making progress! You can also read the minutes for the November meeting there as well.



I just registered for the 2019 Ride-In online and made my reservations at the Ramkota Hotel in Casper WY. If you haven't had the opportunity (or maybe the courage?) to do a long-distance motorcycle trip, I highly recommend not waiting any longer. You will have experiences you never imagined, become one with your motorcycle, learn that you can dig deep and overcome, and make memories that will stay with you long into old age. Why not make the 2019 WOW Ride-In in Casper Wyoming your destination? Take the plunge - you won't regret it.

UPCOMING EVENTS: Our chapter events are now on the calendar on our [chapter web site](#). You can change the calendar view from "Month" to "List". I prefer "List" view but wasn't able to figure out how to change the default.

STATE SCHEDULE: [Attached](#) is the 2019 schedule for our 3 Wisconsin chapters. Many thanks to Sue Frish of the Dairyland Originals Chapter for putting this together. A link to the State Schedule is also available on our web site on the "About Us" page.

ALL MEMBER BIRTHDAY BASH

May 19th: I'm really looking forward to our Spring Semi-Annual Meeting and All Member Birthday Bash at the [Osseo Northwoods Brew Pub](#) at 11:00. Won't it be great to see everybody again after the long winter? If you wish to participate in the random gift exchange please bring a wrapped present

(\$20 or so). The weather can be iffy in May, so don't let that stop you from coming. Please save this date and make it a point to be there whether you come on 2, 3 or 4 wheels.

BAGC: BIKERS ANNUAL GOOFY GOLF CLASSIC

June 2nd: [Lark Toys](#) in Kellogg MN - Amy N will be planning a ride from the North and Linda will arrange one from the south. We will meet in Kellogg for lunch and a fun game of goofy mini golf. Jo always makes some pretty clever trophies for this event, and some of the "goofy" rules are pretty outrageous! Ride details TBD.

PIKES PEAK

June 22-23: This is actually a Dairyland Originals Chapter event but of course we are all invited. As you can see it is scheduled as a 2 day event but if McGregor Iowa is close enough you could just go for Saturday if you chose. Details to be announced.



WOMEN ON WHEELS® RIDE-IN

July 9-11: As I mentioned, the annual WOW Ride-In is really something special and Casper Wyoming is certainly do-able from here. Go to the [WOW website](#) to register or mail in the registration form from the magazine if you prefer. Be sure to also make your reservations at the [Ramkota Hotel](#) as the rooms are filling up fast. To do so, call the hotel at 307-266-6000 (do not try to reserve on line) and tell them you are with Women On Wheels®. Note that when you make that reservation, they will charge you one night immediately as a down payment.

REMAINING CHAPTER CALENDAR: Further details will be announced as the events approach via newsletter, email, our [chapter web site](#) and our [chapter Facebook page](#).

July 20 OR 21: Deb's Ride (TBD, probably Hager City area)

Aug. 2-4: WOW WOW Shawano WI. [See attached info](#) and make your reservations asap. (you may have to enlarge this image to read the info)

Aug. 16-17: Highground @ Neillsville (optional overnight) Lisa will make lodging arrangements – details TBD

August 29-Sept 2: WI Northwoods Ride: WOW member Petra (from Rhinelander) will host – details TBA

Sept. 15: Linda's Ride - *Septoberfest*, Wabasha – details TBD)

Oct. 6: Laura's Fall Color Ride (TBD)

Nov. 2: Fall Semi-Annual Meeting, Chili Dump & White Elephant Auction @ Jo's in Winona

PAST EVENT

Chili Dump, White Elephant Auction & Semi-Annual Mtg.

Despite the lack of pictures to prove it, we had a nice turnout (10), delicious chili, a successful auction (\$117) and a darn good time.

We elected new officers, well, not new exactly. 😊 Linda Stone remains Chapter Director and Jo Johnson is still your Treasurer. New member Lisa Herman volunteered to be our Social Coordinator and Deb Althaus continues to be our Safety Officer. Amy R. agreed to accept Linda's appointment once again to be her Assistant Chapter Director.

Our 2019 chapter charity will again be [S.A.V.E](#) (Suicide Awareness and Voices of Education), supporting member Amy Nordahl as she rides Hwy 2 from coast to coast for the cause. The significance of the highway number is that suicide is the #2 cause of death of our youth today.

The FunTest winners were:

1st Place: Jo Johnson – with an impressive 197 cemetery photos

2nd Place: Kathy Regnier – with an equally impressive 161

Random Drawing Winner: Laura Grob

The 2019 FunTest theme will be "Say Cheese"; cheese or the word "cheese" must appear on the business (store, creamery, etc.) or on its' sign.

Safety Corner

Deb Althaus #5592 Safety Officer

I had a request for articles on solo touring from our last meeting in November. In the next months I will post articles on the subject as I find them. Ride Safe!

Tips For Solo Motorcycle Touring

By Jim McDermott The Lost Adventure.com

1) File a daily "Flight Plan" with friends and relatives. When you're putting in big miles in unfamiliar places, especially in remote areas, it's a good idea to give friends and family an idea of where you'll end up every day, and when you'll be checking in. At the least, this will give your loved ones a sense of ease about you riding alone. As riders, we often discount the concerns of others, because we know the rewards of motorcycling. But if we do have some issue, out on the road alone, it's wise to have someone back home who's thinking about us, and who can reach out if you don't check in after a reasonable amount of time. 99 times out of 100, the "Flight Plan" helps our families feel better more than it helps us. But you never know.

2) Start early, finish early. When we're on the road, we like to be up at 6:00am, shower, breakfast, pack and on the bike by 8am (earlier if possible). It's an incredible feeling watching the world wake up from the seat of a motorcycle, and if you're planning to do big miles, the earlier you start, the earlier you can finish. As a rule, we are off the bikes before dusk, certainly sunset. Why? Well, dusk is when critters like to run out in front of bikes. The changing light can also make it harder for drivers to see you, and it's harder for you to see road hazards. Pull into a town in the late afternoon, choose a place to stay at leisure, park the bike, get a quick nap and shower, dinner early, bed by 10pm. That's a recipe for being fresh on the bike, getting in some good miles, and staying safe.

3) Earplugs. Always wear earplugs, not just to protect your hearing, but to dramatically reduce fatigue. Helmets are noisy places, especially at higher speeds on bikes without big windscreens. Your brain tries really hard to process all the wind noise and determine if there's anything important in there it needs to hear, which is an ongoing mental strain. Earplugs cut out most (not all) of the noise, and once you get used to them you can actually hear what's going around you much better. One real area of benefit is your increased ability to hear any mechanical noise coming from your bike, which is a huge safety plus. Note: we don't recommend custom earplugs with audio

capability for MP3 players or phones. In our opinion and experience, they are distracting and you end up cranking the volume up to compete with wind noise and can damage your ears.

4) Use technology to regulate your body temperature. There have been tremendous advances in cooling and warming technologies for riders, so there's no need to suffer in the heat or cold weather. From Coolmax underwear that wicks moisture away from the skin, to lightweight base layers of merino wool that provide warmth with maximum mobility, you don't even need power to stay cool or warm. Of course, if you're riding in the early spring or late fall (in America), an electric vest is a very nice thing to have. We love [Gerbing](#) products. And if you need to stay cool in the summer months, we recommend a cooling vest by [Silver Eagle Outfitters](#). *(Deb's note: there are many places as discussed in previous articles of where to purchase cool wicking clothing. Amazon is a good place to review the cooling items).*

5) Inspect the bike regularly. It's critically important that you are aware of any mechanical issues your bike might have before you start it, ESPECIALLY on a long distance, solo ride. So check your bike in the morning before you start it, check it when you wipe it down when you park it for the day, and check it when you fill up, when you stop for lunch, for a photo.....often! The main things to check are: tires – tread ok, no cords showing, no punctures, nail heads? Check chain and sprocket for any kinks, broken teeth, metal shavings? And leaks beneath the bike, any oil or anti-freeze on the cases of the bike? Especially with suspected leaks, clean the bike, start it, let it sit and run for a minute, check again. Take care of your bike and it will take care of you.



6) Travel light. When we first started touring, we had a tendency to over pack. We brought all sorts of gadgets and farkles, so much stuff our bags hardly had room for a change of clothes. Now when we tour, we can go out for three weeks with one small bag. How do we do it? Well, we stick to the essentials, iPhone with a charger, wallet, maps, and led flashlight, multitool, couple of pairs of underwear and socks, jeans and a few t-shirts. And a microfiber towel for cleaning visors and windscreens. A first aid kit, and a damned good noir detective story. Call us salty, but everything else is a waste of space. Leave the crap at home! Traveling light is liberating and it takes way less time to pack and unpack the bike twice a day.

7) Paper maps and GPS We absolutely HATE GPS units attached to bikes. They're distracting and we've seen way too many close calls when people are screwing around with them instead of watching the road. This behavior can be especially dangerous in a group riding situation. Instead, we recommend getting the Google Maps (or your preferred GPS app) for your phone, and using it *only* when you're off the bike. And we love paper maps, because you can visualize a much greater area than the area of any GPS screen. Paper maps actually make a GPS unit far more useful, and they fit nicely in a tank bag. Also, they don't cause you to swear for 1/2 hour when a clamp comes loose and they bounce down the pavement at 70mph, unlike a GPS unit!

8) Eat smart. You know that food coma you get after lunch every day, the one you try to fight off with an espresso, black coffee or some awful energy drink? You don't want to fight that fight on a bike, so you need to think differently about what you're eating when you're riding. It's hard to resist that slice of pie when you're in some cool little diner, especially if you don't have a mate there to remind you not to eat it! We try to have a reasonable breakfast, eating heavy carbs like pancakes or potatoes in moderation. Lunch should be light, and daytime snacks should be healthy energy like fruit, granola or yoghurt. An early dinner is where we splurge – steak, pie, beers.....you're off the bike and you've got a couple of hours to digest your food before bed. Eat a big meal just before bedtime and you'll have a rough night's sleep. We usually have dinner and then go for a long walk back to the motel, maybe a swim if it's summer in the motel pool. Of course, alcohol in extreme moderation, nothing is worse than a big mileage day with a hangover on board.

9) Hydrate smart. Very few of us drink enough water every day, and this is a mistake you cannot make on a motorcycle. Dehydration even in its early stages induces fatigue, and as it progresses you can get headaches, muscle pain, nausea, and pass out. None of these things are good on a bike! It sounds like a cliché, but in the warm weather, if you wait until you're thirsty to take a drink of water, you're already too late. You need to drink a liter an hour in hot weather, so plan ahead and bring enough water to supply you if you aren't near a service station. Also, don't forget that you need to drink water in the cold weather too, as conditions are typically very dry.

10) Use social media to enrich your trip for yourself and others. If you don't have a Facebook, Twitter or Instagram page, consider starting one before your trip. Friends and family will enjoy following you on your journey, seeing what you're seeing every day. A huge side benefit to this is that some of the people following you may have traveled in the same places you're touring, and can suggest places to eat or stay and things to see (as well as things to avoid) while you're there. You might even have friends come out to

meet you along the way. And it's easy enough to upload photos, videos and status updates to any of these sites with your smartphone. Trust us – it will make your tour more fun not only for you, but for your social circle as well.

11) Make your emergency contact and medical information easily visible. If for some reason you become unable to speak, the people trying to help you will need to know what if any medical conditions you have, including prescriptions and allergies, and also who to call. They'll look for a medical bracelet first, but if you don't have one, how will they know how to properly treat you if you need help? The best way we've seen to deal with this is via a small pouch that sticks to the outside of your helmet, and includes a form inside that you fill out with the relevant information. This way emergency personnel can get your details before they even remove your helmet. Some riders we know just write their information down on a small piece of paper, then cover it with see through waterproof tape and stick it on the back of their helmet.

(Note from Editor: I just love Deb's articles. Having done a lot of touring I already know much of this, as you probably do, but we all need reminders now and then – and this article has some great tips, a few that I should implement before my next solo trip, or even day ride!)

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WOMEN ON WHEELS® MISSION STATEMENT

To unite all women motorcycle enthusiasts for recreation, education, mutual support, recognition and to promote a positive image of motorcycling.

All Women on Wheels® members are welcome to participate with any chapter in all chapter functions. Guests are more than welcome also. We encourage all guests to join Women on Wheels®, as membership is required for continued chapter participation and because only WOW members are protected under our insurance plan. Application forms are available in the WOW magazine or from any chapter officer.

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