



®

# Motorcycle Club

JUNE  
2018

TUCSON  
AREA

**Monthly meetings: 2nd Sunday of each month -- Golden Corral,  
6865 N. Thornydale Road, Tucson, AZ**

**April thru September 8:00 am October thru March 9:00 am**

FOUR CORNERS REGIONAL DIR: JUDY AND LEE AITKEN 520-293-2932 tzatrading@aol.com

TUCSON AREA REP: JEFF & CECILIA MURCH 520-603-3579 tucsonarizonarep@aol.com

ASSISTANT AREA REP: Rebecca Hartman awenutes@aol.com

SOUTHERN ARIZONA RETREADS WEBSITE: www.Tucson Motorcycle Club.com or AZ Retreads.com

The Retreads is a club for motorcycle enthusiasts 40 years old plus. We don't care what you ride. Membership is \$15.00 per single and \$20.00 per couple. Members may submit information about rides, items for sale, motorcycle articles, etc. no later than the 1st of the month to the newsletter editor: Mary-Ellen Tyndall, TucsonRtrdNews@aol.com. The Tucson Area Rep. and the newsletter editor reserve the right to edit all materials submitted for newsletter publication.

## RIDE SCHEDULE

### June Rides

**Saturday, June 2, 8 AM** Breakfast at American Legion Post 109 (15921 S. Houghton Rd., Corona De Tucson).  
Contact: Dwight Irwin 520-574-9670  
or [keek9553@gmail.com](mailto:keek9553@gmail.com)

### Wednesday, June 6, 8AM

Breakfast ride to Skyriders Coffee Shop, (11700 W. Avra Valley Road, Marana, AZ. 520-682-3046). Meet at Park & Ride Lot at I-10 and Ruthrauff Road. Contact: OPEN

### Sunday, June 10, 8AM

Regular monthly meeting @ Golden Corral (6865 N Thornydale).

### Wednesday, June 13, 8AM

Breakfast ride to Sunnyside Up, (15800 N. Oracle Road, Tucson, AZ. 520-818-1083). Meet at Park & Ride Lot at I-10 and Ruthrauff Road. Take I-10 to Tangerine, east to Oracle, North towards 77/79. Contact: OPEN

### Saturday, June 16, 6AM

Breakfast ride to Horseshoe Café (154 E. 4<sup>th</sup> St. Benson, Arizona 520.586.2872) Meet at Chevron, I-10 and Wilmot. Contact: Jeff

Murch 520.603.3579  
or [TucsonArizonarep@aol.com](mailto:TucsonArizonarep@aol.com)

### Wednesday, June 20, 7AM

Breakfast Ride to White Horse (309 McKeonwn Ave. Patagonia, Arizona, 520.394.2344) Meet at Chevron, I-10 & Wilmot. Contact: OPEN

**Saturday, June 23, 7:30 AM** Breakfast ride to Richie's Café (9700 W. Ajo Way, Tucson, AZ 520-444-7467). Meet at AM/PM, Benson Hwy & Park Ave. Contact: OPEN

**Wednesday, June 27, 6:30 AM** Breakfast ride to Buckboard Cafe (1111 W US Highway 60, Superior, Az. 85173 520.689.5800). Meet at Chevron, Oracle & Magee. Contact: OPEN

### Saturday, June 30, 6:30

Breakfast ride to Patio Cafe (270 American Ave, Oracle, AZ85623 520.896.7615). Meet at Chevron at Oracle and Magee.  
Contact: OPEN  
520.574.0961) Meet at 8AM  
Contact: Dwight Irwin 520-574-9670  
or [keek9553@gmail.com](mailto:keek9553@gmail.com)



June 6  
D Day 1944



June 14  
Flag Day



June 17  
Father's Day

## July Rides

**Saturday, July 2, 8 AM** Breakfast at TTT (5451 E. Benson Hwy, Tucson, AZ 85756 520.574.0961) Meet at 8AM

Contact: Dwight Irwin 520-574-9670 or [keek9553@gmail.com](mailto:keek9553@gmail.com)

**Wednesday, July 11, 7AM**

Breakfast ride to 3 Points Restaurant (9470 S. Sasabe Hwy, Tucson, AZ 85736 520.908.0770). Meet at AM/PM, Benson Hwy & Park Ave. Contact: OPEN

**Sunday, July 8, 5:30AM**

Regular monthly meeting

@ Golden Corral

(6865 N Thornydale) @ 8AM. Ride before meeting meet at AM/PM Benson Hwy & Park. Ride Saguaro West, Picture rocks.

**Saturday, July 14, 5:30AM**

Breakfast ride G-Ma D's Cafe (100 S. Haskell Ave. Willcox, AZ. 520.766.0471) Meet at I-10 and Wilmot

Contact: Jeff Murch 520.603.3579 or [TucsonArizonarep@aol.com](mailto:TucsonArizonarep@aol.com)

**Wednesday, July 18, 6AM** Breakfast ride. Reb's Café (1020 W. 4<sup>th</sup> St. Benson, AZ 85602, 520.586.3856) Meet at Chevron, I-10 & Wilmot. Contact: OPEN

**Saturday, July 21, 6 PM**

Gaslight Theatre. Gnatman. Need to know who is interested so we can purchase tickets ahead of time. Contact: Jeff Murch

520.603.3579 or [TucsonArizonarep@aol.com](mailto:TucsonArizonarep@aol.com)

**Wednesday, July 25, 6:30AM**

Breakfast ride to Sunny D's Restaurant (424 N. Huachuca Blvd, Huachuca City, AZ. 520.255.7468). Meet at Chevron I-10 & Wilmot Contact: OPEN

**Saturday, July 28, 7PM**

Desert Museum at Night. 2021 N. Kinney Rd, Tucson, AZ 87743. 520.883.2702). Open until 10PM. Meet at AM/PM, Benson Hwy

& Park Ave. Contact: Jeff Murch 520.603.3579 or [TucsonArizonarep@aol.com](mailto:TucsonArizonarep@aol.com)

**Please call the contact names indicated for each ride if you are going to participate. Times Shown are**

**Departure Times. Be Fueled up and Ready to Go**

2018 Western Pennsylvania Rally – Preliminary info. Rally Dates: July 16 - 18, 2018 Location: Quality Inn & Suites Conference Center located at 8040 Perry Highway, Erie, PA 16509. The rooms have two queen beds or one king bed. There are plenty of 1st floor rooms The rate is \$65.00/night plus tax for 1 –4 people. Breakfast is included. The hotel phone number is 814-864-4911. Mention Retreads to get that rate. Early registration Sunday afternoon.

### Tucson Arizona Retreads Notes-May 2018

Roger Deevers brought to our attention the E15 fuel issue. It is making the rounds and it has the backing of several organizations. E15 is 15% Ethanol which our vehicles and motorcycles are not designed to run with this much alcohol in the fuel. It can be a safety hazard as the fuel can stratify and the ethanol can be the only fluid running through the fuel system (typically your vehicle will stop—not necessarily at the best time—as you could be in the middle of traffic, on a highway..just about any- place). Read up on this issue and write or call your representatives to voice your objection to this fuel.



Dave Oman won the 50/50 raffle and the job of 50/50 seller at our June 2018 meeting.

Edna Piper sent out cards last month and a few more came up this meeting. Our condolences to Phyllis "Rusty" Ness on her Husband Bob's passing. Also we hear that Dusty Samouce will be recovering from hip replacement surgery. Our best wishes to him on a speedy recovery.

Judy and Lee reminded us that the 4 Corners rally is June 28 to July 1, 2018 in Richfield, Utah. Registration was sent to all members.

## New Business:

We have 158 members. We distributed the phone listing however we found an error; at the meeting we made the corrections. I will send to the group but please check the list and send any corrections to Cecilia. TucsonArizona-Rep@aol.com. I will post to our members only area on the website.

Lee and Judy are making their "Run for the Wall" motorcycle cross country trip. They will be at the Marana Chevron station on May 17<sup>th</sup> at 9AM. They depart at 9:36AM. If you want to come out and watch the group (by all accounts quite the impressive sight-the sheer volume and precision to fuel all these motorcycles in such a short time is amazing) fuel and ride in formation, all are welcome.

We voted and passed two items. First we will be providing \$100 to the St. Joseph International Rally from the Arizona Retreads group to use as door prize (they can split it or give it as a single contribution). We will also provide the same amount to the 4 Corners Rally for their door prize(s). Secondly we voted to sell the "camp" trailer that the club owns. It has been stored at Jerry and Sandra Pancost's home for the past 15 years (or more). Whatever funds we receive from the sale will be put into our treasury. It was noted that it probably is not going to be a big sale as brand new trailers are relatively inexpensive and ours has been sitting for quite some time.

As always this is OUR club/group and together we make it ours. Cecilia



### Safety Concerns

**Roger Deevers, Safety Officer**

**Things to Remember When Riding  
In construction Zones**



Having worked on a road construction project it gave me a greater respect for those individuals who are out there on the job. Some drivers think it is funny to wiz past road workers or veer toward them to give them a scare. Having experienced some of those jokers it induced me to always give wide berth to road workers and ease past at a respectable speed.

Road construction season and motorcycle season always coincide throughout the year. Warm weather, of course, means you'll see more construction zones when you're out for a ride. You're no stranger to the bright orange work signs of a construction zone that tell us all to slow down and use caution. It's an essential warning as you travel through these zones, especially for motorcycle riders.

With uneven roads, loose gravel, or even debris littering your path, it's no surprise that motorcyclists need a heightened level of awareness in construction zones. One slight mistake and you could be seriously injured in a motorcycle accident.

#### Look Out for Work Zone Hazards

For bikers, any change to the road's surface could mean serious consequences. Since construction zones roads are constantly changing, it's important to keep an eye out for the following road hazards:

- Rocks, debris, or loose gravel in the road
- Drop-offs and uneven pavement
- Exposed manhole covers
- Shifting lanes
- Pooling water

- Traffic stopping suddenly
- Workers near the road
- Areas without shoulders

And more

Poor road conditions, negligent drivers, and poorly marked road changes can pose serious dangers for motorcyclists. Road awareness is extremely important when riding through work zones. Restriction are usually posted when entering a construction zone.

Construction zone violations are different from state to state. In many states a fine doubles if you're cited in a marked construction area and that admonition is usually posted when entering the work zone. If you are being pushed by a tailgater pull off at your first opportunity and let that person get the citation. Keep up those good habits and ride safe.

## Ride Reports

### Wed. May 2.

7 Retreads on 7 bikes followed Lee Davis to what was supposed to be lunch at Cindy Lou's Roadhouse in Elfrida. Turns out, this place is no longer in operation. However, we did stop and have lunch at the Kountry Kate also located in Elfrida. This is a very small establishment and would not support a large group in the future. The food was very good and our waitress April gladly accepted our harassment with a big smile. The other diners were very friendly and we laughed and joked with several of them. Unfortunately, soon after we departed Tucson, two of our riders came up missing. We turned around and looked for them but was not able to find them. The two riders were Denny Stone and Fritz Henning. At the time of this writing, I don't know what happened but will probably learn at the monthly meeting on Sunday. One thrill of the ride was when a mountain lion ran across the rode in front of me as we rode south on Wilmot. Tom Golding was the other rider besides me that saw it. We also saw several coyotes and a herd of pronghorns. The riders were as follows: Louis Letz, Roger Deevers, Dennis Johnson, Tom Golding, Denny Stone, Fritz Henning and Lee Davis. Even though it was colder than it has been (60s) we all had a great ride. Submitted by Lee Davis



### American Legion Breakfast - May 5, 2018

We had a 14 people for breakfast. It was Dwight Irwin's Birthday! We all had good conversation and meals. The "Blob" was the featured special and it won rave reviews from the Retreads. The weather was great (the heat was not on too hot at 8AM) and we saw lots and lots of bikes. We all had a special treat when Dwight and Carolyn's daughter April came in and announced "I know YOU!" directed at her parents. We adjourned and few members were planning a spin up to Mt. Lemmon. Cecilia

### Ride after meeting (May 6, 2018)

4 people, 3 bikes braved the warmer temperatures to go to Oracle to Highway 79 then over to Park Link and back to Tucson via freeway. By the time we were back on I-10 it was close to 100+. Enjoyed the ride and glad to be home. Dave Oman suggested a ride to Picture Rocks through Saguaro Park and over Gates Pass. We apparently were too slow getting out to the parking lot (9:01) and he was off. Not sure if anyone went with him but I am sure it was a beautiful ride too. Hopefully he will send in a ride report. Cecilia

**4 Bikes and 6 Retreads made the windy, beautiful ride to Casa Grande** "The Big House Cafe" for lunch. We took the back roads through Florence over to Casa Grande. The winds kept the ride coolish (90's) and pleasant. The Saguaros were just beginning to bloom and made for a beautiful landscape. We arrived just before 11 and waited for a table. The place was packed. We enjoyed conversation and the time passed quickly. The portions were huge and service was good. We came home I-10, short and quick however the winds were strong. We missed the 2 who recommended this ride (Roger and Van). Happy Riding to all. Cecilia



PS. We received a call from Dave Piper--He finally is the proud owner of that new Red Honda Goldwing!



## Lunch Ride May 9

Today's ride was a lunch ride scheduled to La Casita Cafe in Globe. However, I was the only rider to show up. I made an executive decision to ride to Mt Lemmon instead because it would be cooler. I contacted Tom Golding and asked if he would join me. He agreed and I met him at his home. We rode to the top and ate lunch at the Old Sawmill restaurant. We observed that about 80 percent of the Saguaro were in bloom. It was nice to see that. When we arrived on Mt Lemmon the temperature was 78 degrees. When we departed it was 82. When we reached the bottom, it was 105 degrees. I was glad to get back home in the AC. Reported by Lee Davis



## Lunch Ride May 16



Los Agaves was the stopping point for our lunch ride. Good food and a time to tell stories and exaggerated versions of each. Meeting at Park and Benson we had a beautiful 88 degrees after lunch it did climb to 94 so it got a little warm. That's the time of the year. We had 8 folks on the ride, Lee, Jack, Dan & Aina, Fritz, Louis, and Sue and me. Everyone went their own way back to get out of the heat. Submitted by Judd Starr

## Wednesday, May 23rd

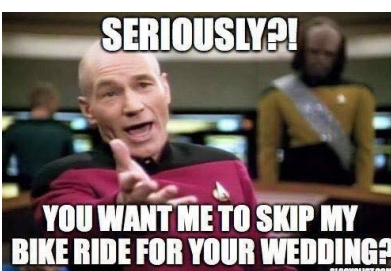
Two riders, Tom Golding and Lee Davis rode to The Cafe for lunch. The restaurant is located on Highway 82 Sonoita. The ride was beautiful with blue and cloudless skies. Temperatures were in the mid 80s with a slight breeze that made the ride comfortable. We saw a few pronghorns near Sonoita. The food was good and the staff very friendly. We both enjoyed the day. Missed you Snowbirds. Submitted by Lee Davis

## Run To The Wall

We are in D.C., visiting all the memorials to our veterans who have made the ultimate sacrifice with their lives for us to be able to be free.

This is what Memorial Day is about, it is remembrance of all who gave their lives serving and fighting for our great country. It is not about BBQ's, parties and store sales.

RIP to all the men and women whose names are on memorials and headstones. Lee & Judy Aitken



Thanks Judy for the jokes

## Hundreds of Motorcycle Riders Plan to Stop in Santa Fe on May 18

### Run for the Wall Participants Hosted by Local Harley-Davidson Dealership and Pueblo of Pojoaque

SANTA FE, NM – May 10, 2018 – With names like Biker Daddy, Honey Badger, Sweeper and Squid, hundreds of motorcycle-riding patriots will proudly ride into Santa Fe Harley-Davidson on Friday, May 18. They won't be stopping for service appointments or to admire a new model, according to local authorities. Instead, this is one of many stops as they make their way from Ontario, CA to the Vietnam Veteran's Memorial in Washington, DC during the 30th annual Run for the Wall.

Run for the Wall (RFTW) is a national non-profit organization which dedicates itself to promote healing among all veterans, to call for an accounting of all Prisoners of War (POW), those Missing in Action (MIA) and to honor the memory of those Killed in Action (KIA) from all wars. "We Ride for Those Who Can't" is the theme for this fiercely dedicated group.

With an age range from 18 to 80, participants include father and son teams, husbands and wives, veterans from World War II, Korea, Vietnam, Desert Storm, Iraqi Freedom and Afghanistan, active duty military, supporters, friends and family.

According to Steve Berniklau, RFTW's Central Route New Mexico State Coordinator and the 2018 Staging Team Lead for the Central Route, an anticipated 750 motorcycles will stop at the Santa Fe Harley-Davidson dealership for lunch, mingling with the community, an exchange of patches, and a short ceremony honoring their mission. They will arrive at 12:30pm and depart by 2pm, Berniklau added.

The Pueblo of Pojoaque is sponsoring a traditional New Mexican lunch of Frito Pie and Potato Salad, and the New Mexico State Police are providing riders with a border to border escort along the route.

"We don't give political speeches or stage demonstrations," Berniklau said. "RFTW gets its message to the public by riding across the United States: Coast-to-Coast. We obey traffic laws and treat all citizens with dignity and respect. The issue of public awareness is only part of the reason RFTW exists. We also give Vietnam Veterans and all Veterans the opportunity to receive their own 'Welcome Home' and start their healing process."

Santa Fe Harley-Davidson invites all members of the community to welcome and honor the RFTW riders at the dealership on May 18. There is no cost to attend.

**About Run for the Wall:** <https://rftw.us/>

Run For The Wall® (RFTW) was started in 1989 by James Gregory and Bill Evans, two Vietnam Veterans who traveled across the heartland of America on motorcycles. They talked to local radio, TV and newspapers about the thousands of men and women still unaccounted for from all wars. The need for this awareness continues today and we carry on this tradition every May. Motor Sports

Ed note: Our own Judy and Lee Aitken may have stopped there.





## How Motorcycle Riding Improves Physical Health

This blog post is dedicated to every rider who's sick to death of those "motorcycles are so dangerous" conversations, to every mother who's convinced her son or daughter is insane for riding, and for anyone who needs a really good excuse to go out and buy a bike. The bottom line is that riding a motorcycle is a form of low-impact exercise that improves muscle tone, can assist with weight loss, and has a multitude of health benefits. These health benefits include but are not limited to:

- **Healthier, stronger knees and thighs:** A well-known orthopaedic surgeon in Indy once told me that motorcycle riders have fewer knee problems because riding a bike strengthens key muscles used to hold the patella and other bones in the knee in place. He told me that riding a motorcycle may reverse knee pain and problems and can most definitely prevent them. Most of the key muscles used to hold knee bones in place reside in the thigh. Ever notice that chicks that ride bikes have nice thighs? There's a reason! Additionally, backing a bike into a parking spot, especially uphill, is basically like doing leg presses with a 600 pound weight. It works!

- **Improved core strength:** Again, all of the activities involved in steering a bike, moving it at slow speeds, etc., serve to strengthen muscles in the abdomen. It's more fun that situps!!

**Increased insulin sensitivity:** Because riding a motorcycle is a low-impact form of exercise, people who ride have improved insulin sensitivity for up to eight hours after a ride. Improved insulin sensitivity has a profound impact on weight loss, because insulin is a fat storage hormone. Having improved insulin sensitivity means your body will produce less insulin to counteract carbohydrates or to lower blood sugars, which means your body will be signaled to store less fat. The improved insulin sensitivity is also of great importance to anyone with Type 2 diabetes. (See my post, [Diabetes and the Art of Motorcycle Riding](#) for info on how riding a bike significantly lowers blood glucose levels.)

**Calorie burning:** Riding a bike burns calories. Period. Getting everything ready for a ride takes time and burns calories, but there's more. Think about it ... it requires effort while riding to maintain balance, shift, brake, control the clutch, battle headwinds, etc., and that's AFTER you burn calories backing the bike out of the garage! Riding into a headwind burns a significant amount of calories as your body tenses muscles to fight the wind and stay on the bike. This constant resistance exercise not only burns calories but serves to strengthen those muscles, which ultimately increases your metabolism. Additionally, the physical effort exerted while turning, especially at higher speeds, can be significant. Folks who ride motocross or race motorcycles can burn up to 600 calories per hour; the rest of us burn around 200-300 calories per hour. Not bad! (Note to passengers: You burn zero calories per hour while riding passenger on a cruiser, and potentially up to 50 calories per hour while riding passenger on a sport bike. Maybe it's time to consider getting your own bike!)

- **Improved neck strength:** This one is limited to those riders who wear helmets and those who have taken the time to properly fit themselves to their bike with the correct handle bars, seat, foot pegs, etc. Riding a bike that doesn't "fit" well can actually cause back pain and destroy proper alignment. Make sure your bike fits you! Wearing a helmet for a few hours a day would strengthen your neck whether you ride or not. Wearing it while riding, especially if you don't have a windshield to shelter you from the wind, requires significant strength. I'm happy to say, much to my chiropractor's chagrin, I was able to reverse whiplash simply by riding my bike and wearing a helmet. (I never ride without one.) Strengthening my neck muscles served to pull my neck vertebrae back into alignment and back into the proper curvature. That is a therapy I can live with!!!

**Mental outlook:** Motorcycle riders usually report returning from a ride feeling energized and happy. Many riders refer to their motorcycle as their "therapist." Riding a motorcycle has a wonderful way of releasing endorphins that serve to boost mood and improve outlook. The time spent on a bike also provides valuable sun exposure, known to increase Vitamin D levels which are known to be powerful mood enhancers. Additionally, the hours of alone time spent on the back of a bike either allows folks to completely escape from their problems or allows them to work through problems and consider issues from different perspectives. I know more than one rider who hops on their bike and takes a ride when they have an issue needing consideration. (This does not, of course, apply to issues causing great distress.)

That's it! Riding a motorcycle has definite health advantages, both physical and emotional. As always, ride smart. Get thoroughly trained before starting to ride and then take time to practice on back roads before hitting main thoroughfares. Take your time and don't try to beat lights or get in front of slow drivers. As always, NEVER drive while under the influence of alcohol or drugs. Even one beer can affect reaction time enough to impair shifting, clutch operation and turning ability. Just don't do it. I'm off to ride. Have a great day! From Judy Aitken



Retreads tee shirts are for sale.

Without pocket is \$15.00

With pocket is \$17.00

Extra \$2. for 2X for either

These prices are for long sleeve or short sleeve. See Cecilia or Jeff



2012 Red/Silver Goldwing with color matched 2015 Motorvation Friendship II Side Car and 19cu ft Neosho trailer. 24,500 + miles. Well maintained, garage kept, this bike is ready to go. Side car has convertible top, tonneau cover, 10 gal gas tank. Too many accessories to list. Located at Bikes Trikes & More in Show Low, Arizona, Phone 928-532-0023.



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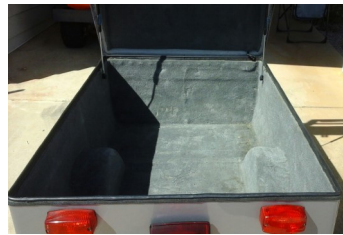
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Sandra LeVasseur 6/16

Charlie Hoover 6/19



Iris Duke 6/21

Gary Salmon 6/8

Stephen Tregoning 6/8

Glenn Yauney 6/21

A motorcycle patrolman was rushed to hospital with an inflamed appendix. The doctors operated on him and when he came round he was relieved when they told him all had gone to plan and he was going to be fine. But the patrolman kept feeling something pulling at the hairs on his chest. He was worried that something may be wrong but he was still too weak from the surgery to do anything. Eventually, he managed to pull his hospital gown down enough to check what was causing the discomfort. When he looked down at his chest he saw three wide strips of ultra-adhesive tape stuck firmly to him. Written on it in large black letters was the message: "Get well soon... from the nurse you gave the ticket to last week. I'll be round to remove the tape later." Author unknown



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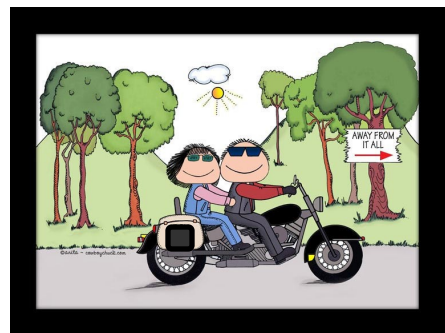
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