



RETREADS

Motorcycle Club®

July, 2022

TUCSON
ARIZONA

Monthly meetings: 2nd Sunday of each month

When: April thru September 8:00 am; October thru March 9:00 am

Location: Golden Corral Buffet & Grill 6865 N. Thornydale Road, Tucson, AZ

JUNE Meeting Minutes: *(Submitted by Judy Aitken)*

Roger Deevers talked about how important it is to hydrate this time of the year. Water is essential for the cells and organs in our bodies to function, allowing us to engage in complex activities such as riding a motorcycle and even processes we don't think about such as breathing. When humans drink enough water we feel good-our muscles cramp up less when we exercise, our brains perform faster cognitive calculations, and we digest our food more efficiently and effectively. The human body is, after all, comprised of 60% water, so water is clearly critical to a healthy and productive lifestyle. Dehydration happens when our bodies are not consuming enough water or fluids to account for the water lost.* Although our bodies process and lose water at a baseline rate that generally aligns with our metabolism, we can lose fluids at higher rates when we are sick, exercising, sweating heavily or suffering from other conditions that result in the loss of excess amounts of water. People often become thirsty, which is the body's way of saying it needs more water to hydrate the muscles and cells. Hot weather and humidity also cause the body to sweat thus losing fluids through our pores.

The symptoms of dehydration are; muscle fatigue, reduced cognitive processing, dizziness, confused or dazed states of awareness, thirst, infrequent urination and dark colored urine, and dry mouth.

Dehydration can be treated simply by consuming enough fluids to replace the amount being lost by the body. So HYDRATE, HYDRATE, HYDRATE !!!

Lee Aitken talked about the Run For The Wall that he and Judy and Roy & Lisa Woolard went on. He mentioned the number of people who went down on their motorcycles because of dehydration. Most were men, who didn't drink enough water, because they may have to 'tap out' to go to a restroom and that would be embarrassing, so they don't drink and end up in trouble. He said a lot of the Run people who came from N/W - very cool country, even coming to LA to start, drove through snow and were not able to tolerate the extreme heat going through the desert. Severe dehydration calls for immediate medical treatment due to the extreme low levels of water and oxygen in the bloodstream, and you should consult medical personnel to act quickly to avoid damage to tissues or vital organs.

This September, Antonio Arroyo is taking part in the Great Cycle Challenge to fight kids' cancer. Why? Because right now, cancer is the biggest killer of children in the United States. Over 15,700 children are diagnosed every year, and sadly, 38 children die of cancer every week. Kids should be living life, not fighting for it. So he is raising funds through this challenge to help these kids and support Children's Cancer Research Fund, to allow them to continue their work developing lifesaving treatments to find a cure for childhood cancers. Tony asked for support from the Retreads by making donations to give these kids the brighter futures they deserve. On the Retreads Facebook, there is a page to donate to help Antonio. Your support will change little lives.

Rich Gilbert made the motion that the winning portion of the 50/50 be given to the Retreads Club and then donated to Antonio's Great Cycle Challenge. The motion passed..



WHAT CAUSED THE ACCIDENT?

Accident: 1 a: an unforeseen and unplanned event of circumstance. Met by chance rather than by design.

Doesn't appear to be any "cause" in that definition.

However, what we typically call an "accident" does involve elements that contribute to the event. Although there may be some who plan to cause damage or harm and destruction, there rests "planning and design" which would be a "deliberate" and not a accident. Removing those of that ilk from our subject, we have to recognize the risk we take and plan ahead to minimize any damage to ourselves that can result from that unforeseen, unplanned event of circumstance described in the definition. Therefore dress for the wreck. By wreck, we ordinarily have the understanding that there is usually a collision involving another vehicle or a unplanned single vehicle mishap that may or may not be of our own making.

Minimizing what could happen while maintaining the enjoyment of the journey atop of our amazing creations of marvelous engineering is the goal. The motorcycle riders safety course is the best starting point. Oh, sure, many have experience from long ago but the safety course reveals many hazardous aspects not realized by just having gotten on the bike when young and zipping off down the road. Personal protective equipment and apparel first. Situational awareness and assessment of surroundings second. Maintaining full control with acquired skill third. But always remember what is first: You are.

Ride safe

Roger

ARIZONA LEGALIZES LANE FILTERING

Riders in Arizona can soon legally advance through stalled traffic. In late March, the state Senate and House approved a bill legalizing lane filtering.

The Arizona Senate Bill 1273 - - - championed by ABATE of Arizona - - - allows riders to cruise between lanes at a speed no faster than 15 mph if all other vehicles are stopped. The speed limit on the road must be 45 mph or less, and riders aren't allowed to pass vehicles using the shoulder or the median.

The law is set to take effect around mid-September. ABATE of Arizona hoped that the new rules will reduce motorcycle accidents from rear-end collisions. The Arizona Department of Transportation said rear-end crashes accounted for 30% of all motorcycle crashes in the state in 2020.

"This law has been four years in the making, but we had a really great sponsor for the bill this year with Senator Pace. He is an active motorcycle rider and it was key to have someone who understood the danger of being rear-ended. This is all about safety and nothing more than part of the plan to reduce motorcycle fatalities in Arizona" said Michael Infanzon, legislative director of ABATE of Arizona.

The Arizona law is modeled after Utah's lane filtering legislation, which recently received a five-year extension. Utah legalized lane filtering in 2018, and the practice has reportedly improved riding safety in the state. Lane filtering is also legal in California and Montana. *(From Road Runner magazine)*

2022 International Retread's Rally Report

Sign in started June 12 about 4 pm. All total about 150 folks + or - had joined in the festivities. Another great rally. Claude and Pam and all the helpers did a wonderful job and a big thanks to them. There were Beautiful rides (as Dave Piper said many times). The scenery in North Carolina and Tennessee is just something else. And the curvy roads were wonderful to ride. The Tail of the Dragon lived up to it's reputation as usual. The Blue Ridge parkway gave many great views as well as great riding. While I lead a ride to the Wheels Through Time Motorcycle Museum in Maggie Valley NC on Monday the 13th. Sue worked in the hospitality room. It opened at 10 and lunch was at Country Vittles down the road at 12 noon. 2 hours was not enough time for the museum, but that is a good reason to come back to the area and ride some more. Lunch was family style they served us fried chicken, chicken fried steak, white and brown gravy, biscuits, corn muffins, green beans, corn and mashed spuds. Some good eaten 😊. Most everyone went their own way back to Cherokee, some went back to the museum. Wednesday evening we were treated to an Native American meal very interesting and tasty in its own way. Thursday we had the banquet, awards, 50/50 and all the works. It was great seeing old friends making new friends and chatting with everyone we could. Next year the International Rally is going to be in Grand Junction, Colorado, August 1, 2, and 3rd 2023. hope to see everyone there. *Submitted by Judd and Sue Starr*

27 states represented along with one Canadian province. Judd Starr, Lisa Woolard and Jim Rohlman all won monetary prizes at the banquet. Jeff and Cecilia received a plaque for long distance two-up. Roy Woolard (male solo long distance) and Lisa Woolard (female solo long distance) received plaques too. International has a Facebook page. Also new president (Jim Mosely III) along with 3 new board members; Judd Starr, Kim Docter and Ron Cardin were appointed.

Grand Junction is our 2023 international rally location August 1-3, 2023. Gulf Port Mississippi is the location for 2024 exact dates yet to be determined. Work will begin on making our retreadsmc.org more user friendly and robust. Any suggestions are much appreciated. *Submitted by Cecilia Murch*



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July Ride Report

Taco Sunday June 19th. Attended by Robbin and Sandra Bruning, Steve German, Rich and Carol Prince, Roger Deevers and Dennis and Arlyce Johnson. Next Taco Sunday is July 17.

Date	Sunday, July 17th Taco Sunday
Kick Stands Up	11:00 AM
Meet location	Meet @ restaurant. Please Let Dennis Johnson know if you plan to attend.
Ride Contact	Dennis Johnson
Contact phone	520-971-5015
Contact e-mail	ddjtucson@hotmail.com
Destination	Circle S Saloon
Address	16021 W. El Tiro Road
City, Zip Code	Marana, AZ 85653
Notes	Meet at Circle S Saloon for Taco special (other food too)





Rally Planner

July 14-17th Four Corner's Rally Payson, UT

www.tucsonmotorcycleclub.com

www.retreadsmc.org



July Birthdays

Kerri Yauney	7/2	Edna Piper	7/22
Happy Independence Day	7/4	Jaci Gerard	7/22
Bear Moncrief	7/14	Donna Curreri	7/26
Mark Piedmonte	7/15	Roy Wollard	7/27
Dave Piper	7/16	Earl Rose	7/27
Verna Feltz	7/17	Maury Cornia	7/28
Barb Corio	7/18	Evan Downs	7/28
Vickie Salcido	7/18	Ken Johnson	7/29
Ron Harsh	7/21	Doris Paulik	7/31

Retread's Marketplace

The Retreads is a club for motorcycle enthusiasts 40 years old plus. We don't care what you ride
Membership is \$20 per single and \$25 per couple.

If you are a member of the AMA please send me your Member ID and expiration Date. This helps us
lower our insurance when we put on rallies and sanctioned events. If you can forward this information
it would be greatly appreciated. Jeff & Cecilia Murch

Members may submit information about rides, items for sale, motorcycle articles, etc. to the newsletter editor
TucsonRtrdnews@gmail.com no later than the 20th of each month. The Tucson Area Rep. and the newsletter
editor reserve the right to edit all materials submitted for newsletter publication.



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