

Connecting Colorado



REGION F

Friends for Fun, Safety and Knowledge

July 2014

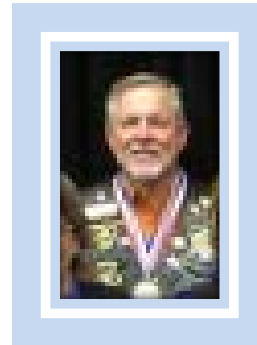
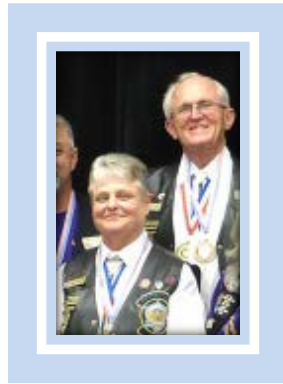
Table of Contents

What a Summer!	3
It's Time To Go Back To The Future.....	4
Colorado's Incredible Year	5
It's The Riding Season - Finally!	6
Ride, Ride, Ride!.....	8
Colorado Chapter Directors.....	9
Colorado District Team	9
Region F Team	10
District Sponsors	11



Colorado Wins At Region Convention and Wing Ding!

Colorado did it! We controlled the selections at the Region F Convention by Bob & Jan Wills of Chapter E being named Region Couple of the Year and Brian Lape of Chapter J named Region Individual of the Year. How cool is that?



Now, at Wing Ding, we **really** brought home the goodies with Chapter L being named the International Chapter of the Year.



To top off the cake, Barbara & John Pons of Chapter J and Colorado District Directors were selected as GWRRA's International Couple of the Year.



CONGRATULATIONS TO ALL OF YOU AND TO ALL GWRRA MEMBERS IN THE GREAT STATE OF COLORADO!



What a Summer!

By John & Barb Pons, District Directors

Well, the Colorado Sweep is complete: We started off with Chapter L named as International Chapter of the Year. Then, we went to the Region Convention, where Bob & Jan Wills walked off with the Region Couple of the Year designation, and Bryan Lape was selected Region Individual of the Year! Could it get any better than that?

Well, apparently, the answer to that is a resounding “yes.” Your own District Directors (Yep, that would be us!) were selected as the International Couple of the Year at Wing Ding. We are so thankful to everyone for their support in this process; it was high time that this honor came home to Region F (after 22 years) and to Colorado (after 28 years)! We couldn’t have done it without the fantastic support that we received from everyone. So THANK YOU!

And, the summer isn’t anywhere near over yet! We’d love to see everyone at the upcoming Colorado District Rally-vention, August 21-23 in beautiful Breckenridge at Beaver Run. We have a number of outstanding couples and individuals who will be participating in the selection process Thursday evening and Friday morning, so let’s make sure we’re there to root for your favorites! There will be a reception/barbecue on Thursday evening – it’s free, so c’mon up and hang out with your GWRRA family!

The presentations will be held on Friday morning, followed by our opening ceremonies and presentation of the new Couple and Individual of the Year. And then our rally will be in FULL SWING! Remember, our theme is “Back to the Future,” so watch the movie ahead of time; there will be trivia opportunities throughout the weekend with prizes, so don’t miss out on anything.

In addition, we’ll have an Amazing Race type contest, a Chapter Challenge (get your teams together NOW!), the Chapter skate/hover-board competition, on-bike games, and great Rider Ed courses (CPR/First Aid, Co-Rider, Motorist Awareness, and MORE). There will be prizes galore, but you can’t win if you don’t participate!

Finally, don’t forget Friday night’s “Enchantment Under the Sea” prom theme. Bring your 50’s attire and be prepared to have a great time, with magical entertainment from Cody Landstrom. This is a ticketed event, so make sure you get your registration in!

Information and registration forms are attached to this newsletter, so don’t delay. This is going to be a GREAT time! And, you’ll want to be present to find out where NEXT year’s rally will be held. We’ll be making that announcement during the weekend!

See you in Breckenridge!!!



It's Time To Go Back To The Future

By Cliff & Myra Childs, District Membership Enhancement Coordinators

It's time for poodle skirts, saddle shoes and the Stroll at this year's District Convention "Enchantment of the Seas" prom night. You'll catch glimpses of some of your favorites like Marty McFly, Doc Brown, Biff, and George & Lorraine McFly as they make their way to the dance floor to show us how it's done for the Stroll competition. Meet the Prom Queen/King and their "royalty" while enjoying a catered dinner and a professional entertainer and magician.

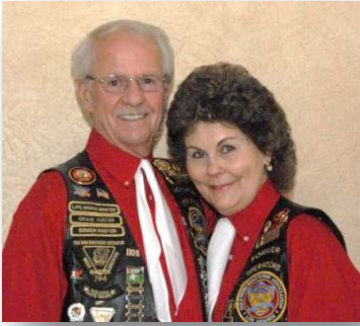
But that's just the beginning. Mike & Dorie Werner have an excellent schedule of Rider Ed classes if you need to pick up a class to move up a level, renew your CPR/First Aid certification or just sharpen your skills. Participate in one of the bike games, the Amazing Race, the Chapter Challenge, take a spin on the Motorcycle Simulator or win a trophy at the Bike Show or Light Show hosted by Chapter I. So much to choose from.....

One of our favorite parts of the District Convention is catching up with old friends and making new friends. Our first District Convention/Rally was in 2006 in Salida and, since that time, we have met so many wonderful people in GWRRA who have become our extended family.

This year, our position of District MEC has taken us to Chapter gatherings throughout the state and, everywhere we go, we find fun and caring members who immediately offer their warmth and hospitality as if they have known us for many years. As District MEC, we have the privilege of doing the "fun" stuff, and we hope you have as much fun participating in this year's Convention as we have had putting the pieces together with the other Convention planning members.

If you haven't already, take a moment to send in your registration and make sure to attend the **free** barbecue dinner on Thursday night to kick off the weekend and honor this year's Couple of the Year and Individual of the Year competitors.

See you in August!



Colorado's Incredible Year

By Rich & Donna Noah, District COY/IOY Coordinators

WOW! What an incredible year this has been for Colorado. First, we had Bob & Jan Wills selected as Region F Couple of the Year and Brain Lape selected as Region F Individual of the Year, and just this past week at Wing Ding in Madison, WI, our own District Directors, John & Barb Pons, were selected as the new International Couple of the Year for 2014-2015. What a clean sweep for Colorado!

I don't know for sure, but I would venture to say that this is the first time in any Region that this has happened. Donna and I want to take this opportunity to congratulate each and every one of them and let them all know that we are extremely proud of them all.

We have received all the résumés of all our Chapter Couples and Individuals who have chosen to participate in this year's selection process in Breckinridge. Remember, it is important that each Chapter come to support their respective COYs and IOYs. We are excited to hear their presentations; each of their résumés is great, and we are set to have a fantastic selection process. We hope to see lots of members there to support their COY and IOY.

We hope everyone is having a great summer. Take care and Ride Safe.

See you all in Breckinridge.



It's The Riding Season – Finally!

By Michael & Dorie Werner, District Educators

Following are some facts regarding motorcyclist fatalities published from the Colorado Department of Transportation for the year 2012:

Seventy-nine operators and passengers were killed in motorcycle crashes in 2012 (75 operators, 4 passengers)

- Motorcyclist fatalities represented 17% of Colorado's total traffic fatalities (79 of 472)
- Motorcyclist fatalities increased by one from 2011 (78 fatalities), but are 20% lower than the record high of 98 fatalities in 2008
- The slight increase in motorcyclist deaths corresponds with trends in overall traffic fatalities, which increased by 4% in 2012
- 28 (37%) of motorcycle operators killed did not have a motorcycle endorsement on their driver's license.
- 54 (68%) of motorcycle operators involved in fatal crashes were determined to be "at fault"
- 35 (44%) of fatal crashes involved only the motorcycle and no other vehicle
- 21 (28%) of motorcycle operators killed had a BAC \geq 0.08
- 52 (69%) of motorcycle operators killed were not wearing a helmet
- 4 (100%) of motorcycle passengers killed were not wearing a helmet

Here are ten things to stay safe and improve a better ride:

1. Try to avoid riding at night
2. Don't give in to road rage

3. Maintain a safe following distance
4. Don't tailgate or allow someone else to tailgate you
5. Ride your own ride
6. Watch out more and pay more attention on curvy roads
7. Assume other drivers don't see you
8. Be careful at sunrise and sunset
9. Anticipate situations
10. Beware of the driver turning left in front of you.

Now that the days are longer and warmer, we look forward to getting out and doing some riding. For some it's pack up and go for a few days, for others, its pack a bite and head out on the road for the day. In the second type we like to ride with others, someone to watch us and we watch them. We will call this group (team) riding. Always come prepared with a full tank of gas and an empty bladder. Be on time, well rested and alert. Discuss where you are going, how long will the ride be, who's leading and who's going to ride tail gun. Keep the groups to 5 bikes. Someone in the group should have a cell phone, a first aid kit, and some tools, just in case.

Try to ride in the staggered formation. When in curves, go to single file and space out a little more. If you do get split up, the front or lead bike should slow down and let the group get caught up to him. Everyone please remember: ride your own ride and don't feel pressured into having to keep up with the rest of the group. Ride where you are comfortable and to the best of your ability.

Riding in hot weather, can bring on the most challenge. The myth about being cooler with less clothing is actually a myth. By covering and wearing the proper riding gear you can stay cooler. Helmets protect and keep us cooler also, with the temp inside a helmet increasing by no more than 5 degrees over normal body temperature. Apply sunscreen to the back and lower front neck area, but never apply any on your face as when it gets hot it runs and could cause you to lose your sight temporarily. Start the ride well-hydrated, taking in at least a quart of liquid before departing

This does not always warrant extra stops as the body will absorb fluids. Riders who do not need to stop every couple of hours are dehydrating and should be very careful; we should also watch them to make sure that they are OK. Carry plenty of water for drinking and stop often. Read up about heat exhaustion and heat stroke, there is a big difference. With some early preparation and common sense, beating the heat is a lot better than staying home.

Our upcoming District Convention is fast approaching and we are looking forward to bringing you some training as well as the Medic First Aid/CPR Class. For those wanting to take Medic First Aid/CPR, please email us at goldwinger2@hotmail.com and we will get your name on the list. This class will be held Saturday morning, August 23rd. We will be having some fun on-bike outside games as well.

We are also bringing in the Honda Smart Trainer for everyone to try. There will be some great door prizes given away at the Rider-Ed table. In addition, we will also be able to update your Rider-Ed Levels Data Base as well as updating your safe miles.

Safety comes in Cans:
I Can, You Can, and We All Can
Rubber Down, Shiny Side Up
All the Gear, All the Time





Ride, Ride, Ride!

By Jim & Barb Griffin, Assistant Trainers

Ride, ride, ride! It's that time of year. Barb and I rode to our first Wing Ding in Madison and were able to take the "Lead Like You Ride" Seminar. You and I do so many things at home and on the job that we don't often translate to what we do or need to do for our Chapters. It takes someone else to help us put the processes or concepts together for us. Joe Price and our co-learners did that for us. GWRRA is exploring modes of delivery to get this training to a wider audience. Barb and I recommend it if you get a chance to attend.

We often hear some say, "We joined GWRRA to ride not to train." Well, I can't say what you joined for; Barb and I joined an organization whose motto is "Friends for Fun, Safety and Knowledge!" Inherent in that motto is Leadership Training, Rider Education and Membership Enhancement. Let me give you an example of how this works even though it focuses on a Rider Ed topic. A rider couple comes to Wing Ding with one group, who have plans to continue their trip after Wing Ding. The couple joins another group for the ride home on the evening before they are to depart. This "new" group has never ridden together and is a mix of trikes and motorcycles.

The ride back to Denver is made without incident or stress. How does that happen? They all have been TRAINED in group/team riding and

understand the process and concepts prior to having to put it into action. That just doesn't happen by osmosis. A successful and safe return home was based on intentional learning and application. The imparting of KNOWLEDGE by FRIENDS so that all could have some great SAFE FUN!

How does this apply to the Leadership Training Program? Being an organization made up of volunteers, GWRRA can't leave leadership to chance. Corporations can head hunt and hire great leaders. GWRRA develops great leaders through its Leadership Training Program.

There are 47 seminars in the Leadership Program, which speaks to the diversity of training available. The seminars are provided to develop new skills before they're needed or to hone skills to a finer edge. The purpose is to help us be better leaders and followers (members) for our Chapters. Quite often these skills transition to our lives beyond GWRRA. The District training days are opportunities for growth and development.

Our next training day is on Saturday, July 19th. We hope you will take a few hours out of your ride schedule to join us.

Colorado Chapter Directors

A – Littleton	Kraig & Linda White	wingnuts-coa.com	(303) 877-5709
B – Grand Junction	Charles & Gaylene Grimsley	cdchapterb@aol.com	(970) 268-5001
C – Canon City	Les & Sharon Brown	lesandsharon@bresnan.net	(719) 372-6498
E – Arvada	David & Gay Redline	cd@arvadawings.org	(303) 420-0477
G – Ft. Collins	Dick & Fran Williamson	refmwi@gmail.com	(970) 347-8855
I – Colorado Springs	Don Cruzan & Cathy Luce	directors@springswings.org	(719) 433-4875
J – Aurora	Bryan & Emma Lape	cd@gwrraco-j.org	(303) 902-8570
L – Lakewood	Fred & Linda Fisher	silverone@comcast.net	(720) 922-0789
N – Pueblo	Diana & Dave Bradley	ddndbradley@comcast.net	(719) 671-6235
Q – Montrose	Rich & Linda Fuller	director@gwrracoloradochapterq.org	(970) 874-8830
WY-B – Cheyenne	Paul & Marla Muirbrook	pmuirbrook@aol.com	(307) 514-0518

Colorado District Team

District Directors	John & Barb Pons	dd@coloradogwrra.com
Assistant Directors	Andrew & Sherry Smith	add@coloradogwrra.com
	Nick & Ginny Hoppner	madwest@coloradogwrra.com
Treasurer	Steve & Tami Bender	treasurer@coloradogwrra.com
Membership Enhancement Coordinators		
Assistant MEC	Cliff & Myra Childs	mec@coloradogwrra.com
	Christine Howland	gabngabby@aol.com
Leadership Trainers	Bob & Jan Wills	trainer@coloradogwrra.com
Assistant Trainers	Jim & Barb Griffin	grif80128@comcast.net
Couple & Individual of the Year Coordinators		
	Rich & Donna Noah	coyioy@coloradogwrra.com
Rider Educators	Mike & Dorie Werner	educator@coloradogwrra.com
Motorist Awareness Coordinators		
West	Nick & Ginny Hoppner	madwest@coloradogwrra.com
Games/Shows 2014	Lisa Capano	lisacapano@aol.com
Webmasters	Jim & Janet Wohlford	webmaster@coloradogwrra.com
Newsletter Editor	April Hansen-Keppler	newsletter@coloradogwrra.com
Photographer	Donald Redline	photographer@coloradogwrra.com
Vendor Coordinator	Bryan Lape	vendor@coloradogwrra.com
2013-2014 COY	Bob & Jan Wills	coy@coloradogwrra.com
2013-2014 IOY	Bryan Lape	ioy@coloradogwrra.com



Region F Team

Region Directors	Keith & Teresa Morrison	Morrison-GWRRRA@comcast.net
Assistant Region Directors	Joyce & Rick Elmore George & Cathy Diaz	jelmore16@gmail.com geocatdiaz@sbcglobal.net
Treasurer	Patti O'Neill	pattioneill.gwrra@gmail.com
Region Trainer	Garry Howland	scout4life@sprintmail.com
Rider Educator	Dave & Dee Gormley	ddfroggy@aol.com
Assistant Educator	Mike & Ruth Burke	mburke24@sbcglobal.net
Assistant Educators/Medic First Aid Training Coordinators	Joel & Marti Winkler	jwinkler7@charter.net
Assistant Educators/Motorists Awareness Coordinators	Mike & Barrie Critzman	itsawingthing@hotmail.com
Assistant Educators/Leadership Training Coordinators/Seminar Presenter Coordinators	Ray & Sandi Garris	raygarris@gmail.com
Membership Enhancement Coordinators	Bill Weiss & Lisa Capano	lisacapano@aol.com
Public Relations Coordinator	Dennis & Karen Long	cactus924@cox.net
Couple and Individual of the Year Coordinators	JoAnn & Jim MacLean	joannmaclean@pacbell.net
Assistant Couple & Individual of the Year Coordinator	Rich Mason	rvmason@charter.net
Webmasters	Tom & Lisa Evans	evans@att.net
Newsletter Editors	Tom & Vicki Lorenz	webetv@socal.rr.com
Region Store	Gay & David Redline	gay.redline@gmail.com
Convention Vendor Coordinators	Larry & Donna Pickens	djpick5@verizon.net
2014-2015 Couple of the Year	Bob & Jan Wills	wingnusa@hotmail.com
2014-2015 Individual of the Year	Bryan Lape	cd@gwrraco-j.org

District Sponsors



Apex Sports' Website is www.apexsportsinc.com



Aurora Honda's Website is www.aurorahonda.net