



# ROCKINGHAM COUNTY WINGS



Chapter NC-W

Eden, NC

July 2009

## 2009 STAFF

**Chapter Directors**  
Joe & Barbara Chatman

**Asst. Chapter Directors**  
Tony & Linda Pendergraph

**Chapter Couple**  
Lawrence & Lois Shumate

**Chapter Educators**  
Wayne & Molly Byrd

**Secretary / Treasurer**  
Rodger & Betty Hodges

**Newsletter Editor**  
Wayne Byrd

**Ride Coordinators**  
Bob & Karen Lunsford

**Ways & Means**  
Rickey Vernon

**Events Coordinators**  
Darrell & Kay Hopper

**Sunshine Lady**  
Linda Pendergraph

**Phone Tree Lady**  
Carolyn Vernon

**Historians**  
Bobby & Jewell Walker

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We gather the 3rd Monday at  
The Golden Corral at  
1566 Freeway Drive  
Reidsville, NC  
6:30 meal 7:30 meeting

Please visit our website at  
[www.gwrranc.org](http://www.gwrranc.org)

## FROM THE CHAPTER DIRECTORS

Chapter W and Fellow Goldwingers,

Hi All,

Boy, this summer is flying by -- it's already the middle of July!!!! The last month has been a busy one for our Chapter with a couple of "Meet and Eats" -- and some very good rides. Special thanks go out to Bob and Karen Lunsford for their hard work and thoughtfulness in planning some terrific rides and meal gatherings. Those of you who have not been there have missed some very special times, so plan on attending the next one. You will not be disappointed.

I would also like to thank Linda Fargis for her super delicious cakes that are sold at our meetings and to all the Fargis family for their super hospitality during the visit by several Chapter members to their campsite at Bugs Island. The food was just great and the fellowship even better!!! Thanks!!!

By now you have probably heard about Bubba the Tiger (I had nothing to do with the name!!) You may receive Bubba at anytime -- for any reason. Then you must pass him on to the next Chapter W member (again for any reason) within 3 days whenever possible. If you happen to have Bubba the night of our meeting, please bring him to give away at the meeting. Just be sure to make an entry in the Red Book that goes with him as to who you gave Bubba to, the date, and the reason. Should be lots of fun!!!

P.S. Thanks to Ronald, Linda, Glenn, and Becky Fargis for their trip to Elizabeth City to capture the Tarheel Traveler plague for our Chapter.

Joe & Barbara Chatman  
Chapter Directors – Chapter W

## FROM THE CHAPTER EDUCATORS



### **Saving Lives Through Quality, World Class Education Is Our Mission**

Highway boards can be dangerous - just like your throttle. On the other hand, used appropriately, they can be viewed as a safety device. If your feet are up on your highway boards, they are not on your foot controls. Right? Wrong!! How in the world could that be thought to in any way be safer than leaving your feet on your regular pegs and covering those controls? It is ***NOT*** safer to have your feet on the highway boards than on your regular pegs. It is, however, a safety feature to be able to stretch your legs for brief periods of time by being able to place your feet on firmly mounted surfaces forward of their normal positions. Some people, over extended rides, dangle their feet towards the ground. Others try to put their feet on engine guards or on their passenger pegs. All of these alternatives are dangerous by comparison to using highway boards. Isn't it safer to just leave your feet on the regular pegs all the time? No!! You need circulation in your legs, and leaving them on the regular pegs over extended riding time tends to restrict that circulation. You could, of course, simply stand on those pegs for awhile as you cruise down the road, and if you don't have highway pegs, that might be just the thing for you to do. But highway boards are especially important add-ons for the touring rider because they allow you to stretch your legs without having to unbalance the bike or raise its center of gravity markedly.

*There are appropriate times to consider using highway boards, and times when you should not:*

- If you are in traffic of any kind, your feet belong on your regular pegs.
- If you are riding on an unfamiliar road surface that might have pot holes in it, your feet belong on your regular pegs.
- If there is the possibility that an animal (such as a deer) might jump into your lane, your feet belong on your regular pegs.
- If you are riding down hill, your feet belong on the regular pegs.
- If you are moving slowly, your feet belong on your regular pegs.

*On the other hand:*

- If you have been riding for awhile and your legs begin to tingle, and it is safe to do so, that is the time to use those highway boards.
- If you are getting bored and want to change "something" to get your attention back to the task of controlling your bike, use your highway boards.
- If you experience a cramp in your leg or hip, use one or both of your highway boards.

*Some things you should consider:*

- Mount those highway boards securely!
- Make sure that you do not have to over-reach with your feet to get on them. (There should still be a modest bend in your knees when you are on those boards.)
- Make sure that your legs do not get too close to a hot engine part when your feet are on the highway boards.
- Do not mount the boards so high that you must take all the bumps you hit on an off-vertical spine.

Wayne & Molly Byrd  
Chapter W Educators

## FROM THE RIDE COORDINATORS



We would like to thank everyone who attended our rides this past month. On June 27<sup>th</sup>, we had breakfast at the Horsepasture Fire Department before we went to Meadows of Dan. On July 11<sup>th</sup>, we left from the Sirloin House and traveled to Yoder's Store in Yanceyville, then on to Clarksville and South Boston, with a stop at Ernie's next on the agenda before coming home.

Our next "Meet and Eat" will be in Eden on Thursday night, August 6<sup>th</sup>. As usual, we will meet at 6:15 p.m. The exact location has not been determined, but we will let you know by e-mail. It will also be posted on the Chapter website.

August 15<sup>th</sup> will be our next ride and this one will be a mystery ride. That means we haven't decided where we will go. Watch your e-mail and check the website as time gets closer for the final details.

Clean your windshield, check the air in your tires, fill your tank, and let's ride.

See you there!

Bob & Karen Lunsford  
Ride Coordinators - Chapter W



FROM THE SUNSHINE LADY



BIRTHDAYS		ANNIVERSARIES	
Daniel Fargis	7/2	Paul and Sally Kelley	7/22
Lawrence Shumate	7/12		
Rickey Vernon	7/17		
Rodger Hodges	7/21		

**2009 North Carolina District, Region N, & Nearby Events Calendar**

<i>DATE</i>	<i>HOST CHAPTER</i>	<i>LOCATION</i>
	<i>August 2009</i>	
6 - 8	Kentucky District Rally	Somerset, KY
15	NC-T2 School Tool Ride	Albemarle, NC
16	NC District Chapter Couples Picnic	Burlington, NC
	<i>September 2009</i>	
<b>24 - 26</b>	<b>Wings Over The Smokies</b>	<b>Fletcher, NC</b>
	<i>October 2009</i>	
8 - 10	Virginia District Rally	Salem, VA
17	NC-S & Y Poker Run	Morganton, NC
29 - 31	Region N Rally	Gray, TN
	<i>November 2009</i>	
	<i>December 2009</i>	
<b>5</b>	<b>Gifts On Cycles</b>	<b>Goldsboro, Butner, Morganton, NC</b>