

KENTUCKY DISTRICT NEWSLETTER



KENTUCKY

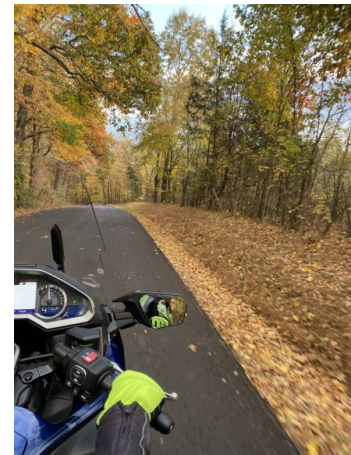


Inside Kentucky

Chapter Y took a wonderful Fall ride from Mayfield to The Garden of the Gods in Southern Illinois. Ride Coordinator Steve Knode published a great article in the Chapter Y November newsletter. Traveling through such beautiful scenery can make us forget some seasonal hazards, so Steve wrote these reminders for all riders.

“As we enter the fall riding season there's a host of things to watch out for that you've all heard before but bears repeating. Dan is good to remind us about wet leaves on the road, farm equipment on the move and deer beginning the move more. And as deer enter the rut, or breeding season, the buck's brain is focused on a single purpose so they chase does relentlessly during all times of the day and night. So watching out for you on your motorcycle isn't on his radar at all. It's up to us to watch out for them as we travel thru deer country, which is most of Kentucky. “

Ride safe Kentucky!!



Links of Interest

- **KY District:** <http://www.gwrraky.com/>

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District Directors Report



Rick and Leah Cridlin

Kentucky District
Directors

Leah and I were able to ride and participate in the October events I mentioned in last month's article and had a great time. Don Price did an outstanding job planning the event at the Union Restaurant and Gameyard and everyone attending looked like they had a great time. I know we did. We then rode to Lynchburg, VA to attend the Virginia rally, where we met up with Miles Justice from Chapter A. The 3 of us rode to Appomattox Court House, where we toured the site of the end of the Civil War with General Lee surrendered to General Grant. We also got to see a really good presentation by a Union soldier talking about his experience during and after the war. We also participated in a guided ride, played games at opening and closing ceremonies, and Leah & I attended a directors forum, where we listened to other directors talk about their plans after the closing of GWRRA and learned that Virginia would be joining Wing'D Riders. More about that later.

The following weekend, Leah and I were able to join Chapter G on a ride to Millersburg, Oh in the heart of Amish Country. It was an amazing trip filled with good friends, good food, and absolutely beautiful scenery. October was the first time Leah and I were able to do any real riding together this year and we had a great time. Thank you to everyone who participated and made the trips so much more fun!

OK, back to business. I hope you all have heard by now that we have recommended the Kentucky District and Chapters align with Wing'D Riders. An outline of the reasons for the recommendation are available in last month's newsletter and can also be obtained from your Chapter Directors. I really hope that all of you will agree with the recommendation and join Wing'D Riders as well. I have not committed the district at this time as I am waiting for all of the Chapter Directors to let me know what their chapter wants to do. I am hoping to have an announcement in the near future. In the meantime I ask that you all get any questions or concerns you may have answered.

There is still plenty of riding available in November and I hope you all get a chance to take advantage of it before Mother Nature really kicks in and puts an end to our riding season. Leah and I wish you all a Happy Thanksgiving.

Stay safe!



Rick Artmayer

District Educator



District Educator Report

Fall riding can be some of the best we can experience, especially regarding practicing our riding skills. There are warm and cold temperatures, windy days, and rain and snow at any moment. There is an abundance of random road hazards in the many diverse types and sizes of animals hurrying to find food and mates before winter, leaves and grass showing up in unexpected places, and newly resurfaced roadways, all adding additional challenges to keep our vehicles in the lane where they belong. These challenges are overcome much more easily if we have been trained to deal with them effectively.

The GWRRA Rider Education program is still alive and well and being managed by some familiar faces. While it is true that GWRRA is officially closed, the Rider Education Program and the University are still operating as before. The Levels Program continues to see much activity, and now when the Members reach their next Level, they can receive the patches and pins to which they are entitled without cost. Even the Level IV application can be submitted free of charge.

After December, the training courses, seminars, and other learning programs of Rider Ed and the University, and including the HSI program (formerly the Medic First Aid program) will pick up where GWRRA left off in the new RPM Academy under the leadership of Susan Huttman and Lorrie Thomas. This organization will be its own entity with its own EIN number. It is a simple LLC with only volunteers. There are no paid positions. It will have its own insurance policy to cover the trainings that are presented by its instructors. Anyone who is qualified to teach the curriculum can be an instructor for RPM Academy, regardless of their affiliation with another group. Of course, there will be guidelines for the instructors to follow, and there will be recertification opportunities as before. Those who want to continue to teach can do so. Reimbursements for training expenses and other details are still being finalized. The RED Hat program will also be continued to recognize those trainers who deserve it.

The RPM Academy will have one centralized location from which everything is managed. They will continue the rider database and have complete access to the HSI information. Training events will also be managed so that all trainers get at least enough opportunities to keep their certifications.

On-bike courses will be offered for \$50.00 per bike, and HSI classes will be \$35.00 per person. Registration will be available on the RPM Academy website, complete with payment opportunity, or the option will exist to print out the application and return it by mail or fax. The courses will be open to anyone with the proper credentials to operate their equipment (drivers license with endorsement, etc., and the proper gear).

District University Coordinator

Dear Friends,

Hope everyone is doing well. This month we want to remind you of how being physically active can contribute to our overall well-being.

Let's review the benefits of an active lifestyle: Physical activity has been shown to improve mood, reduce stress, promote psychosocial functioning, and reduce issues that often adversely affect our health. With the weather changing, it is even more important to active.

We have had so much heartbreak over the past two years – pandemic, Western Kentucky tornadoes, Eastern Kentucky flooding, job loss, inflation. Some of us sadly experienced these firsthand or through our families and neighbors. We work so hard to try to uplift them, no matter what deep trauma they've been through. That traumatic stress can feel like our own, and it is the cost of our caring so much. It can be inevitable. But physical activity can help us cope with that stress. So, it makes sense to include a fair amount of physical activity in our daily routines.

With schedules like ours, it isn't easy to make time to be active. But being active is a must-do for our mental health and our long-term vitality. At this time of year when the air is crisp and the leaves are showing off their colors, there is no better place to be active than in Kentucky. The unique scenery, undisturbed topography and beautiful features make this the natural place to practice mindfulness as well – another facet to your overall health and resilience.

Take a ride and connect with nature. Autumn is a great time to do this. Visit the state parks, hiked the woods, glided high above the proud mountains in the chair lift, or stand on a quiet balcony to look over the changing leaves and watch for wildlife. Being outside in our natural world can heighten our gratitude and reenergize us. That is the kind of renewal we all need – connecting our minds and bodies with nature will jumpstart our spirits.

We want to challenge you to two goals: Wherever you can this autumn, make time for mindfulness and physical activity.



Jeannie and Buddy McKenzie
District University Coordinators

Save The Date

FEBRUARY
24th & 25th
2023

Details to follow...

For Sale



2006 Goldwing , serviced regularly with 55K miles. Runs great and is in very good condition. Asking \$8000 For more details contact Lee at : elftwo49@gmail.com



2012 Honda Goldwing—California Side Car Trike

2012—ESCA Pad Trailer

ASKING \$28,000

Triked as a new bike. We are second owners. Bought with 19,886 miles. As of 5/14/22 has 33,837 miles. Sirius radio, CB, Air Wings, cover for trailer, 2 covers for trike—full & half. Like new HJC Helmets—IS-Max-11 with J&M Elite Headsets & Lower cord Small & Large.

Contact Chris Davis (call or text): 859-332-9242

District Medic First Aid



Leah Cridlin

District Medic First Aid

There will be a Medic First Aid Class (MFA), Saturday, November 19th, 10am - 2:30pm in Hebron, KY in the Conference Room of the Boone County Library, Hebron Branch.



The address is, 1863 North Bend Rd, Hebron, KY 41048

The class size is limited so sign up soon.

If you have any questions, have them contact me, 859-866-3173. Text is best during the week.



Get on the Level

Level System

Basically there are four levels:

1. Safety by Commitment
2. Safety by Education
3. Safety by Preparedness
4. Safety by Enhanced Commitment and Preparedness

Rider Education Levels Program
"THE BUILDING BLOCKS OF RIDER EDUCATION"

Level 1: Safety By Commitment

Rider and Co-Rider requirements:

- The expressed commitment of the Rider or Co-Rider to strive for and practice safe riding.

Level 2: Safety By Education

Rider requirements:

- Have 5,000 safe miles.
- Have a current motorcycle license.
- Have completed an approved on-bike Rider course within the past three years.

Co-Rider requirements:

- Have 5,000 safe miles.
- Have completed an approved Two-Up Rider course or GWRRRA Co-Rider seminar within the past three years.

Level 3: Safety By Preparedness

Rider requirements:

- Completed a formal approved on-bike Rider Course within the past three years.
- Maintain current First Aid, CPR **or** MEDIC First Aid certifications.
- Carry a First Aid kit on the motorcycle.

Co-Rider requirements:

- Completed an approved Two-Up Rider course or GWRRRA Co-Rider seminar within the past three years (a sanctioned PLP is not allowed to be used for this Level).
- Maintain current First Aid or CPR **or** MEDIC First Aid certifications.

Level 4: Safety By Commitment and Preparedness

Rider requirements:

- Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid **and** CPR certifications.
- Wear proper riding apparel at all times while riding.
 - *Proper riding apparel, a.k.a.: proper riding "gear" will include, at a minimum, a DOT (FMVSS 218)/Snell (M2010) / ECE 22.05 approved helmet (approved standard applicable to the local area), eye protection, long sleeved jacket/shirt (no "riding pull on/off sleeves"), long legged sturdy pants, full fingered gloves and over the ankle footwear. Some have coined the acronym ATGATT standing for All the Gear, All the Time.*

Co-Rider requirements:

- Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid **and** CPR certifications.
- Wear proper riding apparel at all times while riding (see definition in the Rider section above).

Team Kentucky

District Directors	Rick and Leah Cridlin	KYDistrictGWRRA@gmail.com
Assistant District Directors	Dan and Rita Bondurant	assistant_director@gwrraky.com
District Educator	Rick Artmayer	ky.de.educator@gmail.com
University Coordinators	Jeannie and Buddy McKenzie	trainer@gwrraky.com
District MEPC	Dave and Roxie Wilkinson	mepc@gwrraky.com
2022 Couple of the Year	Kent and Karen Risen	coy@gwrraky.com
COY Coordinators	Lisa and Allen Merritt	COY_Coordinator@gwrraky.com
District Treasurer	Jerry and Luanne Williams	treasurer@gwrraky.com
District Ride Coordinators	Don and Janet Price	ride_coordinator@gwrraky.com
District Vendor Coordinators	Ray and Kathy Conrad	rconrad@wkybb.net
District Webmaster	Roger Early	webmaster@gwrraky.com
District Pins & Patches	John Keiter	pins_patches@gwrraky.com
District Newsletter	Donita Nardi	newsletter_editor@gwrraky.com



Our Kentucky Chapters

Visitation is officially open! It's finally time to go see our friends again. We all now know how precious this privilege is. Let's get out and enjoy it.

KY -	MEETING DAY	TIME	LOCATION	WEBSITE
A	2nd Saturday	11:00am Eat 12:00 pm Meet	Roosters 10430 Shelbyville Rd. #7 Louisville, KY 40223	www.chaptera.org
C	3rd Saturday	11:00am Eat 12:00 pm Meet	Roosters 2640 Richmond Rd Lexington, KY 40509.	www.kybluegrasswings.org/
G	1st Tuesday	6:00 pm Eat 7:00 pm Meet	American Legion Post 4 8385 US Hwy 42 Florence, KY 41042	www.chapterg.org/
K	3rd Sunday	12:00 CST Eat 1:00 CST Meet	Golden Corral 1320 N Green St. Henderson, KY 42420	Www.facebook.com/ GWRRRA Chapter K. Henderson KY
S	2nd Sunday	4:00 pm Eat 5:00 Meet	Shoney's 1046 Executive Dr. Elizabethtown, KY 42701	
T	3rd Saturday	5:00 pm Eat 6:00:00 pm Meet	Giovanni's Pizza 261 Court St. Paintsville, KY 41240	www.facebook.com/ Gwrra-Chapter-KY-T- Big-Sandy-Wings- 128027183940433/
Y	1st Thursday	6:00 pm Eat CST 7:00 pm Meet CST	Majestic Family Restaurant 700 S. 6th Street Mayfield, KY 42066	www.freewebs.com/ yducks/

KENTUCKY

District Newsletter

Rick and Leah Cridlin
KY District Directors

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KYDistrictGWRRA@gmail.com



WE'RE ON THE WEB!

GWRRAKY.COM

Ride Safe

Be Safe

Visitation is on!

**We can't wait to see you at
the next gathering!**



Like Us

Please join/like the GWRRA of KY Member's Page on Facebook. Here you will get last minute information, news about upcoming events and chat with fellow KY members.

You will also learn about upcoming rides.