

4 September 2013

MVTR September Meeting Summary

Vice President Glenn had his first opportunity to preside over a MVTR meeting tonight. He began with an introduction of himself and family and an 'explanation' of how he came to be part of MVTR and ultimately it's Vice President.

Glenn then introduced the first of our Guest Speakers, Nurse-Practitioner Maureen. There have been two riders (so far) this year, who have ended an event riding in a hearse rather than on their bikes due to medical emergencies. As an active rider, Maureen understands the exertion of competition (or 'play rides') and has observed that many of us could be potential candidates for that same 'last ride'. In order to move that eventuality further toward the future, she did her best to educate us on the basics of Coronary Artery Disease - the occlusion of the coronary arteries (the ones that supply blood and oxygen to the heart itself) due to a build up of plaque and constriction caused by inflammation. We were made aware of several Risk Factors such as Diabetes (or high sugar levels without diabetes), High Blood Pressure, High Cholesterol and Smoking, which increase our likelihood of having CAD. Signs (in men, women as usual are 'more complicated') generally consist of chest pressure and/or pain, which may radiate up the neck or down the arm. The recommended first aid would be to take (or even better, dissolve under the tongue) 4 Aspirin tablets and get immediate 'professional help', i.e. an ambulance. Those over 50 who do or have experienced chest pain are prime candidates for a stress test! Finally we were advised that a proper diet could substantially reduce the likelihood of developing CAD. Choosing foods prepared with Olive or Sesame rather than Vegetable or Canola oils, while avoiding white breads (cake!) and excessive sweets (not sure if I heard that or my guilty conscience included it) can keep us more healthy. I am sure that it was just coincidence that there was more pizza left over than ever before while we absorbed this education.

Next up was Jay, MVTR member, Western Powersports Sales Rep and Proprietor of The Hawk Ride. Jay told us about this year's upcoming Hawk Ride on 27 October 2013. The ride, in memory of Tom McAlpine will be on a closed 6-mile course and is open to the public this year. If you want to ride AND eat (catered by Goody Coles) you need to be pre-registered, contact Jay.

Another of Jay's current 'projects are dual-sport riding tours in Costa Rica which usually run 7 or 8 days. There is a possibility of riding dirt only and New England Tours are being formulated as well.

Last but not necessarily least was a preview of the new for 2014 Fly Riding Gear. Fly has been transitioning itself over the past 15 years from an economy level to include gear at all levels while still maintaining affordable prices. There was enough gear to make our heads spin, some lines being substantially upgraded others mostly featuring new colors and designs, no doubt everyone saw something that they will 'need' for next season.

Moving on to Ride Reports there were not a large number of events but the quality was very high!

The Colorado 500 was certainly a 'high point' (pun intended). There were 147 riders this year, quite a few from MVTR. Tuck was out there for his 25th consecutive

year. He had more to tell about the one day spent in the chase truck (while recovering from food poisoning) with an ex-rally driver at the wheel, than about the riding. All the others though, had lots to say about the riding. Rupert had a really good time again this year. Art got in 7 solid days of riding and clocked 845 miles. His report and (lots of) pictures can be found on NEDB and our own MVTR.org website. Jon really enjoyed his rookie year. Meeting the other riders and riding in 'Big Country' more than made up for travel delays encountered in both directions and he didn't crash until the last day. Jim noted that Jon had been named runner up for Rookie Of The Year.

The only hare Scramble reported upon was the Stateline. Andy went out on Friday evening and noted that it rained all night as well as Saturday and Saturday night then cleared and dried on Sunday morning. A bit slick early on he said conditions were great by the end and he earned a 6th place. J D said that it was a really nice course with conditions improving throughout the race, he earned a 2nd place despite 'going down' 3 or 4 times in lap one.

J D was the only one to report on the Mudslinger Enduro. He said that it was not the 'nightmare' that he was led to expect. He rode it with a trials tire and is now among the 'enlightened' (as long as there isn't too much mud).

Don and Mark were among the MVTR riders to participate in the ISDE Reunion Ride; they rode it on IT 175's. Don sprained his wrist in the second grasstrack section on Saturday but Mark held on for a Gold. Not present at the meeting to report, the Claxton Brothers apparently acquitted themselves very well on the ride. There were a lot of past and present ISDET/ISDE medal winners at the banquet and Jim Hollerich's museum was described as worth the trip all by itself.

J D said that this years Somer's Fun Fun trailride was a 'rockfest' but the banquet is still great.

Some 20 riders enjoyed surprisingly dry conditions on the 6-mile loop at the Landry Ranch.

Upcoming rides include the Ammo, Hard Knox, the Extreme Fun in Winchendon and a two day Jr Enduro in CT. that they are going to try to run in ISDE format this year to include 'Parc Ferme'.

'The Rest'

The NHOVA annual meeting will take place at 18:00 on 18 September at Cannon Mountain. Subjects for consideration include 'Ride The Wild' and 'Highway Use' of OHRVs.

Two kiosks have been constructed and will be delivered to the North Country on Friday. Subject to their 'approval' more will be constructed, work parties are on Monday evenings at Tuck's.

There will be an 'OHRV Parade' at 17:00, on the 20th at the "Big E" for NH Day to highlight the 'Ride The Wild' initiative.

The Riding Jersey Committee has completed a design and will be ordering samples for view. The actual shirts will be available by pre-order.

Natasha is starting the project to overhaul our website.

The October Meeting will herald the return to 'Winter Schedule'. Pizza, Parts Shopping and Bench Racing @ 18:45 and the Business Meeting @ 19:00.