

# THE SHAFT



The Journal of the Riders Association of the Mid-South



<http://www.bmwrams.com>



Each year I go to Colorado to ride for at least a week. I love the mountains and the rough terrain. In preparation for this trip, it amazes me that I find a plethora of items I need to buy. My garage looks like a motorcycle shop rolled into a camping store yet I “think” I need more /new things each year. Of course, there is always tires to buy, and for some reason, I can never find the extra parts that I take on this trip. I end up ordering new clutch and brake levers, cables, and new shifters.

This year I am taking two bikes. Everett has been working on the dirt bike making it legal so now I am sending money for lights and mirrors etc. I am figuring with new tires for both, the upgrades I want the oil changes, etc. I will be out around \$700 if I am lucky! The maintenance on the bikes is never the

issue. I can't figure out why I think I need new gloves, new socks ( that are way better than the boot socks I had last year?), and maybe a new helmet. If I camp, I search and find all the latest gadgets and camping items to buy. I have been thinking of buying a nice RV toy hauler to live in because I am tired of paying rent. At this rate, I will need the most significant storage unit available to store my motorcycle and camping gear. :)

Speaking of toy haulers – I found a toy hauler made from all aluminum which makes it much lighter than the others - ATC - I am thinking of getting the 28' with a front bedroom- THEY ARE EXPENSIVE. Big decision . I am trying to find one big enough that I can pull with a F150 – I need to buy a truck also LOL - <https://aluminumtoyhauler.com/models.html> I really like this RED one.

Happy trails to everyone.



“I turn my head to the inside of the curve, roll the throttle wide open, and break free from the world that affords me the passion to ride”

*Toko Price*

*Members Submitted Stuff***2019 IBR Finish****by: Spencer Bennett**

The Iron Butt Rally (IBR) is an event put on every odd numbered year by the Iron Butt Association (IBA). The mission of the IBA is to foster safe long distance travel by motorcycle and the IBR is an eleven day event that brings together the various required elements for safe long distance travel (planning, scheduling, training, equipment, and routing) to test the skills of the very best of the IBA members. This years event began and ended in Greenville, SC and ran from June 17 to June 28, 2019.

Spectators are encouraged to come to the start and finish of the event both to recognize the intrepid attitude of the starters and the grit and determination of the finishers, plus it allows the people not competing to view the equipment used by the participants and meet them.

Jim VanDenBerg organizes a Saddle Sore 1000 (1000 miles in 24 hours or less) ride to the finish every year to show support for the Rally participants and to allow IBA members to meet each other and share the experience of the big event. This is usually a "shotgun start" from wherever you are and the route that you plan to ride and your equipment must be pre-approved by the IBA, so in some respects you get a small taste of planning your ride and then riding your plan. The sign up opens in March and I signed up, planning to ride my R1100 R on a nice trip through the South with a start in Hernando and stops for receipts at McComb, MS, then Jackson, MS, Albany, GA, and Greenville, SC which would mean 5 receipts would be needed. Note that receipts must be machine generated and show the date, time, and address (including town) of the business issuing it. Not a bad ride, especially as I would be on the interstate system in the morning and early evening when the wood rats (are out and about). So I sent my routing off to Jim and it got approved.

Then, as often happens while waiting for something to happen, I got to thinking. "Why not make it more interesting?" I thought. I have done this ride on solo bikes, why not try it on a sidecar? Truth is, I thought I could do it on a sidecar, but was not sure, so it really would be a challenge given the fuel consumption of the sidecar and the other issues with herding one down the road. Since the IBA recognizes Sidecars as motorcycles (and at least one has finished the IBR in previous years) the use of the K1200/Hannigan rig was approved.

On Wednesday, June 26, at 0600 I departed Hernando after getting fuel (and a receipt) at the local Shell Station and headed to McComb via I 55 (no deer were seen after I got on the interstate). The ride went well until Jackson where they are doing a little construction and I 55 runs right through the middle of town. I stopped just south of Jackson for fuel and then continued on to McComb, where I had planned a stop at a Marathon Station, thinking that a major chain would have good receipts. WRONG! After fueling and getting my receipt I realized that it had neither the street nor the town on it. Since I was completely full of fuel, I decided to go out and run down I 55 a ways and bur some off while I located another major chain station. About 20 miles later I rolled into the Chevron and went in and asked a rather confused attendant if their receipts had their address on it. She assured me it did so I pumped in another ½ gallon or so (remember the thing sidecars like and eat the most is fuel, followed by tires), got my PROPER receipt and was off to Jackson for the turn east. No problem in Jackson as I had planned on a Shell Station there and they have good receipts.

After Jackson I was on I 20 until the Alabama state line, where I dropped off onto US 80, which is a 2 and 4 lane road that runs across the state to Montgomery (my planned gas stop) and on to Albany, GA. Remember what I said about sidecars liking fuel? Well this is especially true at speed into a wing which was the situation on most of the ride so I did not make Montgomery but stopped instead at Uniontown and then managed to make it on to Albany without further refueling. I again asked the attendant if their receipts had the address of the station on it, and they had to look as apparently no one had ever asked this question. It did, and I was all set.



*The line up of IBR bikes at the finish. All kinds and all ages.*



*This 1983 Honda Silver Wing 650 was ridden in this year's IBR by Dylan Spinks. He rode a 1977 Gold wing in the 2017 IBR and apparently felt a need to modernize?*

The route (US 80) changed to US 82 east of Montgomery and I followed it into Georgia. There was moderate traffic and the weather was holding up with only a little spitting rain now and again and I was pretty much on my schedule despite the earlier fuel faux pas when a Sheriff's car come rolling up behind me with all lights blazing. Figuring I must have blown through some "hidden" stop sign, although sidecars normally do not speed as fuel consumption seems to increase as a square of the speed increase above about 65. I start to pull over and he goes by me like he didn't see me, so I thought there must be more urgent business ahead and motored on. About five miles further down the road, near Springhill, GA, there was a line of traffic just stopped and sitting and I could see several emergency lights flashing up ahead, I stopped, and soon was passed by several other police and Sheriff's cars, two fire trucks, and two ambulances.

We sat there for about an hour (and yes, the clock keeps ticking on your allotted hours) until the road could be reopened. It appeared, from what I could see as I went past the accident site, that two logging trucks had managed to run into two school busses as the busses pulled out of a church. The logging trucks appeared to have been loaded (based on the wood laying about) but the busses were empty (based on the lack of casualties and only two ambulances on the scene). Heck of a thing to see but it appeared that there were no fatalities although there were likely some injuries.

By this time it is around 6:30 and the shadows are lengthening, as they say in the books, and I was becoming concerned about the coming ride through the hills of North Georgia in the coming darkness. I refueled in Albany and had dinner (two protein bars and a quart of Gatorade), rolled toward I 75 North and tried not to think about the coming darkness and the two lanes waiting at Macon. Luckily for me, there had been the usual summer afternoon heating cycle and just as I turned north out of Albany, the storm that had been building all afternoon decided it was time to release its energy and I was soon in some pretty violent and shifting winds, soon followed by the mix of hard rain and small hail. Sure takes your mind off the road forty miles ahead. This squall lasted about twenty minutes and by the time I go to I 75 I was out of it and drying out. At Macon, GA I joined up with US 29 and headed into what is a very scenic route up to Athens and then to I 85 and on to Greenville. That is, scenic in the daytime when you are not at least an hour behind schedule and the wood rats are lurking. I had also forgotten that small towns in rural areas do not always have all night stations, but I was reminded of this when I saw several closed after 9:00. I managed to top off my fuel in Eatonton, GA and rolled on up US 29 around Athens and picked up I 85 just north of there. Saw several wood rats but they appeared to be waiting for bigger or easier prey, or maybe they were just confused as to what a sidecar was and whether or not to throw themselves in front of it? Don't care, they left me alone, and I was grateful.

As I approached Greenville, I was once again caught up in the infrastructure rebuilding hoo hah and has a time with traffic and assorted lane changes, narrowing, closings, and other means used by the highway folks to confuse us. It will be wonderful when all the work is completed but right now the Interstates in Major cities are not my friend, I did manage to find my exit and show up at the appointed final receipt required Circle K shortly after 1:00 making for a 19 hour 9 minute ride that was mostly fun but will cause me to plan better in the future and not change motorcycle types once the route has been approved. What is sauce for the solo bike is not sauce for the sidecar, or something like that.

After checking in with Jim, who had come down from Michigan that day as well, and several of the other riders who arrived around the same time, it was off to bed and some really good sleep.

Thursday Jim had organized a lunch for the group that had ridden in to the event at a local Bar-B-Que place called "Mutts" and it was very good. It also allowed us all a chance to meet each other and talk about our rides from various places in the country. There were 13 riders (one two up couple) and for three of them this was their first Saddlesore 1000. After lunch we moved the tire kicking over to the host Hotel, the Greenville Marriott to see if there was any information on how the riders were doing on the final leg. There wasn't as the BIA is very close with information that may help a rider and so do not give out any information other than the official daily reports by John Harrison that are posted here: <http://ibr.wvi.com>.

Friday morning is the big finish and we all rode over to see it as a group. When I got to the Marriott at 0505 there were already about 25 bikes in the impound lot so a lot of folks had arrived during the night. I got some coffee, got out the Kermit Chair and settled in to watch the finish of a ride whose difficulty most of us can only imagine. Scoring opened at 0500 so



*And it wouldn't be a complete motorcycle event without a Rally Dog photo.*

many of the riders who had arrived in the night came down and got their scoring out of the way early, and by about 0600 there was a steady trickle of riders arriving at the finish, getting checked in, parking their bikes, and heading for the scoring tables. Most looked remarkably composed and organized, but I guess that if you are not, you probably do not make it to the finish in the allotted time. The Penalty window for late arrival begins at 0800 with a 20 point per minute penalty that runs until 1000 when the window closes.

After the end of the IBR, those of us who had ridden in to see the event were presented by Mike Kneebone, President of the IBA (and a very busy man this week). Amazingly enough, I was the second oldest rider with an 81 year old nudging me out. That does give me some incentive to continue this as I grow older. After the presentation I loaded up and headed for Chattanooga to visit with an old friend and then on to home.

At the Finisher's Banquet the Winner and placement of all the finishers were announced along, I am sure, with a lot of stories of their adventures on the "Road Less Traveled" (this year's IBR theme). The Winner this year was Wendy Crockett, Who rides and FJR 1300 and is the first woman to win the Iron Butt Rally.

If you are not doing anything and want to go for a ride in June of 2021, you might want to consider going to the Iron Butt finish just to see some amazing people complete a very difficult event! Hope to see you there.



*Spencer getting the certificate from "The Man" IBA President Mike Kneebone.*

### STUFF for SALE OR TRADE

## 008 Kawasaki KLX450r

Great running, Well maintained trail bike with lots of upgrades  
Full FMf exhaust Q4 muffler and power bomb headpipe.  
Carb has been jetted for exhaust with R&D remote fuel screw  
Takasgo Exel rims with powder coated hubs and new H/D spokes.  
Pirelli Scorpion tires, Renthal chain and sprockets  
Race tech Springs, front and rear for a 200lb rider  
Pro Taper bars and Cycra handguards  
Valves have been shimmed to spec  
Very good compression, 92% with leak down test  
Battery 6 month old

I have a clean and clear street legal title, I was going to use this bike as my dual sport but have decided to make my 2 stroke street legal for trail hopping. I also have skid plate, radiator guards, over size radiators and silicon hoses that have not been installed that I will include. Repair manual also.



Contact: Everett Blanchard  
731-234-2276  
[everettblanchard@yahoo.com](mailto:everettblanchard@yahoo.com)

**STUFF for SALE  
OR TRADE**

## 2007 BMW R1200GS

Nice nearly original bike that runs and rides well.  
500150 miles will go up as I ride it some!  
I just changed the engine oil and is getting due for  
all the Scheduled maintenance.  
Tires are ok but are not a matched set  
May trade on a 1200r

Contact: *Everett Blanchard*  
731-234-2276  
[everettblanchard@yahoo.com](mailto:everettblanchard@yahoo.com)



## 2009 Aprilia Tuono

11568 miles - Fresh Bridgestone tires - Well maintained - Leo Vince' Exhaust  
Computer programmed to factory race mode for exhaust  
Upgraded battery and starting system wiring  
Clean, clear Title in hand  
\$5400 obo  
Tail bag not included

Contact: *Everett Blanchard*  
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## New Study Finds Motorcycle Riding Decreases Stress, Increases Focus

By Andrew Cherney

You know why you ride. We all do, right? (Cue violins.) It's that feeling of release, the rush of adrenaline, the social benefits of a group ride, yadda yadda yadda. We all have known since day one that just a couple of minutes on a bike was a surefire



*Maybe you can skip the gym—riding a motorcycle can give you the same results as a light workout, according to this new study. Harley-Davidson*

way to relieve any pesky stresses that might crop up in the daily grind.

Well, now there's a study out of UCLA, funded by Harley-Davidson, that officially confirms all those messy thoughts and puts it into bigger, more precise, and scientific context. In short, it seems that riding a scooter gives you some of the same benefits as a workout and decreases cortisol, the nasty hormone that signals stress.

The neurobiological study was produced by a team of researchers from UCLA's Semel Institute for Neuroscience and Human Behavior who studied a group of healthy experienced riders piloting their own bikes on a predetermined route for 22 miles under normal conditions.

The researchers recorded the riders' brain activity and hormone levels before, during, and after motorcycling, driving a car, and resting. The research team monitored participants' electrical brain activity and heart rate, as well as levels of adrenaline, noradrenaline, and cortisol using mobile EEG technology. The results found that when riding, the subjects experienced increased sensory focus and resilience to distraction. Riding also produced an increase in adrenaline levels and heart rate, and a decrease in cortisol levels—the kind of results you often get after a light exercise session, which also is a stress reducer.

The use of that tech was pretty ground-breaking in itself: "Until recently, the technology to rigorously measure the impact of activities like motorcycling on the brain didn't exist," said Dr. Don Vaughn, the neuroscientist who led the research team. "The brain is an amazingly complex organ and it's fascinating to investigate the physical and mental effects riders report."

The study also emphasized these key points:

- Riding a motorcycle decreased hormonal biomarkers of stress by 28 percent
- On average, riding a motorcycle for 20 minutes increased participants' heart rates by 11 percent and adrenaline levels by 27 percent—similar to light exercise
- Sensory focus was enhanced while riding a motorcycle versus driving a car, an effect also observed in experienced meditators versus non-meditators
- Changes in study participants' brain activity while riding suggested an increase in alertness similar to drinking a cup of coffee.

The full report, entitled "The Mental and Physical Effects of Riding a Motorcycle," which measured the biological and physiological responses of more than 50 experienced motorcyclists using mobile EEG technology will be presented later this year, according to Harley.

Of course, the Milwaukee folks had their own spin on the paper: "We're leveraging the latest technologies as we shift focus from exclusively motorcycles to growing ridership, so it only made sense to tap technology to explore the impact of riding itself," said Heather Malenshek, Harley-Davidson's senior vice president of marketing and brand. "The research findings Dr. Vaughn and his team identified help explain what riders have felt for the past 116 years—there's a vitality and heightened sensory experience that comes from the freedom of riding a motorcycle. We hope their findings inspire the next generation of riders to experience these benefits along with us."

Harley also took the opportunity to gently push its Riding Academy schools for "those who wish to experience the heightened sensory experience of riding first-hand." H-D Riding Academy introduces interested newbies to motorcycle riding and builds their skills, regardless of experience level. To see what's near you, search for classes at h-d.com.

It's what Vaughn's colleague, UCLA Professor Dr. Mark Cohen, said that hit the nail on the head for us though: "While scientists have long-studied the relationship of brain and hormone responses to attention and stress, doing so in real-life conditions such as these is rare. No lab experiment can duplicate the feelings that a motorcyclist would have on the open road."

Minutes by: Spencer Bennett

### **RAMS Meeting Minutes –April 2018**

The meeting was called to order by Vice - President Paul Whitworth on July 13, 2019 at 1:30 PM at Richard Regel's Fish Camp near Springville, TN. There were 14 RAMS and 10 bikes in attendance.

### **Call to Order**

1. We have no new members for this month.
2. We currently have 74 new and returning members for 2019.
3. There was 1 guest for the meeting: Steve Watson, who was Haavi Morriem's guest.
4. Thanks to Meeting Host, Richard Regel for hosting the meeting and for preparing a great lunch for us.

### **New Business**

1. We need Volunteers to host Donut Saturdays.
2. Haavi Morriem will be doing the July Donuts and Pedro Casuso has August covered. Thank you both for your support.

### **RAMS Rally Update**

1. The rally chairs for 2019 are Bryan Leonard and Steve Clark. Neither was present for the meeting.
2. The Coffee Pot check out is on hold for right now. Paul Whitworth will pursue finding someone to check it out and getting it to them.
3. Rodger Moring reported that the Poker Run is all set up and the last bike out time will be 1030.
4. Rodger also reported that Verla Price is getting the self guided tour maps updated and printed for this year.
5. Chip Mann reported he has two Harbor Freight LED Lights with heavy duty velcro for the Porta-Potties this year.
6. Spencer and Rosey Bennett asked that everyone who has not signed up to work a registration shift please get with them to pick your time slot. This is a two hour shift that allows you to sit down and meet all the folks as they arrive at the Rally.

### **VP's Corner**

1. Vice-President, Paul Whitworth, continued his commitment to organizing one ride per month and encouraged others to consider organizing a ride on one of the non-meeting weekends.

### **Old Business**

1. If anyone still does not have their picture in the online directory, please see Spencer or Rosey.
2. If you would like a RAMS patch (old logo only), decal (old and new logos) or need RAMS business cards, please get with Spencer.
3. Previous year RAMS rally shirts are available for \$3.00 each or 2 for \$5.00. Not all sizes are available but Spencer can check for you if you want one, or more.
4. RAMS Meeting hosts are set for 2019.

## **Next Meeting: August 10, 2019**

*My Favorite Place Mexican Restaurant*

*880 N Germantown Pkwy*

*Cordova, TN 38018*

*Phone: (901) 757-8900*

*Hosts are: The Manchester Family*

### **For the Good of the Club**

1. Check RAMS website for rally schedules for other Club's Rallies.
  2. Please consider serving as a RAMS officer for the 2020 Period. Elections are not until January but it is never too early to put your hat in the ring.
  3. August 10, 2019 RAMS Meeting LOCATION is:  
*My Favorite Place Mexican Restaurant*  
*880 N Germantown Pkwy Cordova, TN 38018*  
*Phone: (901) 757-8900*  
*Hosts are: The Manchester Family*
- Lunch will begin at 1200 with the meeting to follow at 1:30. Paul says there will likely not be a ride to the meeting as it is in town and very close to everyone.
4. If you have an item you would like to see in the next meeting agenda, please get it to the Secretary by Wednesday prior to the meeting and it will be added to the next meeting agenda. This is not required for an item to be discussed, but it will make sure it gets in the mix. Send the information to: [officers@bmwrams.com](mailto:officers@bmwrams.com)
  5. Butch Turner moved, and Al Torres seconded, a motion that the RAMS reimburse the meeting host for the cost of the excellent lunch he prepared for the meeting. The motion was passed unanimously and the Secretary/Treasurer will take care of doing this.

### **Treasurer's Reports**

1. Balance in Bank plus petty cash = \$7151.08
2. Petty Cash = \$50.00
3. No Major Expenses for the month:
4. The TN Secretary of State Business License Fee was paid.
5. RAMS who worked the MIM Triathlon have had one year added to their membership. A big thanks to all who participate each year, both for the exposure it gives the RAMS and the support it shows for MIM.

*Movement to adjourn: Paul Rhodes Second: Haavi Moriem Approved unanimously.*

**STUFF WANTED**

Wanted to buy: Sargent seat to fit 2002 R1150R.

contact Paul Whitworth  
[prwhitworth@bellsouth.net](mailto:prwhitworth@bellsouth.net)



*New People to come to our Rally in September!*

Everyone call, text, or e-mail some riding friends this month and invite new people. Let's all bring a new buddy!

*Just for Fun!*



Webmaster:  
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 Door Prize / Vendors

*Email your articles and submissions to:*  
[newsletter@bmwrams.com](mailto:newsletter@bmwrams.com)  
 Deadline for submissions to The Shaft is the 25th of each month with publication shortly thereafter!

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**Rally Co-Chair**  
 Steve Clark

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 of the Mid South



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