



North Shore Chapter

February / March 04

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A Word From the Director:

Hello North Shore WOW Members!

With this last week's weather, it doesn't necessarily feel like Spring yet, but we all know it's around the corner. Some of you are pulling your bikes out of storage, while others have already been out riding! Our meetings are getting very busy, with the last 2 focusing on our ride schedule, and riding safety. April's meeting also promises to be exciting, as we're going to do another yearly maintenance meeting at Sue Comeau's house. (For directions, details or RSVP, please contact SueC)

For those who couldn't make it to the March meeting, LisaW was nice enough to go over our group riding rules, and spent some time explaining why they are important, and what we all can do to make our rides safer. I've added a copy of our rules, with Lisa's comments on page 6 and 7 of this newsletter. Please take the time to read this page, as our group rides are getting larger and larger, and everyone needs to know what's expected of them.

Also in this month's newsletter, we have another wonderful medical article about dehydration. This is a must read for all of you ladies who are planning to ride down to West Virginia in July for the National ride-in. We've also added a quick article on group riding etiquette, which will cover new topics every month. As always, we have classifieds, web pages of interest, announcements, etc, etc.

Please enjoy the newsletter, and as always, send me any comments or suggestions! This newsletter is for the chapter's informational purposes, and if I don't know what people like and don't like, it becomes several pages of me yapping! •

Upcoming North Shore Chapter Rides/Events:

April 18th - North Shore Meeting (Maintenance Demo Meeting will take place at Sue Comeau's home in Boxford.)

April 25th - North Shore's first ride of the season! Departing Rowley at 11am sharp. Destination: Rockport MA for lunch.

* All meetings take place at the Majestic Dragon (route 1, Ipswich) unless otherwise noted. Social hour begins at 5pm, the meeting business begins at 6pm.

Complete 2004 North Shore calendar of events and rides can be located online by going to:

<http://my.calendars.net/northshorewow/>

The 2004 schedule is also listed out on page 4 of this newsletter.

Chapter Classifieds:

Suzuki GZ 250, green, low mileage (not wintered at my house, so I'm not sure of the exact figure) Excellent condition, excellent learning bike. \$2000 Call Lori at 781-929-8993.

2003 Yamaha V-Star 1100 black/gold less than 1000 miles
Extra's - windshield, leatherlyke locking saddlebags, cover
Excellent condition, 1st service has been done.
Paid \$9,000 asking \$6,500 firm
Reason for selling - midlife crisis over
Call 978-526-7246 leave msg for Ann
or email ann.boudrot@verizon.net

2001 - 1200 Harley Softtail (std) Chromed with class, impeccable,
detachable windshield, hyper-charger, tool box, new front tire, mag
wheels, custom pin stripping and much more. Still have all original
parts. When you see it, you will have to have it. 5000+ miles.
\$16,500.00 Firm
Call Jim in Boston at 617 592-1550

2002 blue Sportster 883 Hugger: 1,500 miles. Always garaged. All work
done by Harley-Davidson. Lowered. Mustang seat, bobtail fender, and en-
gine guard. I have stock parts. \$6,800 Call 508-829-0316 or [MySporty-
blue@aol.com](mailto:MySporty-blue@aol.com)

Web Pages of Interest:

North Shore WOW webpage is located at:
<http://www.nswow.org>

Women on Wheels® National web page is
located at:
<http://www.womenonwheels.org/>

A fantastic web site setup by the Van Bu-
ren Sisters family. If you don't know who
they are, you really need to go and check
out this website! They are, in my opinion,
the most amazing motorcyclist women of
the 20th century!

<http://www.vanburensisters.com/>

Announcements:

North Shore Logo - Submitted by SueP: Having our own North Shore Chapter logo has come up several times since our chapter has formed. With that, we are asking the artistic people of our chapter to come forward and help us out! One of the suggestions that was thrown around the February meeting was a witch riding a motorcycle, which I'm hoping is related to Salem MA, and not our group. • The first two steps to getting our logo begin with the idea, and the artistic talent. I'd like to ask if there are any volunteers out there that would like to coordinate this task? The first step will be to gather logo suggestions from the group, and the second step will be to see if we have any connections to a creative designer, to help us draw up ideas from the logo that the group votes for..

I think it would be great for us to have a logo, but it's going to take a volunteer who's willing to follow it through. Now's the time to step forward, and take on this very important task, which will allow us to personalize our web page, and maybe even have tee-shirts made up!!! Please contact me if you're interested in volunteering, and we'll get the ball rolling! Thanks in advance! (susan.poublon@sun.com)

North Shore Fall Foliage Volunteer Needed—Submitted by SueP: North Shore chapter will be hosting the Fall Foliage weekend this year, which is scheduled to take place the first weekend in October. Gail has found us a wonderful hotel, with a fantastic rate for the Women on Wheels® State Event. At this time, our next task is to communicate this event to the other Massachusetts chapters. If anyone out there would like to work on a flyer, this would be a great help! Gail will be able to provide information about the hotel and the weekend itself! Please contact Gail if you can help out with this task. (gsriley1@hotmail.com)

MA WOW Member's Article - Submitted by Poet: Sandy McArthur, member of the Mohawk and Patriot chapters, has an article in the March/April 2004 issue of Women On Wheels® magazine. Sandy's article, "Wise Wheels: An Essay on Alternate Roads," begins on page 13.

Motorcycle Flea Market - Submitted by Poet: WHAT: New Hampshire Motorcyclists' Rights Organization (NHMRO) 29th Annual Motorcycle Flea Market WHEN: Sunday, April 25 (rain or shine) TIME: 8 a.m. to 5 p.m. WHERE: Hopkinton State Fairgrounds, Contoocook, NH Off Route I-89, follow signs to Fairgrounds Gate A. Vendors use Gate G. ADMISSION: \$7 (children under 12 get in free) All proceeds go to protecting your rights. Leathers, parts, good times, 50/50 raffle No pets and no alcohol. FOR MORE INFO: 603-437-9464 or e-mail: NHMRO@juno.com "LET THOSE WHO RIDE DECIDE"

Women on Wheels® North Shore Chapter

Minutes of the Meeting held February 8, 2004 and March 14th, 2004 submitted by Sue Comeau

February's meeting was held at the Majestic Dragon, Route 1 North, Ipswich, MA at 6:00 PM. In attendance were, SueP, PamF, LisaW, JoniH, CymaH, Leah, SusanT, Susan and Gerald Comeau, PamC, ChrisS, Debbie, Marianne, LindaC, Jill and JudyB.

Issues Discussed:

- A consolidated ride schedule for the state was distributed for everyone's review.
- The WOW WOW is scheduled for the first weekend in March. People were encouraged to register for the weekend.
- WOW writes articles monthly for Motorcyclist Post. Sue P is looking for volunteers to write an article one-two times a year. Each chapter is taking a turns writing the article. This gives WOW great exposure. Let Sue P know if you are interested in helping with this.
- The North Shore Group is planning the Fall Foliage State Event. It is scheduled for the first weekend in October at the Grand Summit Hotel in Bartlett NH. We hope to have a big turn out and we will be planning some events/rides for the state event.
- We are looking for ideas for a Logo for the North Shore Chapter. A witch riding a motorcycle was one suggestion for the logo. Ideas and drawing should be submitted to the group for review.
- Ideas for the bi-weekly dinner rides need to be submitted. Restaurants with quick meals (a step above fast food) are the targets.
- The April meeting is being moved to the third Sunday in April on the 18th. The regular meeting was scheduled by mistake on Easter. The April meeting will be held at the home of Sue Comeau, 48 Brookview Road, in Boxford. The meeting will be the Annual Preventive Maintenance meeting. We are going to have a mechanic come to help us learn to change oil in our bike and check for problems. We will also demonstrate how to pick up your bike. The meeting will start at 12:00 noon and lunch will be served. Mark your calendar!!! It was a blast last year.
- Our next meeting is March 14 at 5:00 PM social hour, 6:00 meeting start at the Majestic Dragon. The March meeting will focus on group riding and safety, to help everyone start thinking about safety for the new riding season.
- The meeting was adjourned.

March's meeting was held at the Majestic Dragon, Route 1 North, Ipswich, MA at 6:00pm. In attendance were many members and a few potential members totaling 30 people.

- Breast Cancer Rally-This rally is on, it is being hosted by the South Shore members. It will be June 6th as planned. More information will be forwarded as the committee begins to work out the details.

- SueP reviewed the weekend rides: The Fall Foliage, Hot Air Balloon Weekend in Quechee, VT, the Ogunquit Trip and the Ride-In. Members are responsible for making their reservations and detailed information will be sent out as soon as it's available. If you are planning on attending the Ride-In. Don't forget, you need to make your hotel reservations and you need to register for the event. This information is available on the Women on Wheels® web site. www.womenonwheels.org.
- Lisa Walsh reviewed the Riding Rules that we follow as Women on Wheels® members. She also reviewed Hand signals and provided us with some wonderful illustrations of riding methods!! Great Job Lisa.
- Gail Riley spoke about the mileage contests and urged everyone to enter their forms for this year and the cumulative mileage. It's very important to send in your form so Massachusetts will get credit for your miles. Go Massachusetts; we were third or fourth last year!!!
- Our next meeting is the Preventative Maintenance Clinic on April 18th. A separate Invitation was sent to all members. Please RSVP to suecomeau@comcaast.net or call 978-887-0429 if you are going to attend.
- We all then lost total control of the meeting and everyone had a blast. The way it should be. •

North Shore 2004 Riding Schedule (Including State Events):

Day	Date	Ride/Event	Place	Contact/Phone
Fri-Sun	3/5-3/6	WOW WOW Weekend (State)	"Gardner, MA"	Poet 978-688-0144
Sunday	4/25	Ride/Lunch/Shopping	"Rockport, MA"	
Saturday	5/8	Parkers Maple Farm	"Mason, NH"	
Sunday	5/16	Quabbin Resorvior Ride	"Central, MA"	
Thursday	6/3	Weekly Dinner Ride		
Saturday	6/5	Ironhorse Press	"N. Conway, NH"	
Sunday	6/6	Breast Cancer Rally (State)		
Thursday	6/17	Weekly Dinner Ride		
Sat/Sun	6/18-6/20	Hot Air Balloon Weekend	"Quechee, VT "	
Thursday	7/1	Weekly Dinner Ride		
Tue-Thu	7/6-7/9	WOW Ride-In	West Virginia	
Thursday	7/15	Weekly Dinner Ride		
Saturday	7/17	"Sunapee, NH Ride"	"Sunapee, NH"	
Sunday	7/25	Kancamagus Highway	"Conway, NH"	
Thursday	7/29	Weekly Dinner Ride		
Thursday	8/12	Weekly Dinner Ride		
Saturday	8/21	Northeast Motorcycle Rally	New Hampshire	
Thursday	8/26	Weekly Dinner Ride		
Sunday	8/29	Rolling Dinner-Three Stops	"Atkinson, NH, Boxford, MA and Merrimac MA, Swimming"	
Fri-Sun	9/10-9/11	Oqunquit Weekend-2nd Annual	"Oqunquit, ME"	
Fri-Sun	10/2-10-4	Fall Foliage Tour (State)		
Sunday	10/10	Lobster Dinner Ride	"Seabrook, NH"	

Information on Hotels: Please remember that if you plan to attend any of our overnight trips, it will be your responsibility to reserve your hotel room. (Details for the Fall Foliage hotel will be out soon!)

NORTH SHORE BALLOON WEEK-END: Quechee VT Hot Air Balloon Festival
 June 18th through June 20th
 Note: Father's Day Weekend, Laconia Weekend
<http://www.quechee.com/balloonfest.dfm>
 Best Western at the Junction
 306 North Hartland Road
 White River Jct. VT 05001
 Tel: 802-295-3015
 Toll Free: 800-370-4656
 Fax: 802-295-2581
 Email: e@bestwesternjunction.com
<http://www.bestwesternjunction.com>
 Indoor pool, hot tub, sauna, free continental breakfast. PETS WELCOME
 Hotel approx. 10 miles from Quechee VT

NATIONAL RIDE-IN (July 6th,7th,8th)
 Ride-in Registration located online at:
<http://www.womenonwheels.org>
 Lodging information:
 Canaan Valley Resort & Conference
 Center State Park
 1 (800) 622-4121, be sure you mention you are with Women On Wheels®
 Campgrounds 1 (800) 622-4121
<http://www.canaanresort.com/lodging.htm>
 WOW Contacts:
 W. Virginia WOW contact - Pat via email at WVridein2004@msn.com
 Registration questions - Cindi Striegel
 Cook - 716-655-5769 or Email: ridein@womenonwheels.org

NORTH SHORE WEEKEND
 OGUNQUIT WEEKEND: September 10th through September 12th
 Majestic Regency, located on route 1 on the Ogunquit/Wells town line
 Choose from oversized kings, queens doubles and 2 bedroom efficiency units. All units include individual climate control, telephones, color/cable television, full baths and in-room coffee.
 Reservations: 1-888-442-9601
http://www.majesticregency.com/mr_welcome.html

DEHYDRATION - Submitted by Gail Riley

The suggestion for this article came from my biggest "WOW-supporter", my husband David. When asked for a topic he immediately said, "Dehydration". A couple of thoughts came to mind which I would like to share before getting into the "well" of the topic. A colleague walked into my office to tell me about his weekend hiking adventure. As he was a novice to the sport, he was very proud that he had hiked a "four-thousand footer". However, when he reached the peak his friends found him to be vague, confused, and disoriented. He was dehydrated. Oh, yes, he had bought a new camel pack, but did not rinse it out before the hike and the plastic taste was so bad that he didn't drink from it. Recently, I snowshoed for about 5 hours. I drank enough fluid, but the interesting thing was that the inside of my jacket was soaked at the end of the day. With all the new high tech fabrics that wick moisture away from your body, I had no idea how much fluid I had lost during that time.

So what do you know about dehydration, or the inadequate intake of water? Here are some facts.

- You can lose 1-2 liters/hour through sweating
- Fluid can be lost through exhaling; up to 1.5 liters/day
- For every liter of sweat you lose, your heart rate can increase by 8 beats per minute, and your heart pumps out 1 liter of blood less each minute.
- Without activity one can lose up to 400 ml. of water through perspiration and 500 ml. through urine.
- Sweating off 1.5 liters causes a 10% decrease in overall physiological efficiency
- Dehydration affects muscular strength
- Dehydration can be accelerated by increased sweating from panic

Can you relate these facts to motorcycling?

Signs and symptoms that may be indicative of dehydration include:

- body temperature changes
- low blood pressure and increased pulse
- decreased skin turgor; when you pinch your skin it should retract to normal, but if it tents, you probably could use some intravenous
- thirst; by the time thirst sets in one is significantly dehydrated; it is the sodium levels in the blood that affect the thirst reflex more than the hydration levels
- personality changes such as confusion and disorientation

The most obvious way of preventing dehydration is to "drink early and drink often", and of course, we are referring to non-alcoholic beverages which can increase dehydration. The National Athletic Trainers Association recommends 28-40 ounces of water per hour while exercising to give you some idea of the body's requirement to work its best. One should avoid sweet concentrated liquids. You should drink enough such that your urine looks like the color of weak lemonade. If it looks like apple juice, you're in trouble.

Warmer weather is approaching, so keep those extra bottles of water in your saddlebags, and keep cool and keep calm. Safe riding to all!

Resources: Pointers, Winter 2004, Vol. 9, Issue II, National Ski Patrol

Monitoring Fluid and Electrolytes Precisely, NursingSkillbook '79

Group Riding Etiquette - Submitted by Lisa Walsh:

With the riding months finally here, I'll be adding short articles in our newsletter, regarding group etiquette. The tips are meant to keep everyone aware of the differences between riding alone, and riding in a group. I hope you enjoy these articles, and if you have any suggestions about group riding etiquette, or topics for this column, please be sure and let me know!

This month's group riding etiquette tip is focusing on hand signals. On the following pages, you will see a listing of our group rules. In particular this month, I'd like to talk about number 9. (Hand signals will be given during the ride and riders are expected to pass them down to the riders behind them.) Please pass on hand signals, since when riding in larger groups, the people in the rear of the pack cannot see the road captain up front. If there were a road hazard, and the signal was not passed back, someone could be seriously hurt. Think of this as holding the door open for the person behind you. Thanks everyone! Lisa

North Shore Chapter Women on Wheels - Rules of the Road (With Road Captain comments in parentheses) - Submitted by Lisa Walsh

When riding as a single rider, you only need to think about your own safety and comfort, but when riding in a group, there is a lot more to consider. People who've never ridden in groups may not know what is expected of them, so these rules were written to help everyone understand what is expected, and necessary to keep yourself, and your fellow riders safe.

1. No drugs or alcohol will be permitted on a ride. Anyone using drugs or alcohol will be asked to leave the ride. (THIS IS A NATIONAL WOW RULE AND FOR OBVIOUS SAFETY REASONS, IT NEEDS TO BE TAKEN SERIOUSLY. WHEN A RIDE REACHES ITS DESTINATION, THE RIDE IS OFFICIALLY OVER. IF MEMBERS MAKE THE CHOICE TO RIDE BACK WITH THE GROUP, THEY NEED TO RESPECT THIS RULE, FOR THE SAFETY OF ALL IN THE GROUP. ROAD CAPTAINS DO NOT WANT TO PLAY POLICE AND MONITOR RIDERS, SO PLEASE DON'T PUT THEM IN THAT POSITION.)

2. Arrive at the designated meeting place at least 10-15 minutes before the ride is expected to depart, with a full tank and empty bladder. (WE NEED PEOPLE TO ARRIVE AT THE RIDES EARLY, GIVING AT LEAST 15 MINUTES FOR THE ROAD CAPTAIN TO GO OVER SAFETY RULES. WE ALSO NEED TO ALLOW SOME EXTRA TIME FOR ANY WAIVERS AND EMERGENCY INFORMATION TO BE COLLECTED. PLEASE RESPECT THIS POLICY, SO THE RIDE CAN LEAVE AS SCHEDULED.)

3. All riders must have a motorcycle license to ride in the group.

4. Guests are always welcome on our rides. You are responsible for your guest and it is your responsibility to inform him/her of these rules before the ride. The guest will be required to sign a waiver form. Introduce the guest to the Road Captain.

(THIS YEAR, WE WILL HAVE WAIVERS TO BE SIGNED. WE ALSO PLAN TO SECURE EMERGENCY INFORMATION FOR THOSE WHO JOIN US ON GROUP RIDES. WE NEED TO KNOW WHO TO CONTACT IN AN EMERGENCY.)

5. The Road Captain will ride in front of the riders. The Referee will ride singly in the lane in back of the riders. The group will ride in staggered formation. Single file will sometimes be required on back roads, construction zones, or whenever the road captain determines, for safety. For purposes of these rides, the inside is considered the lane closest to the yellow line and the outside is considered the lane closest to the curb/breakdown lane.

6. All riders should ride in staggered formation and observe the 2 second rule. (Please check with Road Captain for more information on the 2 second rule) Try to maintain the speed of the group. Do not ride up on the bike in front of you, and do not lag too far behind. (IF YOU ARE NEW TO RIDING, AND UNCOMFORTABLE WITH THE 2 SECOND RULE, PLEASE USE YOUR OWN JUDGMENT. ALLOW YOURSELF ENOUGH COMFORT TO RIDE WITH THE GROUP, WITHOUT CAUSING DISRUPTION. RIDERS SHOULD CHOOSE A POSITION WHERE THEY ARE COMFORTABLE WITHIN THE FORMATION, BUT WE SUGGEST THAT INEXPERIENCED RIDERS POSITION THEMSELVES TOWARDS THE FRONT OF THE PACK TO AVOID THE WHIP EFFECT.)

7. Obey all rules of the road. Stop at stop signs, yield at yield signs and obey all traffic signals. (THIS COULD BE THE MOST IMPORTANT RULE ON THIS SHEET. EVERYONE IS RESPONSIBLE FOR THEIR OWN RIDE. IF THE GROUP GETS SEPARATED DUE TO TRAFFIC SIGNALS, WE WILL REGROUP AHEAD, SO DON'T FEEL AS THOUGH YOU NEED TO RUN RED LIGHTS. IF AN ACCIDENT WERE TO TAKE PLACE, AND A RIDER IS RESPONSIBLE FOR NOT OBEYING TRAFFIC, THAT RIDER WILL BE RESPONSIBLE. THIS COULD NOT ONLY EFFECT YOUR SAFETY, AS WELL AS EVERYONE ELSE IN THE GROUP, BUT IT COULD ALSO CAUSE YOUR INSURANCE COMPANY TO REFUSE PAYMENT. TAKE THIS SERIOUSLY!)

8. When pulling up to a red traffic signal, all riders should pull together, side by side while stopped, and proceed through the intersection two at a time, then fall back into staggered formation. (AGAIN, RIDERS SHOULD USE THEIR OWN JUDGEMENT TO BE COMFORTABLE WITH STOPS AND STARTS.)

9. Hand signals will be given during the ride and riders are expected to pass them down to the riders behind them. (PLEASE USE THE HAND SIGNALS THAT THE ROAD CAPTAIN AUTHORIZES, AND DO NOT INVENT HAND SIGNALS. IT CONFUSES OTHER RIDERS IF YOU TRY TO COMMUNICATE WITH HAND SIGNALS THAT DO NOT EXIST.)

10. When changing lanes, the Referee will block the lane after the Road Captain signals the Referee to take the lane, when the lane is clear, the Road Captain will move into the passing lane and the rest of the group will follow. Bikes will move into the passing lane from FRONT TO BACK. (THIS IS AN EXAMPLE OF A PERFECT LANE CHANGE. NOT ALL LANE CHANGES WORK PERFECTLY DEPENDING ON TRAFFIC, AND THE AMOUNT OF TIME WE HAVE TO MAKE THE LANE CHANGE. EVERY RIDER NEEDS TO VERIFY THAT THE LANE IS CLEAR BEFORE CHANGING. DO NOT TAKE FOR GRANTED THAT THE LANE IS BLOCKED AND CHANGE LANES WITHOUT LOOKING FIRST!!!)

11. When a car signals to break into formation while entering the highway from a ramp, or when it signals to break into the formation to exit the highway-please give the car the courtesy. DO NOT leave your lane to go around them. DO NOT display any behavior that shows a negative view of our group. Please read the article attached to this packet to understand how serious this rule can be.

(TWO THINGS THAT NEED TO BE STRONGLY STRESSED HERE. FIRST IS SAFETY – MOTORCYCLES ARE EXPECTED TO SHARE THE ROAD WITH CARS. IF A CAR NEEDS TO GET INTO OUR FORMATION, WE HAVE NO RIGHT TO REFUSE HIM THIS. IN THE EVENT THAT A PACK OF MOTORCYCLES GETS INTO A ROAD RAGE INCIDENT, THE MOTORCYCLES WILL LOSE 100% OF THE TIME. DO NOT DO ANYTHING TO INSTIGATE THIS!

SECOND, NATIONAL WOMEN ON WHEELS HAS RULES INVOLVING ETHICS AND CONDUCT, AND AS LONG AS WE ARE REPRESENTING WOMEN ON WHEELS, WE ARE EXPECTED TO FOLLOW THOSE RULES. DISPLAYING A NEGATIVE IMAGE OF WOMEN ON WHEELS IS A CODE OF ETHICS, SO PLEASE REMEMBER THAT WE ARE SHARING THE ROAD, AND THERE IS NO NEED TO DISPLAY BAD BEHAVIOR TO THE CARS WE ARE SHARING IT WITH.

THE SWEEP AND ROAD CAPTAIN SHOULD BE IN COMMUNICATION, AND ARE ALWAYS AWARE OF ANY CARS THAT MERGE INTO OUR FORMATION. IF IT CAUSES A DISRUPTION, WE'LL PULL OVER UP AHEAD, OTHERWISE, WE'LL CONTINUE, WAITING FOR A CHANCE TO REGROUP.)

12. When riding in staggered formation and a position becomes vacant, signal your lane change before safely switching.

(THIS CAN SOMETIMES HAPPEN IF WE DON'T GET INTO PERFECT FORMATION WHEN TAKING OFF, OR IF SOMEONE LEAVES THE GROUP. BASICALLY, IF YOU NEED TO MOVE FROM THE INSIDE OF THE LANE, TO THE OUTSIDE, BECAUSE OF THE FORMATION IN FRONT OF YOU, USE YOUR SIGNAL SO THE PERSON BEHIND YOU IS AWARE OF YOUR CHANGE.)

13. Anyone leaving the group must inform the Road Captain or Referee.

14. In the event of a breakdown or any problem, the Referee will stay with you to obtain help. The rest of the group will continue on the ride until the Road Captain can come to a safe place to stop.

(ASSUMING THE ROAD CAPTAIN IS INFORMED OF THE BREAKDOWN, THE ROAD CAPTAIN WILL MAKE A DECISION WHETHER TO PULL AHEAD, OR WHETHER TO CONTINUE TO THE NEXT LOCATION AND THEN CONTACT THE SWEEP. (ROAD CAPTAINS AND SWEEPS SHOULD ALWAYS HAVE CELL PHONES) PLEASE CONTINUE TO FOLLOW YOUR ROAD CAPTAIN.)

15. If we get separated at an intersection, the Road Captain will pull the group over in a safe area and wait for the remaining riders to catch up.

(THE REGROUPING TECHNIQUE CAN WORK PERFECTLY, OR CAN BE VERY SLOPPY. SOMETIMES IT IS OUT OF OUR CONTROL, BUT THERE ARE CERTAIN TECHNIQUES WE CAN USE TO HELP FOR A SMOOTHER REGROUP. IF THE GROUP GETS SEPARATED, AND YOU ARE THE FIRST PERSON IN THE SECOND GROUP, ALWAYS SLOW DOWN AND LEAVE SPACE BETWEEN YOURSELF AND THE CAR AHEAD OF YOU, SO AS WE GET CLOSER TO THE FIRST PACK, THERE IS TIME FOR THEM TO PULL IN FRONT OF THE APPROACHING PACK OF BIKES. IF YOU SPEED UP TOO QUICKLY, THE FIRST PACK DOES NOT HAVE TIME TO PULL OUT, AND IT BECOMES NECESSARY FOR THE SECOND PACK TO PULL OVER BEHIND THEM.)

16. No talking on cell phones, applying makeup, using a camera, or smoking, while riding. We know that these sound silly, but these things do actually happen in some rides, so we are reminding everyone that when riding in a group, please use common sense, and think about the safety of those around you, as well as your own.

17. HAVE FUN!!! (THESE RULES ARE NOT MEANT TO SCARE PEOPLE AWAY FROM GROUP RIDING, AND CERTAINLY NOT MEANT TO MAKE US SOUND LIKE A MILITARY GROUP. THEY ARE MEANT TO REMIND EVERYONE HOW IMPORTANT IT IS TO BE SAFE WHEN RIDING IN A GROUP. A SIMPLE MISTAKE WHEN RIDING IN A GROUP CAN CAUSE AN ACCIDENT, AND WE'D LIKE TO AVOID THAT AT ALL COSTS! HAVE FUN, BUT BE SAFE!)