

Hello All,

On Saturday July the 20th, we had three bikes and two trikes set out from the Speedy Stop on Parmer Lane in Austin. Steven led our ride to the Casa Chapala in Bastrop. Many more members from Capitol Wings met us there at 10 for lunch and or breakfast. Our Ticket master was out of pocket, so I sold tickets for 50/50, Sheri and Al were the "big winners."

Our September Ride-In is taking shape. The electronic flyer and registration have been distributed, we have members signing up and some have made their hotel plans. If you can, please call the Hotel and register with Capitol Wings. This has provided our chapter with the meeting room for free all four nights.

The Pine E Woods Riders chapter has already planned all three long rides and we are planning some shorter rides. Information for restaurants and destinations will be available at registration.

Hope to see ya there,
Jim and Dee Dee

Upcoming Events

August 17: Our next gathering will be at the Junction Café in Bertram.

Ride Details: We will meet up at the Quik Trip at 2723 S Lakeline Blvd, Cedar Park, TX 78613. Meetup between 8:00 AM to 8:30 AM. **KSU at 8:30.** Arrive at Junction Cafe at 102 Castleberry Ct, Bertram, TX 78605 about 10:00 AM

September 26, 27 and 28: Texas District Fall Ride-In, Lindale Texas. This is about 10 miles north of Tyler Texas.

Ride-In Registration Link: <https://form.jotform.com/241784237076159>

For Hotel Reservations: contact the Comfort Suites, 200 W. Centennial Blvd., Lindale TX 75771

Call: 903-882-8613 and ask for the Eagle Wings group rate (King \$90 / 2 Queens \$98). Call now - the group rate cutoff date is 9/14/24.

October 24-26 Mississippi District Rally – “Born To Be Wild” – Biloxi MS
https://www.ewma-world.org/content.aspx?page_id=4002&club_id=719997&item_id=2122249

January 19-26, 2025: Wingers and Waves Cruise. Reservation form can be found at capitolwings.org ([Capitol Wings Austin TX](#))

March 13-15, 2025 – Florida District Rally – Roaring 20’s Ride – Gainesville FL
<https://www.ewma-florida.org/rally.html>

10 Tips to Stay Cool While Riding in the Teas Heat: *Submitted by Tom Sprague*

I found the following on the internet and thought it to be a great reminder of how to survive the August summer heat.

July 17 2024, Frank Pain - Taken from www.kentshd.com

By now, you've probably seen the "excessive heat warnings" around Texas. Some see the heat as a reason to stay indoors while others still want to ride their motorcycles without this oppressive heat ruining all the fun. While Texas may lead the nation in heat-related deaths, you can still ride and stay (somewhat) cool during the "dog days of summer".

For starters, exposed skin dries out very quickly in the sun and wind. Yes, this can help with the cooling effect, but it also makes it harder to keep your body hydrated.

Keeping your arms covered (remember that synthetic long-sleeve T-shirt) helps reflect the sun's heat, prevents sunburn, and helps keep your sweat from evaporating too quickly.

Be smart and plan before you ride with these tips to stay cool while riding in the heat.

1. **Stay Hydrated**: This may sound obvious, but there are things we do that dehydrate us without even knowing. For example, alcohol and caffeine will, both, dehydrate you. If you need that cup of coffee before you hit the road, drink plenty of water along with it and on our cruiser bikes you can drink water while riding. Alcohol is a no-brainer. Leave the booze until the end of the ride, not while riding. When drinking water, the key is to drink small amounts frequently instead of a lot all at once. This will help you stay hydrated and cooler throughout the day.
2. **Wear Wicking Clothing**: Sweating is our body's way of regulating its temperature and when we wear synthetic base layers, that clothing helps wick away the sweat from our skin thus aiding in evaporative cooling.
3. **Wear Full-Coverage Gear**: You might think it's better to wear less clothes, but it's really not. The more skin you have exposed, the greater the chance you get burned. Even if you may not burn, exposure to the sun's UV rays can heat the skin and body. Couple that with lack of hydration and you're well on your way to heat exhaustion or even heat stroke. Wear long, breathable sleeves and pants to protect against the UV rays. Prolonged exposure to the sun can also dry out your skin which makes it more difficult to stay hydrated.
4. **Wear a Cooling/Hydration Vest**: Some of these vests can be dipped in water before wearing, which can keep your core from overheating. Other cooling vests have water in them to aid in cooling. I have one of these vests even with sleeves.
5. **Wear Cooling Neck Wraps/Bandanas**: Dip them in some water and wear them around your neck and arms to help cool you off. When they dry, make sure you get them wet again at your next stop. Both also have added protection against the sun as they're meant to cover exposed areas.
6. **Avoid Riding During the Hottest Time of Day**: Sometimes this can't be avoided, but most of the time you can plan your rides around the hottest part of the day. I have found out morning rides are great. Just be to your destination by noon,
7. **Make Frequent Stops/Take Frequent Breaks**: It's really easy to jump on your bike and "get in the zone" and ride for hours. During this excessive heat, it's best to stop frequently and enjoy some shade as much as possible. It'll help you and your bike cool down.
8. **Wear Sunscreen**: Another one of those no-brainers, but many of us only apply sunscreen just once. I apply it to the exposed areas every time I stop. Protecting your skin from sunburn will help keep you from suffering from the heat. Personally, I find this to be a problem. First you should have all of your skin covered (ATGATT). Second never put sun screen on your face. When you get hot and start to sweat the sun screen may get

in your eyes. If this happens you will not be able to see where you are going (Personal experience)

9. **Wear a Helmet and Keep the Vents Open**: Helmets save lives and can protect your head/face from exposure to the sun's UV rays. Much of our heat is released through our heads, so keep those helmet vents open to cool off some.

10. **Wear Sunglasses**: Our eyes are incredibly sensitive to UV rays and protecting them with proper eyewear can help keep you from feeling the miserable effects of the sun and heat.

As you can see, most of those tips deal with wearing the right clothing. I think most of us in EWMA have the gear. Just remember to wear All The Gear All The Time. For all you older folks like me I try to wait out the really hot weather and enjoy the AC.

Birthdays

8/3 – Russ M

8/6 – Randy R

8/12 – Yolanda G

8/18 – Hubert J

8/23 – Julie D

8/29 – Teri B

8/30 – Ken B

Anniversaries

8/4 – Mark & Lynn

8/21 – Hubert & Linda

8/31 – Jim & Dee Dee

IMPORTANT NOTICE TO ALL MEMBERS

We are asking all members to add CWAMEMBERS@CAPITOLWINGS.ORG to their address book so that emails from us won't go to the Junk Folder. You should have already received an email from this address. If you haven't, check your Junk Mail.

Website Links:

Capitol Wings: [Capitol Wings Austin TX](#)

Texas District: [EWMA-TX](#)

EWMA National: [Home - Eagle Wings Motorcycle Association \(ewma-world.org\)](#)