



Mark TROC 2015 on your calendar



THURSDAY, JANUARY 1, 2015 AT 1:00 PM: *The New Year means the annual TROC - Toast to the Rest Of Canada. A quick photo opportunity at Island View Beach and then off to Sidney to enjoy a bowl of chili at Bob and Janette's home. Make sure you RSVP Bob Leitch and show up to start 2015 off with a bang!*

COORDINATOR:

Klaus Kreye
bmwrvi@shaw.ca

TREASURER & MEMBERSHIP:

Peter Juergensen
motonanny@telus.net

NEWSLETTER EDITOR:

Roy Sweet
victoriarides@gmail.com

MAILING:

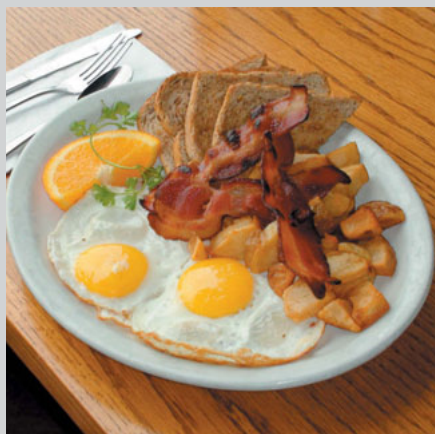
Bob Leitch
bleitch@telus.net

MAILING ADDRESS:

BMW Riders of Vancouver Island
6-310 Goldstream Avenue
Victoria BC V9B 2W3

Next Breakfast/Brunch

Saturday, January 3



WHERE:

Log House Pub
2323 Millstream Road
Victoria

WHEN:

9:30 am



Join BMW RVI on Facebook in 2015

With the goal of better, faster and flexible communication, BMW RVI will launch a members-only Facebook Group in the new year. The URL will be: <https://www.facebook.com/groups/bmwrvi/>

Here are a few points to consider

- Posts will only be visible to group members, namely, members of BMW RVI.
- BMW RVI will require members to be approved or added by an administrator before they can access the group. As the membership list evolves, access to the

group will be adjusted.

- The BMW RVI Facebook page will not be used for commercial purposes.
- Members receive notifications by default when any member posts in the group. Group members can participate in chats, upload photos to shared albums, collaborate on group documents and invite members who are friends to group events.

Members who are familiar with Facebook will need only to request

to join the page by entering the URL in the search box and then click <Join Group> in the top right-hand corner. Approval will occur in a day or two.

If you do not have a Facebook account you can create one. For step-by-step instructions go to

- <https://www.facebook.com/help/>
- There are numerous websites that provide advice on security when setting up and using a Facebook account. Do a web search using “Facebook security.”

Some thoughts on surviving cold riding



As cold weather starts to roll in this season and the last red leaves fall off the trees, it's time to start thinking about what you're going to do with your motorcycle this winter. For some, winter means buying fuel stabilizer, dusting off the trickle charger, and gently snuggling their motorcycle into a warm corner of

the garage. For others, winter means no change to our motorcycle riding habits except the addition of quite a bit of extra clothing!

Staying Warm

Riding a motorcycle in cold weather comes down to one simple concept: insulation.

Since most people aren't very active on a motorcycle, their body isn't doing much to produce heat on its own to counteract the cold. That means we have to do everything we

can to insulate the body in order to keep what precious heat that we do produce actually on our body, and not floating off in the cold winter air.

Insulation boils down to two things: layers (to slow the rate at which our body loses heat), and wind proofing (to keep the wind from stealing our heat).

Layers

Let's talk about layers first. Layers are critical for riding a motorcycle in the cold weather of winter. The number of layers you'll need to wear is based both on personal preference (some people naturally run a little hotter than others) and



Layers and wind proofing are key

the temperature outside. I've worn up to four layers in really cold weather. The key is to have enough layers on that you feel comfortable (maybe even slightly warm) when you step outside and just stand in place (before you ride your motorcycle).

Remember two things

- Your bottom layer should always be some type of snug fitting thermal or fleece underwear. This will create a warm layer of air between your body and this material. (Don't worry about buying the expensive wicking materials like Dri-Fit, etc. - you won't be sweating much so it won't do you much good)
- Don't wear so many layers that you lose mobility. If you can't hold your arms at your side because of all your clothing, than it's probably time to invest in either some warmer, or even heated, clothing.

Wind Proofing

Now, let's talk about wind proofing. The biggest issue that you will have when riding a motorcycle in the winter is keeping the wind out. Wind, specifically wind chill, is your worst enemy on a motorcycle in cold weather. Doing everything you can to stop this enemy is going to go a long way to helping you ride your motorcycle comfortably in the cold.

Wind-proofing also takes the most trial and error to perfect. It can take quite a while before you finally plug

all of those air leaks!

The main thing to do for wind-proofing is to make sure your outer layer is some type of wind-proof material. Leather is by far the most popular choice for this. Ideally, you should look for something that is both wind-proof and water-proof. There are many man-made materials that meet that criteria.

Here are a few additional thoughts on wind-proofing:

- Add a windshield to your motorcycle to block the wind.
- While not stylish, duck tape can do wonders to seal any leaks you might have.
- Wear a full face motorcycle helmet with some type of covering for your neck and head. Most of your heat is lost through your head so do your best to keep it warm!
- Put newspaper on your chest between your outer layer and the layer underneath it - this does wonders for blocking the wind.

Hands and Feet

Many people have a problems with their hands and feet. The reason is that as you get cold your body focuses circulation on your internal organs to keep them warm, while your feet and hands get the shaft.

The only way to keep hands and feet comfortable in really cold weather is to 1) add additional heat sources, and 2) invest in quality boots and gloves

For additional heat sources you can use those air-activated hand and feet warmers that you can find in the hunting section of any Wal-Mart. Crack open a couple of these, stuff them into your boots and gloves, and your hands and feet will be toasty for 5+ hours.

Boots

The key things you want to look for in boots are:

- Fit (you don't want them to be tight because this will reduce circulation and make your feet colder)
- Water-Proof. Don't even consider them if they aren't.
- Above the ankle. This really helps with wind proofing.
- Comfortable to walk around in.
- Insulation is a nice to have, but not a must; you can get most of your insulation from putting extra socks on.

Gloves

Gloves can really be a trial and error process for motorcycle riding so make sure that you've found the right pair before embarking on your next long cold weather ride.

In looking for gloves:

- Make sure that they are long enough that they completely cover the wrist (remember: wind-proof, wind-proof, wind-proof!)
- Find a pair with a hook and loop



Heated gear is the ultimate choice

closure system at the wrist that allows you to tighten the gloves.

- Good fit - if the glove feels tight at all, get the next size up. We don't want anything to impede circulation!
- Good insulation - you want the high-efficiency stuff like 3M Thinsulate, not just a bunch of fluff.
- Good insulation placement - most gloves only put insulation on the top. You want a pair with a little bit in the palm and other parts of the hand as well.
- Pre-curved fingers - motorcycle gloves can wear you out if you're trying to squeeze that throttle all day. Pre-curved fingers alleviate this. If at all possible, try to squeeze a throttle before purchasing. Make sure the gloves don't get tight or bunch up - you'll really notice it after 30 minutes of riding.

Safety

Finally, after you've got all your gear sorted out there are a couple of things you'll want to be aware of in terms of safety before getting out there in the cold: Frostbite and Hypothermia.

Exposed skin is always at risk for frostbite, so make sure you don't have any exposed skin! If you feel like your skin is being pricked by needles, frostbite is on its way and you need to do something immediately. If your skin starts to turn white or waxy and feels numb and hard you need to get immediate medical attention.

Hypothermia is a separate concern. Hypothermia is where your core body temperature drops below the minimum temperature required for your body to operate. Hypothermia causes mild confusion,

sluggish behavior, poor muscle coordination, and incoherent behavior

If you start feeling cold and can't decide if you should pull over, you are facing an early stage of hypothermia. Pull over immediately and get a hot coffee!

If you start shivering uncontrollably, feel sluggish, or even drunk, then you're in serious trouble. Hypothermia is already underway and you need to stop immediately to warm up.

Lastly, if you are going to be riding for long periods of time in cold weather or ride in REALLY cold weather, then you need to invest in heated clothing. In these situations, the body needs an alternative source of heat to keep itself warm - and heated clothing is the only way to go.

Club 2014/15 Event Schedule

Date	Event	Location
Thursday, January 1, 2015	TROC	Island View Beach
Saturday, January 3, 2015	Monthly Gathering	Log House Pub
Friday to Sunday, January 23 to 25, 2015	Vancouver International Bike Show	Tradex/Abbotsford
Sunday, February 1, 2015	Monthly Gathering	Chequered Flag
Sunday, February 15, 2015	MSF Rider Training	TBD
Saturday, February 21, 2015	Pot Luck – Chez Lucy's	620 Toronto Street
Saturday, March 7, 2015	Monthly Gathering	Log House Pub
Sunday, March 15, 2015	MSF Rider Training	TBD



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PSS Announces the 2015 Schedule for Advanced Street Skills

The 2015 Advanced Street Skills events will be held at two locations in Washington;

- Pacific Raceways in Kent (June and August)
- The Ridge Motorsports Park in Shelton (July and September)

Advanced Street Skills provides riders the knowledge and ability to read their riding environment, correctly predict what a corner will do before entering the curve, improve cornering skills, and better negotiate proper entry and exit speeds. This is not a safety course, but by helping motorcyclists become better riders they ultimately become safer riders. All of the lessons and drills relate directly to riding on public roads whether for sport, touring, or just for cruising.

The drills and lessons taught were created to combat the most common reasons for motorcycle crashes and fatalities in Washington. The Advanced Street Skills event provides motorcyclists with the tools to better manage their speed (when, where, and how much) and improve their cornering skills. All of this is done in a controlled environment spread over a 2.25+ mile closed road course.

Here in the Pacific Northwest and along the west coast, motorcycle crash research shows that the majority of single vehicle fatalities are the fault of the motorcyclist. One of the leading causes is 'lane errors' (examples are running wide in corners and colliding with trees, cars, guardrails) which is directly addressed through the Advanced Street Skills.

This is not a course for aspiring racers, rather it is for riders that prefer to spend their time riding in the mountains, down the coast or are just looking to become safer by improving their cornering skills. There are no special bike requirements or restrictions, no need to tape over lights or remove turn signals; you will ride what you ride every day.

Come join us and learn what S-M-A-R-T cornering is all about. To register for Advanced Street Skills call (253) 770-8888. Register before December 31st, 2014 and receive a \$30.00 credit.

2015 Schedule

Pacific Raceways

June 11
August 8

The Ridge

July 22
September 16

One Day Events

*Learn skills and
concepts that will
improve your street
riding*

There are 4 levels

Any Bike, Any Rider

*This is not a track
day*