

RCB Newsletter



BMW MOA Club #210 & BMWRA Club #104

Catch us on the Web at WWW.RCB.ORG

Recurring Events:

Member Meeting: 1st Saturday of Every Month

Location: Susie's Country Oaks Cafe,
1000 Melody Lane,
Roseville, CA 95678

Breakfast or such whenever you arrive. Meeting starts about 8:00 A.M. and runs until 9:00 A.M., depending on what the Rafflemeister has in his goodie bag. Weather and other factors permitting there is a member ride after the meeting. Check the web site for details at rcb.org.

Wednesday Night Dinner Ride

Location: Coffee Republic
6610 Folsom-Auburn Road,
Folsom, CA 95630

Riders meet at the Folsom Coffee Republic before heading out to a local dining establishment 30-45 minutes away. After dinner, the riders return home on their own. Yes, we ride in rain and during holiday periods. Each week's destination is usually posted in the forum on the previous Monday or Tuesday.

Board of Directors Meeting

Location: Kathrin's Biergarten
4810 Granite Dr.
Rocklin, Ca.

The RCB board of directors meets monthly to review past activities and plan future events, taking into consideration member interest and cost. The meeting is open to all. While the meeting begins at 7:00 P.M., most directors gather earlier to have dinner.





2019 Officers and Directors

Officers:

President Mike Robles 916-718-1514
 VP Gordon Olson 916-642-2221
 Secretary Rand Olson 916-599-0819
 Treasurer Scott Moseman 916-765-6970

Directors:

Emeritus Rick Blake 916-927-2690
 2018 – 2019 Ray Trujillo 916-601-9141
 2018 – 2019 Al Morrison 916-955-2381
 2018 – 2019 Mike Harvey 916-334-5901
 2018 – 2019 Bob Rasters 925-606-6129
 2018 – 2019 Bob Brown 530-263-2823
 2019 – 2020 Ken Caruthers 916-712-1014
 2019 – 2020 Marv Lewis 916-208-1110
 2019 – 2020 Rick Kilton 541-331-9553
 2019 – 2020 Bob Highfill 925-200-6910
 2019 – 2020 Karl Weiland 530-409-5409
 2019 – 2020 Ray Nuguit 916-625-0799

Appointed Positions:

Membership Bob Brown 530-263-2823
 Newsletter Jack Klauschie 916-765-7737
 Webmaster Ken Caruthers 916-712-1014
 Women's Liaison Jeanie Thurston
 916-626-9121
 Rafflemeister Bob Rasters 925-606-6129
 Ride Leader Ken Caruthers 916-712-1014

RCB Calendar of Events

(See RCB Web Site / Forum for Details)

June 1 Monthly Member Meeting / Club Ride
June 7-9 Spring Fling – Lewiston
June 21-23 Nevada Outback – GS Ride / Camping
 June 28-30 Chief Joseph Rally / John Day, Oregon
 July 6 Monthly Member Meeting - Club Ride
 July 18-21 Top O' The Rockies / Paonia, Colorado
 August 3 Monthly Member Meeting - Club Ride
 August 16-8 Tahoe Chill – Camp Richardson
 Aug. 30 Sept. 2 Gypsy Tour / To Be Announced
 September 7 Monthly Member Meeting - Club Ride
 Sept. 6-8 Mt. Lassen / Lost Creek Group Campground, Mt. Lassen National Park
 October 4-6 Monthly Member Meeting / Manchester Beach
 November 2 Monthly Member Meeting - Club Ride
 November 17 2020 Planning Meeting
 December 7 Monthly Member Meeting - Club Ride
 December Holiday Party / TBD

**President's Corner****June 2019**

Well, well. No rain really in the forecast. Rain this year has seemed to be more the rule than the exception. Spring skiing into the summer this year. Our club ride is to One Eyed Jack's in Clipper Mills on La Porte Rd. Having been in that neck of the woods this year I wonder if the road to Quincy is open should one want to ride on after lunch. The locals would know. That is a great ride!

Last month's Memorial Poker Run came off without a hitch! Thanks to Capt. Ken for patiently downloading the route to quite a few gps's and to Bob and Joanie Highfill for hosting lunch at their home. Thanks folks! Very nice afternoon. Also a thanks to A&S for supplying tables and chairs that Bob and I hauled to his house. Thanks to Rick and Rayjay for helping us load everything up after the carnage.

Was pre-registered for the 49er Rally along with a coupla other club members. We all decided to forgo the Rally because of the weather. Not sure exactly what to expect we rode a different direction. I know Rich and Brenda made it and it sounds as tho the weather wasn't horrible but, I'm one who doesn't care much for rain camping so there ya go!

June 7th, 8th, 9th is the Lewiston/Trinity Spring Classic. Very nice that 30 have signed up for the event. If you want to go please sign up now so we have a grip on Sat. night's Chili and cobbler feed. Once again, if you have not ridden this area you must. Just riding there via 36/Wildwood rd./3/and 299 to Lewiston is a treat. Great ride and there are MANY fantastic ride possibilities in the area, so come and join in!

The MOA International is in Tennessee this year. I only know of Bob Highfill who is going to promote his Highroad rental business on THIS side of the country. If anyone does make the trek please, do a ride report. Next year will be in Great Falls, Montana. Suspect RCB will make a strong showing in Big Sky country.

Scott Moseman will be hosting the Nevada Outback Ride on June 21/22/23 out of Gerlach, Nevada. Pleases sign up if you plan to attend so Scott knows what provisions to bring.

June 27th, 28th, 29th, 30th is the Chief Joseph Rally in John Day Oregon sponsored by the BMW Riders of Oregon. All the info in regard to this event is on the interweb site. Pre-registration is recommended.



It appears as tho we all might be settling in with the new website so, I wanna encourage everyone to check the events calendar and sign up for the events you would like to attend. I know it is early but, the Stofer Classic at Manchester Beach is almost always our biggest club event of the year. I have already got the KOA to commit to Sat. night's catering of our dinner. Please sign up early so we can nail down how much grub the KOA folks will need to cook for us.

So, everyone please ride safe. Prime riding season is upon us! Make sure your ride is ready, air in the tires and fuel in the tank!

See ya down the road!

Mike

Preventive Maintenance

By: Dr. Ernesto Rivera

Preventive Maintenance for the MOST Important Part of the Motorcycle - YOU!

My life mantra is to never stop learning and I have learned a lot of my motorcycle smarts from a lot of you. It is amazing the collective wealth of knowledge from this group. From the practical and useful to the mundane. I have received a lot of useful tips on riding technique and care of my motorcycle to make sure it runs well and keeps me safe. I would like to impart a bit of my knowledge as a human body mechanic - to hopefully try and get us few more years on your motorcycle. I have a selfish incentive in writing this - to maintain one of my joyful resources (RCB members) in this journey called life.

A lot of us can rattle off the tire pressure, torque numbers, lean/rake angle as if it was common knowledge. When asked about the normal blood pressure for us adults, some have a hard time knowing and remembering. And one thing I can be sure, we check our motorcycle's tire pressure more frequently than we take our blood pressure. The normal blood pressure should be at or below 120/80 mmHg or 2.32/1.54 psi (for those who insists on measuring blood pressure using a tire gauge). The upper (higher) number is



also known as systolic blood pressure – the pressure the blood exerts on the walls of your arteries when the heart beats (artery = vessel that carries blood away from the heart; veins = vessels that carry blood back to the heart). The lower number is also known as diastolic blood pressure -the pressure the blood exerts on the walls of your arteries when the heart relaxes. Both numbers are important. It is normal for the blood pressure to increase when someone is exercising, stressed; it is lower when one is sleeping, resting, relaxed or after a meal. Think of your systolic blood pressure as the pressure head that your heart has to overcome to get the blood out of the heart and think of your diastolic blood pressure as the pressure head that the arteries have to overcome to feed your heart muscle when it is relaxed.

The heart being a muscle gets thicker when the pressure head it must overcome is higher. The thicker the heart muscle, the more blood it needs. This is where the theory of supply and demand comes in. The thicker the heart muscle, the greater the demand. It would be nice if our blood vessels are as pristine and pliable as when we were born but the truth is it stiffens with age and may also be narrower in some due to a number of reasons not excluding all the fun we have had with food, libations, inhalations, inactivity etc - these may cause a decrease in supply. An increase in demand coupled with decrease in supply results in ischemia (partial lack of blood supply) or even heart attack or stroke (total lack of blood supply). "According to recent studies, the risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89", from the American Heart Association.

Unlike tires where the recommended inflation pressures are written on the side walls, the recommended blood pressures are not found anywhere in our body. I have included the table below from the American Heart Association.



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

©American Heart Association

heart.org/bplevels

I accept that life is finite and would like to squeeze as much miles on my motorcycle. Just like our motorcycles, each one of us is in varying states of health, performance and disrepair. Feel free to talk to your human body mechanic for more information and recommendations. I started, as part of Gordy Care, to try and carry a blood pressure gauge at our events (even Saturday meet ups) so please let me know if you want your blood pressure measured. I am sure you are most relaxed in the company of your RCB friends, so if it is high, then there is a good chance that it is real. Wouldn't it be nice if we get our blood pressure checked every time we check our motorcycle's tire pressure? That maybe too frequent though for some.

I am sure A&S would like for us to be on our motorcycles for as long as we are physically able. Why do you think they started having bananas with our Saturday donuts! How about some organic Kale chips 😊?

Happy and safe motorcycling everyone!



Death Valley

Hottest, Driest and Lowest National Park

By: Jack Klauschie

In this below-sea-level basin, steady drought and record summer heat make Death Valley a land of extremes. Yet, each extreme has a striking contrast. Towering peaks above 8,000 feet often are frosted with winter snow. Rare rainstorms bring vast fields of wildflowers. Lush oases harbor tiny fish and refuge for wildlife and humans.

Rainfall that seems moderate by the standards of less arid regions can have major effects in a desert environment. Partially due to sparse vegetation, desert soils tend to be hard-packed, sun glazed and don't soak up water quickly. Steep slopes in Death Valley also tend to shed rain rather than absorb it. This water ends up channeled in low spots such as canyons and can very suddenly cause flash floods.

Flash floods can cause very extensive and expensive damage to roads and infrastructure. They can also be dangerous. When it looks like significant rain in the mountains, there probably is. Avoid hiking in canyons when there is a risk of rain. Never drive across active flooding.

Yet these same flash floods are a major force behind the stark beauty of Death Valley. Flash floods moved debris to create the alluvial fans that spill out of canyon mouths. Flood erosion created the Natural Bridge and carved the graceful curves of Mosaic Canyon.

I finally was able to go to the annual Death Valley trip after missing it for 2-3 years due to work commitments. (I guess if you don't go for 2-3 years it's not an "annual" trip, heh.) This year was memorable because it rained like crazy a week or so before we arrived.



According to a Park Ranger, it rained about an inch in a 24-hour period. That is about half the annual rainfall at Furnace Creek. Consequently, many areas were flooded and saturated. Parts of roads were washed out. The Park Service closed many of the areas we typically ride.

Roads were opened as the landscape dried out. We were able to ride the road to Crankshaft Junction and Eureka Dunes which are featured on the first page.

We also rode to China Ranch, a date farm, near Tecopa Hot Springs for a date shake.



Date Palms at China Ranch



Closed roads are disappointing but provide other opportunities. This year it was a hike at the Keane Wonder Mine which had been closed to the public for nearly a decade.

There are a host of mining features, including the aerial tramway towers and terminals. Think ski lifts. These impressive pieces conjure images of the miners who worked in this harsh environment and open questions about how they moved materials into place to construct these structures.

Claims were staked in December of 1903, and by 1907 the Keane Wonder Mine was in full operation. The ore buckets you can still observe along the mile-long aerial tramway would have transported 70 tons of gold ore a day during peak production.

By 1912, the value of the Keane Wonder Mine ebbed with a lack of raw material to continue mining profitably, and by 1942 the last attempt to continue operations came to a close. From 2008 to 2017, the area was closed for structural stabilization, mine mitigation and soil sampling. The preserved structures at Keane Wonder inspire us to imagine the miners who walked these same trails in search of a different value in the landscape.



RCB Newsletter



BMW MOA Club #210 & BMWRA Club #104

Catch us on the Web at WWW.RCB.ORG



**Sharon and Steve at the Bottom
at the Start of Our Hike**

RCB Newsletter

BMW MOA Club #210 & BMWRA Club #104

Catch us on the Web at WWW.RCB.ORG



The Top of the Aerial Tram



**Top of the Tram
Looking Down to Death Valley**

Please take photos and write notes.

Better yet write an article or ride report.

If you read an interesting article send me a copy.

Please send them to me at jackklau@comcast.net and I will add them to the newsletter to share with members.



Please Check the Forum often to stay updated on club functions and events.





DISCOUNT FOR RCB MEMBERS AT CLEARWATER LIGHTS!!

RCB members can get the brand new "Billie" tail and brake light package from Clearwater Lights for only \$125. The package normally sells for \$149. So buy a set and then use your \$24 savings to cover next year's RCB dues!! The discount is available for April, May, and June only.

The PREZ himself has already availed himself of this opportunity and is happy to show off his new lights to anyone who wants to follow his bike around. The "Billie's" are specially designed for the newer BMW's (GT's, RT's, and GS's) with the "Wonder Wheel" multifunction switch. If you have already gotten a "Can Opener 3" with your Clearwater auxiliary lights then you are all set. If you still have one of the earlier Can Openers (or don't have one at all) you will need to upgrade to the Can Opener 3.

To get your discount, just tell Glen that you're an RCB'er and that "Gordy sent ya!!!!".



Global Rescue is the premier provider of medical, security and evacuation services worldwide and is the only company that will come to you, wherever you are, and evacuate you to your **home hospital of choice**. Additionally, Global Rescue places **no restrictions on country of citizenship - all nationalities are eligible to sign-up!**

RCB Newsletter



BMW MOA Club #210 & BMWRA Club #104

Catch us on the Web at WWW.RCB.ORG

TRUJILLO tow and transport

When your sweet ride needs a sweet ride

Call Trujillo Tow & Transport! This new towing business, launched by club member Ray Trujillo, specializes in transporting motorcycles using a hydraulic lift system that ensures no stress or strain is ever placed on your bike as it is lifted gently into the truck bed.



Ray's business covers many facets of transporting motorcycles, including:

Roadside Rescue: If your motorcycle breaks down on the highway, Trujillo Tow & Transport (TTT) will cheerfully rescue both you and your motorcycle. Ray also carries gas, air, and can give you a jump-start, if that's what you need.

Motorcycle Transport for Dealers: If you are a dealer who needs to deliver a new motorcycle to a customer, give TTT a call. And rest assured that the bike or bikes will be transported safely and cheerfully.

Rally Transport: If you've always wanted to attend a rally maybe even Sturgis give Ray a call. He will safely transport your bike so it will be waiting when you arrive.

Routine Service & Maintenance Transport: Professionals are you just too busy to have your bike serviced? Give TTT a call and your bike will be picked up and delivered to your preferred service dealer and delivered safely back home again after service.



Trujillo Tow & Transport can carry up to six bikes at a time – two in the bed of a heavy-duty truck, and four in an enclosed trailer specifically outfitted with equipment to ensure safe transportation.

You can rest assured that Trujillo Tow & Transport will treat your motorcycle with the same care and respect that you would.

**Call 916-601-9141 or 1-800-601-6631
whenever your sweet ride needs a sweet ride**



RCB Newsletter



BMW MOA Club #210 & BMWRA Club #104 Catch us on the Web at WWW.RCB.ORG



BMW Motorrad USA
Authorized Dealer

A&S BMW Motorcycles

www.ascycles.com or (916) 726-7334

BMW Motorcycles, Parts, Apparel and Accessories *plus* Bar Backs, Luggage, Gadgets and Tools. Use our Illustrated Parts Catalog to find OEM parts and get tips and tricks at our online BMW Motorcycle Resource Center.

Need bike service?
Motorcycle transport as low as \$50.00 or get a one-day car rental - Free. Tire installation as low as \$21.00

A&S BMW Motorcycles, 1125 Orlando Avenue, Roseville California 95661

It's about the ride...



Boxer Metal
Specializing in older BMW motorcycle maintenance, restoration, sidecars, metal fabrication, & more!

Check us out on Facebook for events & rides!

boxermetal.com Located in Chico, CA (530) 520-7856



A&S BMW Motorcycles

1125 Orlando Ave Roseville CA 95661
(916) 726-7334, www.ascycles.com

BMW MC of San Francisco

San Francisco, CA
(415) 503-9988, www.bmwmotorcycle.com

BMW of Fresno

Fresno, CA
(559) 292-2269, www.bmwoffresno.com

BMW of Tri-Valley

Livermore, CA
(925) 583-3300, www.trivalleybmw.com

California BMW

Mountain View, CA
(650) 966-1183, www.calmoto.com

Cycle Specialties BMW

Modesto, CA
(209) 524-2955, www.cyclespecialties.com

Ozzie's BMW Center

Chico, CA
(530) 345-4462, www.ozziesbmwcenter.com

San Jose BMW

San Jose, CA
(408) 295-0205, www.sjbmw.com

Santa Rosa BMW

Windsor, CA
(707) 838-9100, www.santarosabmw.com