

WARRIOR ANGEL RIDERS NEWSLETTER

JULY 2022

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Director's Thoughts

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July marks month seven, half the year is gone. As we all say, where has the time gone! July also means warmer weather which means we can ride!

If you haven't been riding, like me because of personal reasons, know your limits. Do not push yourself to a point where you place yourself or others in harms way. If you need someone to ride with you, please reach out to your sisters! We are revamping the Wing Sister program, but we always have someone available for a ride! Enjoy the warmth of our summer because it may be a short one!

If anyone has suggestions, concerns, or questions please do not hesitate to contact me. I would love to hear from you! Know that you are important to W.A.R. and we value your input.

Ride safe!

Lilyann Lear

Director

Warrior Angel Riders



Letter From The Editor

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Hello Angels, and welcome to our Newsletter!

I wanted to take a minute to introduce myself. I am our Newsletter Editor, Cammie AKA "Boots". I am so excited for riding season this year, who is with me?!? Just a reminder that I can't put together this newsletter with out each of you! **If you have anything you would like to contribute our deadline for submission is the 20th of each month.**

If you are a new member of the group and I haven't reached out to you yet, please feel free to reach out to me! I am working on getting to everyone but don't wait on me!

I'm always Looking for ride pics (group and individual), new members to highlight, Birthdays to announce, Motorcycle Memes and new events to add in! (I'm sure there's stuff I'm missing, these are just some examples)

I look forward to riding with you ladies this year,
keep it rubber side down always!

Cammie "Boots" editorcammie.war@yahoo.com



WE NEED YOUR INPUT!!!!

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We are looking for all you content creators out there for input!!

If You have any expertise/tips/ETC on anything Riding or Rider related we could really use your help. We are looking for anything from safety info/tips to rider stuff to mechanical info.

We would love to tap into our awesome pool of knowledge (all of you) – what do you have to offer?

Please email the editor with any ideas, contributions or input
editorcammie.war@yahoo.com



3RD ANNUAL WARRIOR ANGEL RIDERS 2022 SPRING/SUMMER CHALLENGE RIDE

Come join the fun!!!

Up to 40 destinations.
Visit locations & roads
you've never been to!

Registration is now open.



www.warchallengeride.com



Warrior Angel Riders 3RD ANNUAL 2022 SPRING/SUMMER Challenge Ride

MARCH 20 - SEPTEMBER 22

Come join the fun!!!

Two Challenge Ride Events

- Quirky Quicky
- N'usual to Pekuliar
- Up to 40 Destinations
- Varying locations
- Beautiful roads!
- And loads of fun!

SCAN ME



*Sign up
Today*

www.warchallengeride.com

2022 Challenge Ride Update

- 129 Quirky Quicky challengers with 3 finishers that were able to get to all 25 locations.
- 71 N'Usual to Pekuliar challengers and no finishers just yet.

You have until September 22nd to submit your photo locations. There is still plenty of time to join.

Visit www.warchallengeride.com.



Who we are



W.A.R. is a group of dedicated and talented women who love to get together, have fun, and ride. We are a very diverse group coming from different backgrounds who pull together to make our events successful and fun. This is where lasting friendships and memories are made.

If you have any questions about the Ladies of W.A.R. or want to know when we have our meetings and events, please feel free to call **Lilyann @253-325-2405** or email at **warriorangelriders@gmail.com**.

OUR History

In 2017, we were on a group ride with some experienced riders; the ride started at a respectful pace until we hit the backroads. The guys love the twisty roads and took off!

Understandably. And yes, there are gals who enjoy the spirited ride too. However, several gals were not at the same riding level and felt uncomfortable being pushed to ride faster than their guardian angel can fly.

Later several of us ladies got together for lunch, talked about the ride and asked ourselves, **“what can we do to make sure we are riding within our group’s level, leaving no rider behind?”**. We discussed offering to be a mentor, helping to develop our riding skills, offering tips from our own riding experiences.

“Warrior Angel Riders (W.A.R.)” was born!

Our Meetings

Meetings are held monthly at Black Bear Diner in Lakewood. Socialization begins at 6:30 P.M. followed by the meeting at 7:00 P.M. You can simply attend the meeting or choose to eat and enjoy a beverage. The members of W.A.R. run their own meetings and sponsor activities that ladies can participate in.

Who we are:

Warrior – is a woman whose strength has endured. Several of our gals are breast cancer survivors. Sadly, a few had to lay to rest their child, a spouse or a loved one. Something no one should ever have to experience alone. As women, we ALL fight our battles, support each other, struggle to survive and find the courage to live.

Angel – is a woman who looks after family, friends, co-workers, strangers. She is a loving and caring person who will make your day brighter just being there. She shows compassion; protecting and guiding, who is selfless.

Riders – as women riders, there is nothing more empowering than climbing onto your own bike and taking to the open road.

OUR COLOR CHOICE TO REPRESENT US: Purple and White.

Purple is associated with royalty. It symbolizes power, nobility, luxury, and ambition. It conveys wealth and extravagance. Purple is associated with wisdom, dignity, independence, creativity, mystery, and magic.

White, an inherently positive color, is associated with purity, virginity, innocence, light, goodness, safety, brilliance, illumination, understanding, cleanliness, faith, beginnings, sterility, spirituality, possibility, humility, sincerity, protection, softness, and perfection.

We believe in pursuing to be the BEST as women, through every aspect of life.

Beauty* *Empowerment* *Strength* *Trust

Let's Meet the Players!



Lilyann Lear "Pixel"
Director/Founder
warriorangelriders@gmail.com

Gloria Padgett "Fireball"
Assistant Director/Founder
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Sandy Knab "Badass"
Treasurer/Founder
slemerson35@comcast.net



Tracy Cutler "Switchback"
Head Road Captain/Founder
roadcaptain.switchback.war@gmail.com



Michelle Soul "Gingersnap"
Secretary
icancompute@yahoo.com

Laurie Bradshaw
Membership Coordinator
War.membership@gmail.com



Here are your Board and Council Members!

Let's Meet the Players!!!!



Cammie Wood "Boots"
Newsletter Editor
editorcammie.war@yahoo.com

Hollie Imburgia "Thumper"
Ambassador
hollieimb30@yahoo.com



Amie Bourn
Event Organizer
Social Media Coordinator
amie.bourn@gmail.com



Laurie Ross
Wing Miles Coordinator
war.wingmileage@gmail.com

Charlie Houmes "Angel"
Advisor
charlie.houmes@gmail.com



Lila Rooks "Tailwind"
Sargeant At Arms
lilarooks@gmail.com



June Meet n Greet

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June Meet n Greet Marble Game

Dolly won the raffle but picked a blue marble. Until the next Meet n Greet.



Motorcycle Swap Meet

Sunday, June 12, 2022 – Kent, WA

Announcements/Reminders!!!

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- Riding Season is upon us! Please send me your riding and event pics I would love to share them in a future newsletter!
- Update Your Cardos NOW!!!!
- Send in your Wing Mileage Regularly for the Wing Mileage Program!!
- Have you Renewed your Membership yet this year?? If you plan to be sure to hit up Vamp for all the deets on how to do that!!

Riding In Hot Weather - Keeping Cool On Your Bike

WRITTEN BY: **DOMINGO CHANG** (Domingo Chang is a motorcycle enthusiast and Examiner.com's Colorado Motorcycle Travel Examiner. He has also been published in the BMW Owners Association Magazine.)

The Science of Sweat

Your body regulates heat by sweating. As sweat is released from the body onto the surface of your skin, evaporation occurs. Evaporation is the primary method by which sweat cools the body, and it works by the principle of "latent heat of vaporization." Latent heat is the amount of heat absorbed or released when a substance, like water, changes state, such as from liquid to vapor. One gram or milliliter of water requires approximately 580 calories of energy to vaporize. This energy is drawn from the body in the form of heat. Thus, as sweat vaporizes, it pulls heat out of the body, cooling you down.

In a sort of reverse wind chill, when the air temperature is higher than the skin temperature, you will see the opposite effect. As you travel at high speeds in high heat, the amount of heat entering the body through convection drastically increases. One might think that wearing more clothes in such heat would be a bad idea, but the opposite is true. The amount of heat that has to be lost through evaporation, or sweat, also must increase.

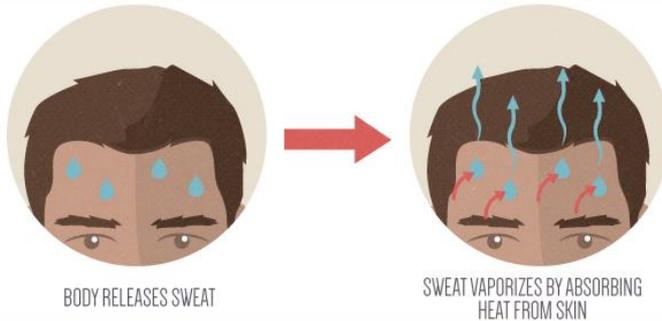
Wearing wind-breaking material dramatically reduces the amount of heat inflicted on the body through convection, thus reducing the amount of heat that your body must lose through evaporation (sweating). The illustration below depicts three scenarios of sweating at high temperatures (103°F).

My riding jacket and pants are made of air mesh Kevlar, which vents well while still protecting me from the sun. But no matter how "vented" your riding gear is, you'll start to sweat when stopped for traffic lights and other obstacles. Once you get moving again, you'll be grateful for that sweat.

KEEPING COOL: EVAPORATION AND CONVECTION

EVAPORATION

WHEN AIR TEMPERATURE IS GREATER THAN SKIN TEMPERATURE, SWEATING IS CRITICAL FOR SURVIVAL.

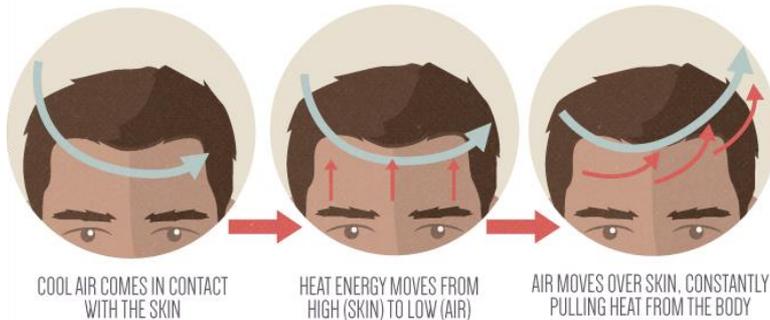


BODY RELEASES SWEAT

SWEAT VAPORIZES BY ABSORBING HEAT FROM SKIN

CONVECTION

THE TRANSFER OF HEAT BETWEEN THE BODY AND SURROUNDING AIR



COOL AIR COMES IN CONTACT WITH THE SKIN

HEAT ENERGY MOVES FROM HIGH (SKIN) TO LOW (AIR)

AIR MOVES OVER SKIN, CONSTANTLY PULLING HEAT FROM THE BODY

This can be explained through a process called convection. Convection is the transfer of energy by means of moving air that surrounds the body. When the air and the skin are at different temperatures, heat transfer occurs from the place of higher temperature toward the place of lower temperature. As heat is pulled from the body through evaporation via sweat, it warms the air directly around the skin. Wind pulls this air away from the skin, constantly replacing it with cooler air, thus constantly pulling heat from the surface of the skin. This is commonly known as wind chill. Unfortunately, when the air temperature is above 93°F , wind will actually heat up the body.

In a sort of reverse wind chill, when the air temperature is higher than the skin temperature, you will see the opposite effect. As you travel at high speeds in high heat, the amount of heat entering the body through convection drastically increases. One might think that wearing more clothes in such heat would be a bad idea, but the opposite is true. The amount of heat that has to be lost through evaporation, or sweat, also must increase.

Wearing wind-breaking material dramatically reduces the amount of heat inflicted on the body through convection, thus reducing the amount of heat that your body must lose through evaporation (sweating). The illustration below depicts three scenarios of sweating at high temperatures (103°F).

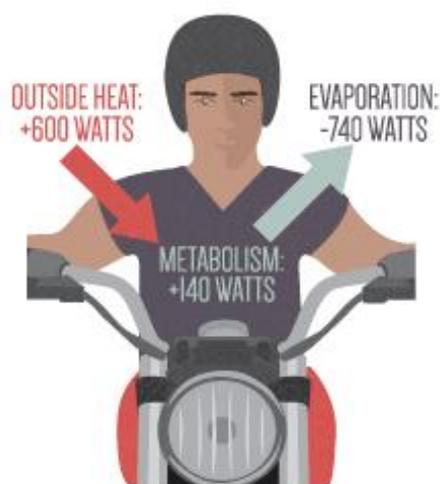
RIDING COOL: BALANCING BODY HEAT

AIR TEMP = 103°F

IDLING WITHOUT COVER
NO HOT MOVING AIR

MOVING WITHOUT COVER
HOT AIR HEATS UP SKIN

MOVING WITH COVER
JACKET BLOCKS HEAT



WATER REQUIREMENTS:
12 OZ / HOUR

WATER REQUIREMENTS:
39 OZ / HOUR

WATER REQUIREMENTS:
19 OZ / HOUR

REVERSE WINDCHILL: EXPOSURE TO HOT MOVING AIR INCREASES THE AMOUNT YOU SWEAT

Tips for Riding Cool

In these high-heat conditions, I wear a long-sleeved, tight-fitting exercise shirt made of moisture-wicking material. I know that it seems counter-intuitive to wear long sleeves, but as long as you have air moving over the fabric, it will work great. Just think of the evaporation process described above. As sweat evaporates, it takes your body heat with it. Moisture-wicking material draws sweat away from the body to be evaporated through the shirt, aiding the cooling process. Conventional materials can simply trap sweat next to the skin, limiting evaporation. The key to these materials is air flow. If there is no air movement over the material, then the shirt will become oversaturated, and sweat will not evaporate.

When air temperatures are high and the reverse wind chill is in effect, wetting down clothing will increase the amount of moisture near the skin. This moisture is now available to be evaporated, drawing heat from your body. Although much of the evaporation will be caused by the high air temperature itself, there will be enough water on the skin to reduce the amount you need to sweat.

Some techniques for wetting down include neck bandanas (particularly those with water-absorbing crystals), wetting down a regular cotton t-shirt, or even pouring water directly into your helmet.

Keeping Hydrated

Now that we know how much water the body needs while riding in high temperatures, we can deduce that staying hydrated is one of the most important things to do while on the road. As covered in the above graphic, the difference between covering up or not is about 20 oz./hour and 40 oz./hour, respectively. Here are some tips to help ensure hydration.

Wear a Camelback: For longer rides, I wear a camelback-type water bag on my back. I usually fill mine with half ice and half water before the ride, and those cooling sips do add up to make the difference. If you're doing it right, you'll run out of water in the camelback before your next gas stop.

Carry Extra Water: I carry a gallon jug of water in my side case on longer days of riding. Be wary of taking in ice-cold water too fast. In my case, it causes an upset stomach. Swish it about your mouth to bring its temperature up a bit before swallowing.

Urine Test: Go for the clear. Dehydration is not something you can tough out – it will kill you if you don't remedy it. Deep-colored urine and headaches are early signs that you are in need of water. If you stop sweating, heat stroke is not far behind. Drink water often!

Only Water is Water: Caffeine and alcohol are diuretics, which cause you to urinate and lose more water. When it's hot, steer clear of sugary drinks, caffeine, and alcohol. Also, never drink alcohol directly before or during your ride.

Tar Snakes

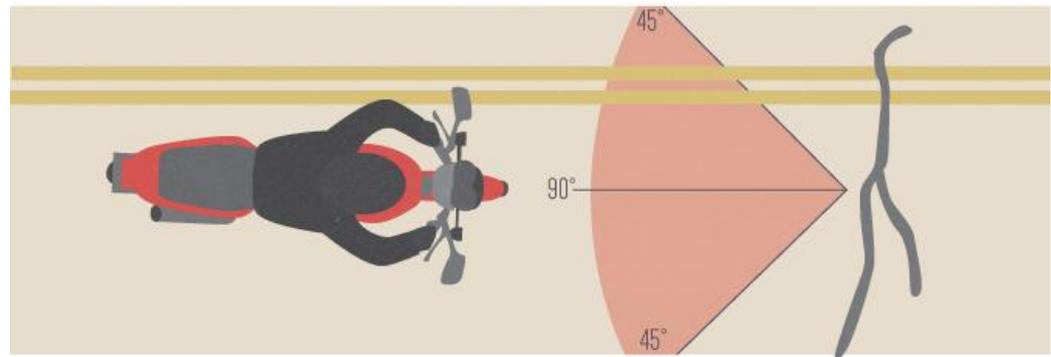
Tar snakes are a hazard for both motorized and pedaled two-wheeled vehicles and their riders. Many states use a tar-like material to fill in cracks on the roads; these can become quite slippery when it's hot. Avoid them if possible. Treat them the same as railroad tracks by crossing them at 90 degrees and in an upright position. Slow down if your rear tire starts sliding out from under you – stay calm – and the tire will grip again. Don't try to over-correct, keep your line, keep your head up, grip lightly, and keep your body steady for when the gripping action returns.

If there's a large patch of tar snakes and there is no way to avoid them all, I will sometimes pull in the clutch and treat the obstacle as I would a large patch of ice, coast through it, and after ensuring that the rear wheel is clear, re-engage the engine. This helps to keep from slipping.

Riding in really hot weather is not bad when you're prepared for it. Remember to hydrate, keep your skin covered, and avoid hazards. Don't let the heat weaken you to the point where you're not fully attentive to traffic conditions and the road. Basically, you must consider how your body will deal with the heat.



CROSS TAR SNAKES AT AN ANGLE OF 90°, AND NO LESS THAN 45°



REDUCE SPEED

MAINTAIN A RELAXED GRIP

ACCEPT THAT THE BIKE MAY
MOVE A LITTLE

Reducing the effects of convection, through covering up and wetting down, will reduce the amount of heat that your body must deal with through evaporation. Covering up in the heat will keep you cool.

Hot weather usually means lots of sun exposure, so get some good sunglasses or a darkened visor to prevent headaches caused by sun glare. And don't forget to put sunblock on the back of your neck where your riding gear leaves the skin exposed.

Ride safe. Ride aware.

HOW do you....

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What a great Article!!!!

So tell us, how do you deal with the heat with regards to riding??

What kind of gear do you rely on? (maybe something you currently use will help out a fellow rider!).

Or what kinds of gadgets do you equip your bike with? Inquiring minds want to know!!

Please send your comments etc to editorcammie.war@yahoo.com we would love to share them in a future edition.



W.A.R. Birthdays!

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Tammie “Chizzel” Bachmeier 7/9

Mary “Tumbleweed” Bateman 7/11

Suzi Howard 7/12

Kristi Porter 7/27

Mary Jaunch 7/27

If we have missed your birthday this month my apologies, it is possible we do not have updated information for you yet!!

Please reach out to myself:

editorcammie.war@yahoo.com

Our awesome director:

warriorangelriders@gmail.com

Or our membership coordinator:

lauriebradshaw99@yahoo.com

so that we can update our roster.



New Members!

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LeannaWashington
Joined 2/24

Suzi Howard
Joined 3/22



If you are a new member and would like to be featured in a future newsletter, please reach out to me via email at editorcammie.war@yahoo.com

New Members!!

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Isabell Berthiaume
Joined 4/30



Leesa Berthiaume
Joined 4/30

If you are a new member and would like to be featured in a future newsletter, please reach out to me via email at editorcammie.war@yahoo.com



Dena McClintok Lovik
Joined 5/10

Kim Burch
Joined 5/10



If you are a new member and would like to be featured in a future newsletter, please reach out to me via email at editorcammie.war@yahoo.com

We are a diverse group, and we all bring something to the table, and we cannot do many of the things we do in W.A.R. without all of you!! What talents do you bring to the table that you would like to share? We are always looking for extra help. Here are a few places we are looking to add in support:

- Road Captains
- Sweeps
- **Event Support (this is HUGE)**

If you feel you have some time and would like to help, please reach out to our AWESOME director at warrirangelriders@gmail.com

Stay tuned here for more upcoming events to be added in!!



Wing Mileage Program

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Hello Ladies! My name is Laurie Ross, and I've volunteered to track the Wing Mileage program. **Now is the time to sign up for the program!** How do I do this, you ask? The quickest way is to go to WAR's web page, and click the tab at the top, "Comings and Goings", then click "Wing Mileage Program." **Please review the Program Guidelines.** When you've finished reading the guidelines, you'll see the form. Want your mileage to count? Then I need to know the year, make, model and license plate along with photos of your odometer and license plate of each bike you're registering. Every three months (or thereabouts), you'll send me an email at war.wingmileage@gmail.com, with your updated miles. The updated emails will also need to include the same information as when you registered, along with your name.

I'm currently going through the emails that were sent by those enrolled in the program from last year and those folks that just signed up. In addition to the patch, you should have received when you first enrolled (if you didn't get one let me know), there are small rocker patches for miles achieved 5000, 10000, and 20000. If you achieved one of these goals, then I will get you a rocker patch. Your patience is appreciated. Currently, the program is designed to track your mileage on a yearly basis. This is your program! If you have suggestions on how to improve things, feel free to contact me at war.wingmileage@gmail.com.



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Upcoming Events Part 1:

ATTENTION: Due to the COVID-19 virus situation please check that any event you plan to attend is still occurring.

- ❖ 7/4/2022 – 4th of July Parade - @Eagle Leather, Lakewood WA
- ❖ 7/5/2022 – July Meet N Greet @Black Bear Diner, Lakewood WA (**Guest Speaker – Cycle Gear**)
- ❖ 7/9/2022 – 3 pass blast (Co-Ed Ride) @Dennys, Auburn WA
- ❖ 8/6/2022 – W.A.R. 5th Anniversary Ride (More info TBA)
- ❖ 8/9/2022 – August Meet N Greet @Black Bear Diner, Lakewood WA
- ❖ 8/27/2022 – Bikers for Babies Poker Run @Jacks BBQ, Algona WA
- ❖ 9/6/2022 – September Meet N Greet @Black Bear Diner, Lakewood WA
- ❖ 9/17/2022 – 3rd QTR Council MTG @Location TBA
- ❖ 9/25/2022 – Oyster Run @Anacortes WA
- ❖ 10/4/2022 – October Meet N Greet @Black Bear Diner, Lakewood WA
- ❖ 10/16/2022 – Challenge Ride Luncheon (More info TBA)
- ❖ 10/29/2022 – Trunk or Treat – (More info TBA)
- ❖ 11/8/2022 – November Meet N Greet @Black Bear Diner, Lakewood WA
- ❖ 12/6/2022 – December Meet N Greet @Black Bear Diner, Lakewood WA

Please see Event info in Meetup App for complete details on any events listed here.