

THE SD CREW

IMRG 2040

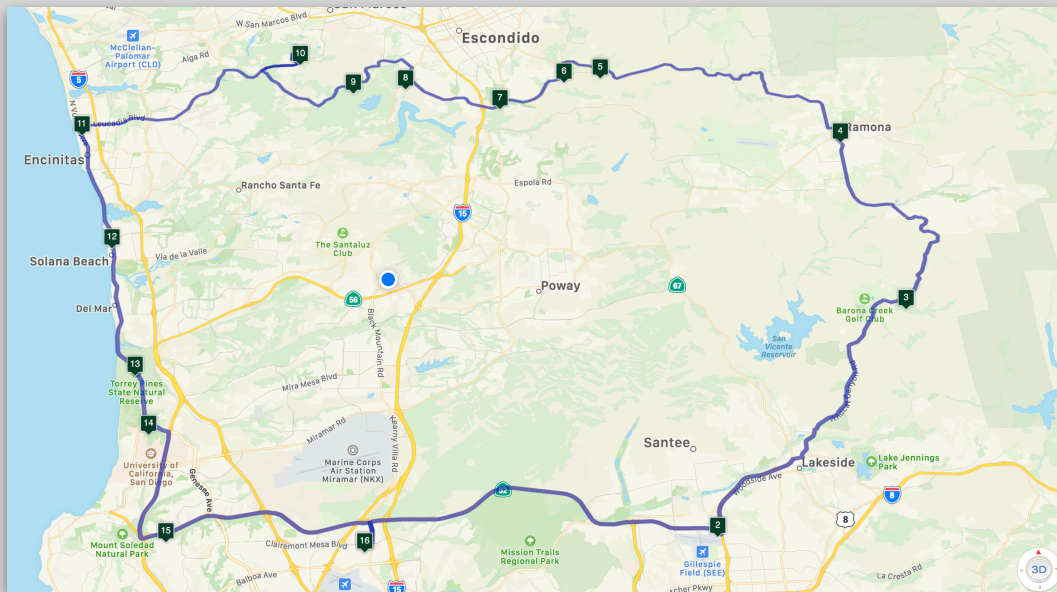


San Diego Chapter

Upcoming Ride

April 4 - Monthly IMRG meeting and AMR - Meet at 9:00 AM Sharp with ride to follow.
Start & End at IMSD 9240 Clairemont Mesa Blvd, San Diego 92123

Destination: Double Peak Park and Solana Beach w/ Lunch Stop Distance: 105 miles round trip.



Ride Info: East to Lakeside then North to Ramona before heading West to Double Peak Park (Best 360° Views) Continuing West to Leucadia before turning South for our Lunch Stop at Pizza Port in Solana Beach. After lunch we will keep heading South through Torrey Pines before heading back to Indian of San Diego.

Chapter Officers

President Charlie Ruiz
charlie@indianofsd.com

Vice President Robert Malasek

Secretary David Timmons

Road Director Tom Bressert

Editor Gilbert Peck
thesdcrew@icloud.com

Sponsoring Dealer Indian Motorcycle of
 San Diego - Tim Broadhead - Owner

Upcoming IMRG Rides:

May 2 - Borrego Springs

June 6 - Desert Tower

Do you have a ride idea? Send in your suggestion to thesdcrew@icloud.com and we'll map the route and add it to the list.

Chapter News:

Throttle Thursday Dinner Sunday

Join us this month for another fun evening of great food and conversation. Sit back and relax with The SD Crew. With an exciting list of amazing craft beers and a sophisticated menu of upscale bar food, this San Diego gastropub is sure to satisfy. Be on the lookout to RSVP on the Facebook page.

Legacy Brewing Tap and Kitchen

7060 Miramar Rd. Suite 100

San Diego, CA. 92121 **March 15th @ 5:00**



Upcoming Events:



Opening Ceremony Ride
- **March 20th**

Pechanga Sports Arena -
6PM Sharp

RSVP on Facebook

To reserve your spot

**VS New England
Black Wolves**

Long Haul Sunday

March 29th - 350-400 Mile Ride



Keep a lookout on Facebook for more details and the exact route.

Annual Charity Rides

May 16th - 2020 May Ride Benefits Armed Services YMCA. God Bless Our Heroes...



July 18th - Ride4ALZ - Help San Diegans living with dementia at the 4th annual Rides4ALZ. All proceeds benefit Alzheimer's San Diego, and every dollar will stay local for Alzheimer's support and research here in San Diego County.

**Toms****Safety****Tips**

You might be a young buck full of vigor, flexibility, and confidence. But statistics tell us if you ride a motorcycle in the US, you are likely over 40 years of age. If you're one of these "seasoned" riders you might have noticed that certain physical and mental limitations have become more pronounced. What you might not realize is it's possible to perform as well (or better) than when you were younger if you remain relatively fit, learn to be physically and mentally efficient, and capitalize on the insight that comes with age.

Motorcycling isn't tolerant of people who are weak of mind or muscle. If you aren't able to maintain a certain level of sensory sharpness, strength, and mental competence you are putting yourself at greater risk of a crash. And if you do crash, you are more likely to get hurt. At twenty-something you'll bounce, while a 50-year-old will break.

Before you walk away depressed about your dark, inevitable decline, consider some benefits of being an older rider. Most of us who have survived this long have gained wisdom about managing the risks of riding and possess a well-developed arsenal of strategies that preserve mental energy. For example, we've learned to select lane positions that afford optimum visibility and know how to prioritize information efficiently so we can spot hazards early. Unfortunately, vision is one of the first things to diminish with age. Slow down if you can't see well enough ahead, and make sure you use clean, undamaged eye protection.

A big part of maintaining endurance and alertness is to become physically efficient. Anyone can see I'm far from what is considered young. Yet I am still able to match the stamina of riders decades younger—partly because I've learned to conserve energy. For example, hanging off the motorcycle to drag knee while on track can be tiring, but I can do it lap after lap because I've learned to use my torso and leg muscles (rather than my arms) for support. I also hang off only as far as my speed dictates and change body position only when absolutely necessary. These details really add up.

You can preserve energy on the street by riding smoothly and minimizing unneeded inputs. Look well ahead to see where you want to go, and then maneuver your bike accurately with precise handlebar inputs. You can reduce this effort by pre-positioning your upper body toward the inside of the corner before you counter-steer to initiate lean. This "pre-loads" the bike to turn. For even greater efficiency, push the inside handlebar while pulling the outside handlebar so both arms share the effort.

A long life on two wheels is dependent on making smart decisions. Patience and tolerance help prevent road rage and other impulsive behavior that exposes us to more risk. A calm manner preserves mental energy, frees the mind to make better decisions, and allows us to brake and steer with greater precision. In contrast, flustered or hurried riders execute decisions and control inputs erratically.

One demographic at great risk of delusion is middle-aged "returning riders" who think they can pick up where they left off a decade or two ago. Too many returning riders wobble their way out of a dealership parking lot on a shiny, new machine and into traffic with only a faint memory of how to really control a motorcycle. Thankfully, the odds of these mature riders having the common sense to seek training are pretty high.

Whether you're a newly minted older rider, a returning rider, or a veteran codger, you are smart to recognize that you might not know all you need to about staying safe. Get regular training and continually practice cornering, braking, and evasive maneuvers. Also, minimize the negative effects of aging by exercising, eating well, and visiting your eye doctor. You'll feel better, ride better, and have more fun while reducing the chance of injury.



SAVE THE DATES

10/08 - 10/11

This will be the first regional ride for all five Southern California IMRG Chapters.

- SD CREW 2040
- EL CAJON 1934
- NORTH COUNTY 1960
- INLAND EMPIRE 2045
- ORANGE COUNTY 1970

More information will be forthcoming on Facebook as well as a website with all the information and registration details.



INDIAN MOTORCYCLE[®]
of San Diego

Check out the whole new website for Indian of San Diego. All the information from New Bikes, Parts & Service and complete line of

Rentals is at your fingertips. Work

continues on the portion of the website for The SD CREW. We do have a list of rides for the year posted and soon there will be a calendar of events to keep you in the know for your chapter news.