



Derby City Road Riders

Louisville, Kentucky

Officers and Staff:

Chapter A

November 2024

Chapter Directors: Ray and Angela Taylor

Assistant Chapter Directors: Kent and Karen Risen

Ride Coordinator\Webmaster: **Kent Risen** Assistant Ride Coordinator: **Don Price**

Membership Enhancement Coordinator: Miles Justice

Treasurer: Brenda Snook

Newsletter Editor: Karen Risen

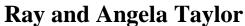
Patches\Shirt Coordinator: Alice Shropa

Acting Couple of the Year: Dean and Lora Miller

Individual of the Year: Chanel Blue



Director's Track





As far as chapter A meetings, they have now come to an end for the year 2024. Our last meeting of 2024 was held on November 9 th, then we have our annual Christmas Party in December.

On Jan 1st we have our annual Black Eyed Pea Ride and then we start our Chapter A meetings for the year 2025. Although we do some riding in the winter, this is the time when I really miss my riding

family and constantly wish for some relatively warm days when we can get together and get some riding in. The other option is that we can still get together

even if we must drive our cars.

Getting together with my riding friends means a lot to me and I welcome any chance for us to meet up.

Until we get together again, I would like to wish everyone a Happy Thanksgiving and Merry Christmas. I hope that Santa brings everyone some nice Motorcycle accessories.

Take care, ride safely and we will see you on the road.

Ray and Angela Taylor



Ride Coordinator Kent Risen

It's hard to believe we are already nearing the end of the year! We're planning to hold our chapter Operations meeting in December, and would appreciate your input on ride destinations for the upcoming year. Specifically,

we need suggestions for three types of rides:

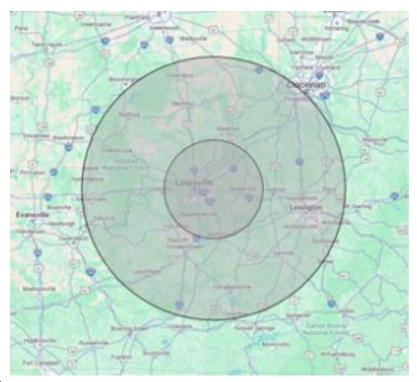
- Post-Meeting Rides
- Full-Day Rides
- Overnight Rides

When thinking about potential destinations, I typically start by considering the distance. Right clicking on Google Maps and selecting measure distance or using a site like <u>distancefromto.net</u> provides the overall distance. The destination's distance helps to categorize the ride type, If necessary, we can extend these routes by incorporating interstates.

Here's a quick breakdown of distance categories to help guide your suggestions:

- 0 to 30 miles Ideal for post-meeting rides
- 30 to 80 miles Suitable for full-day rides
- 80 miles and beyond More suited to overnight rides

I'm looking forward to your suggestions and seeing you at the meeting!



Kent Risen



Chapter A Membership EnhancementMiles Justice

Happy Thanksgiving, Chapter A! It seems as though the year has flown by. At this time of year, I always like to spend some time reflecting on all the blessings in my life and all the things for which I am thankful. Every year without exception, my Chapter A family is high on the list. Without

all the wonderful members we have, there would be no chapter. So, I want to take this opportunity to thank each and every one of you for the role you play in my life. I wish you all a wonderful holiday season and, hopefully, a few chances to ride as well.

Entries for the Chapter A 2024 Scavenger Hunt Challenge are due by Saturday, November 16. The prize of a \$50 gift card will be awarded at the holiday party on Thursday, December 5th. Two entries have been submitted thus far, but it would be great to see even more competition. The list of items is posted under the "Files" tab on the Facebook Private Page. I can also provide one by email if anyone needs it.

There is no new Copycat Challenge for December since Chapter A will not be meeting in December due to the holiday party. As the year draws to a close, I want to thank everyone for your participation in the challenges this year. The goal is to enhance your experiences with Chapter A, and I hope these activities have helped achieve that. If you have any thoughts or suggestions for how to increase your fun with the chapter, please do not hesitate to reach out to me by email, call or text. Thanks!

November Copycat Challenge Winner:

Congratulations to Cindy Simpkins for winning the November copycat Challenge at the

Heigold House.



2024 Chapter Visits:

October 19th Chapter C



Editor's desk Karen Risen



Chapter A's Newsletter is here to serve the members and keep you informed.

November is the time of Year to be Thankful and I want to, once again, thank all of you great folks who submit articles and pictures to keep our Newsletter going!! Without **YOU** we wouldn't have an **Award-winning**

Newsletter!! I hope everyone has a lovely Thanksgiving and a joyous Holiday season and I can't wait to see what 2025 holds for Chapter A!! I am looking forward to all the awesome trips, all the great food, but most of all all the great friendships with our awesome riding family!!



2024 Chapter A Rides & Event Schedule:

No more official scheduled rides for this year, but we discussed ideas for fall rides at our October meeting. For those who couldn't attend the October Chapter meeting

please get your fall ride ideas to our awesome Ride Coordinator Kent Risen asap and he will try to make it happen and thanks for all your great ride ideas!!

Black Eye Pea Ride January 1st 2025- details coming soon!

Chapter A Holiday Party

December 5th 6pm Bravo Restaurant 206 Bullitt Lane, Louisville, Ky 40222

Please RSVP to Janet if you plan to attend and bring a \$25 gift per person for the "Dirty Santa" game if you want to participate.



All rides listed are tenatative and subject to change to due to weather, participation, or availability!! Please check with Chapter A or our facebook page for the most recent updates and ride information!!

You can find more up to date information for future rides on **Chapter A's Facebook page** or website: **chaptera.org**

Chapter A past rides:



Kentucky State Events:







Rick and Leah Cridlin

Kentucky State Directors

2025 Ky State Events:

Kentucky State Operations meeting

February 8th @ the Burlington, Ky Courthouse. Host hotel information is listed below:

Hampton Inn 755 Petersburg Rd Hebron, KY 41048 859-689-1960

Room Rate is \$109 per night for King or Double Beds. Please mention KY Road Riders for group rate.

June 6th & 7th 2025 Kentucky Ride-In hosted by

Chapter Y in Mayfield, KY. Details coming soon...



Registration form & more info please visit: kyroadriders.org



June 25-28th 2025 Wing'D

Rider Rally in South Dakota: Info
& Registration @ wingdrider.com

Join us for Wing'd Rider Rally #3, Box Elder SD! June 25th – 28th, 2025 at the BOX Events Center. Trade Show Expo, Adventure Rides, JMCorp/Vendor Party Night, Rally Games, 50/50, Grand Prize Drawings at Closing Ceremonies & DRAWING FOR 2025 GOLD WING! (must be present to win). Host hotel Courtyard by Marriott with discount hotel block exclusively for members that have registered for the rally, so don't delay! Go to the WRWebsite at www.wingdrider.com



August 14-16th Kentucky Blast State Rally @ General Butler State Park

The theme this year is "Riding, Rocking, and Rolling". A block of rooms has been reserved at the General Butler State Park lodge. Ask for the "6977 Kentucky Road Riders Block" when making reservations 866-462-8853. The lodge rooms include 2 queen beds and a continental breakfast. The rate for August 13th and 14th is \$139.95per night and the rate for August15th and 16th is \$154.95 per night. Reservations must be made by July 13, 2025, to get these special rates. There are also cabins and camping available. For more information, please check the Kentucky Road Riders webpage.



Rick and Kim Artmayer

State Educator

State Educator's Report

Hello everyone. I would like to thank all our veterans for keeping this great country of ours free so we can enjoy riding how, where and when we want.

November is the month I like the least. The weather, especially the temperature, is all over the place, the days are short, the animals are active on the highways, the leaves are littering the roads, and work gets really busy. All of this makes me want to just stay inside and sit at my desk or just watch TV. Some of you may feel the same way. But this is not the best response to the situation. I recently was speaking with a chiropractor, and he agrees with the saying "Use it or lose it."

Physical activity is one of the most important steps adults, especially older adults, can take to maintain physical and mental health, along with quality of life. Scientists have proven that being active can help reduce the risk of obesity, high blood pressure, diabetes, osteoporosis, stroke, depression, colon cancer, and premature death. Yet today, according to the Centers for Disease Control and

Prevention, more than 60% of older adults are inactive.

I would like to suggest that instead of becoming sedentary during the winter months you work to be just the opposite. Here are two areas on which to focus: Strength training prevents sarcopenia, which is the muscle deterioration that comes with aging, and it also helps maintain bone mass. Balance is a factor of muscle strength, and balance is important in riding motorcycles.

Aerobic activity keeps the heart strong, lowers blood pressure, and relieves anxiety and depression. This does not have to be like the Tae Bo or Insanity workouts as seen on TV; your aerobics can be as simple as walking or gardening. Some health clubs offer water aerobics for a no-impact workout that is great for the heart and lungs, especially for people with arthritis. Other activities that also count are washing your motorcycle, dancing, carrying the laundry or the groceries, skating, or scrubbing the floor. A regular routine of activity helps when you need to climb the stairs or play with the grandchildren. It will also give you a good base when it comes time to start riding again in the Spring. As a word of caution though, be sure to consult your health care provider before starting any new exercise program.

Until next month, stay active and be safe.

Richard Artmayer KY State Educator

Chapter A Monthly Meet!!

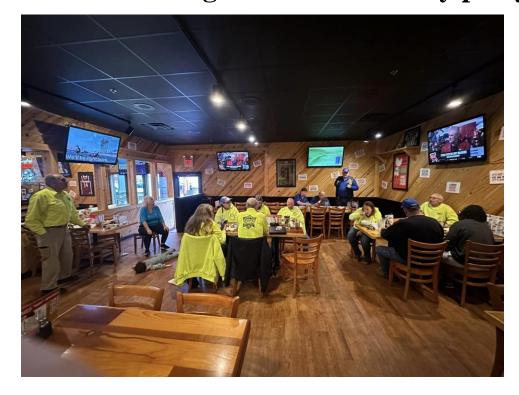


2nd Saturday of the Month Roosters
10430 Shelbyville Rd Louisville, KY
40223 Eat at 11am Meet at Noon.

Chapter A met Saturday November 9th. We had a few visitors from Chapter G and Rick Cridlin was in da

house!! There was a ride to Sammy's bakery after the meeting and a good time was had by all. Also, there will be no December meeting due to our holiday party next

month!



<u>Facebook page</u>: <u>Derby City Road Riders Louisville Ky</u> and our website: chaptera.org

50/50 Winners:

1st prize \$15 Dean Miller





2nd prize \$16 Lora Miller





Marble Game:

Donita Nardi from Chapter G had the winning ticket but did not draw the winning marble. Better luck next time Donita!! More \$\$\$\$ up for

grabs next month!!





Happy Birthday!



Birthdays:

Angela Taylor November 10th Karen Risen November 13th

Anniversaries:







Kent and Karen Risen October 13th
Ray and Angela Taylor October 17th
Steve and Brenda Snook October 21st

Chapter A's Next Meeting will be January 11th! There will be NO MEETING IN DECEMBER!!





Chapter A's Individual of the Year: Chanel Blue

Get on the Level

Level System

Basically there are four levels:

- 1. Safety by Commitment
- 2. Safety by Education
- 3. Safety by Preparedness
- 4. Safety by Enhanced Commitment and Preparedness

Rider Education Levels Program

"THE BUILDING BLOCKS OF RIDER EDUCATION"

Level 1: Safety By Commitment

Rider and Co-Rider requirements:

The expressed commitment of the Rider or Co-Rider to strive for and practice safe riding.

Level 2: Safety By Education

Rider requirements:

- Have 5,000 safe miles.
- Have a current motorcycle license.
- Have completed an approved on-bike Rider course within the past three years.

Co-Rider requirements:

- Have 5,000 safe miles.
- Have completed an approved Two-Up Rider course or GWRRA Co-Rider seminar within the past three years.

Level 3: Safety By Preparedness

Rider requirements:

- Completed a formal approved on-bike Rider Course within the past three years.
- Maintain current First Aid, CPR or MEDIC First Aid certifications.
- Carry a First Aid kit on the motorcycle.

Co-Rider requirements:

- Completed an approved Two-Up Rider course or GWRRA Co-Rider seminar within the past three years (a sanctioned PLP is not allowed to be used for this Level).
- Maintain current First Aid or CPR or MEDIC First Aid certifications.

Level 4: Safety By Commitment and Preparedness

Rider requirements:

- Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid and CPR certifications.
- Wear proper riding apparel at all times while riding.
 - Proper riding apparel, a.k.a.: proper riding "gear" will include, at a minimum, a DOT (FMVSS 218)/Snell (M2010) /
 ECE 22.05 approved helmet (approved standard applicable to the local area), eye protection, long sleeved jacket/
 shirt (no "riding pull on/off sleeves"), long legged sturdy pants, full fingered gloves and over the ankle footwear.
 Some have coined the acronym ATGATT standing for All the Gear, All the Time.

Co-Rider requirements:

- · Have been current in Level III for at least one full year.
- Have ridden a minimum of 25,000 safe miles.
- Be current in both First Aid and CPR certifications.
- Wear proper riding apparel at all times while riding (see definition in the Rider section above).

KY State Newsletter: kyroadriders.org



Team Kentucky

State Directors	Rick and Leah Cridlin	kyroadriderdirector@gmail.com.	
Assistant State Directors	Dan and Rita Bondurant	assistant director@kyroadriders.org	
State Educator	Rick Artmayer	ky.de.educator@gmail.com	
University Coordinator	Rick Artmayer	trainer@kyroadriders.org	
State MEPC	Dean, Lora, & Miles	mepc@kyroadriders.org	
2024 Couple of the Year	Jim and Kay Bryan	coy@kyroadriders.org	
2024 Individual of the Year	Ron Harper	ioy@kyroadriders.org	
COY Coordinators	Dean, Lora & Miles	COY Coordinator@kyroadriders.org	
State Treasurer	Jerry and Luanne Williams	treasurer@kyroadriders.org	
State Ride Coordinators	Bruce and Kathy Hensley	ride_coordinator@kyroadriders.org	
State Vendor Coordinators	Ray and Kathy Conrad	rconrad@wkybb.net	
State Webmaster	Roger Early	webmaster@kyroadriders.org	
State Pins & Patches	John Keiter	pins_patches@kyroadriders.org	
State Newsletter	Donita Nardi	newsletter editor@kyroadriders.org	



Area Chapter Meetings in the Bluegrass State:

NO NUMBER	
Northern Kentucky	
Marson 1975	

Chapter A—Louisville

Chapter C—Lexington

Meets the 2nd Saturday Roosters, 10430 Shelbyville Road #7 Louisville, KY 40065 Eat at 11:00 am—Meet at 12:00pm

Meets the 3rd Saturday Roosters, 2640 Richmond Rd. Lexington, KY 40509

Eat at 11:00am-Meet at 12:00pm

Chapter G - Northern KY

Meets 2nd Tuesday American Legion Post 4 8385 US Hwy 42

Florence, KY 41042

6:00pm Bring your own dinner to eat and socialize—Meet at 7:00pm



Chapter K—Henderson

Meets 1st Saturday

Echo Lanes 1698 Second St.

Henderson, KY 42420

Meet at 11:30am (CT)— Eat at 12:00pm (CT)



Chapter S — Elizabethtown

Meets 1st or 2nd Sunday (check State Calendar)

Shoney's

1046 Executive Dr.

Elizabethtown, KY 42701

Eat at 4:00pm-Meet at 5:00pm



Chapter T — Paintsville

Meets 3rd Saturday Giovanni's Pizza

261 Court St.,

Paintsville, KY

Eat at 5:00pm—Meet at 6:00pm



Chapter Y-Mayfield

Meets 1st Thursday

Majestic Family Restaurant

700 S 6th St

Mayfield, KY 42066

Eat at 6:00pm—Meet 7:00 (CT)

Traveling Plaque

Chapter G has the traveling plaque. It will be available at their next meeting on 11/12/2024. They meet at the American Legion Post 4, 8385 US Hwy 42 in Florence. They eat at 6pm (bring your own food)

and meet at 7pm!



Traveling Plaque Rules can be found by clicking here

Check out our Webpage: chaptera.org

Chaptera.org HOME NEWSLETTERS EVENTS CALENDAR PHOTOS FEED FEEDBACK FACEBOOK FORUM