



SOUND BITES



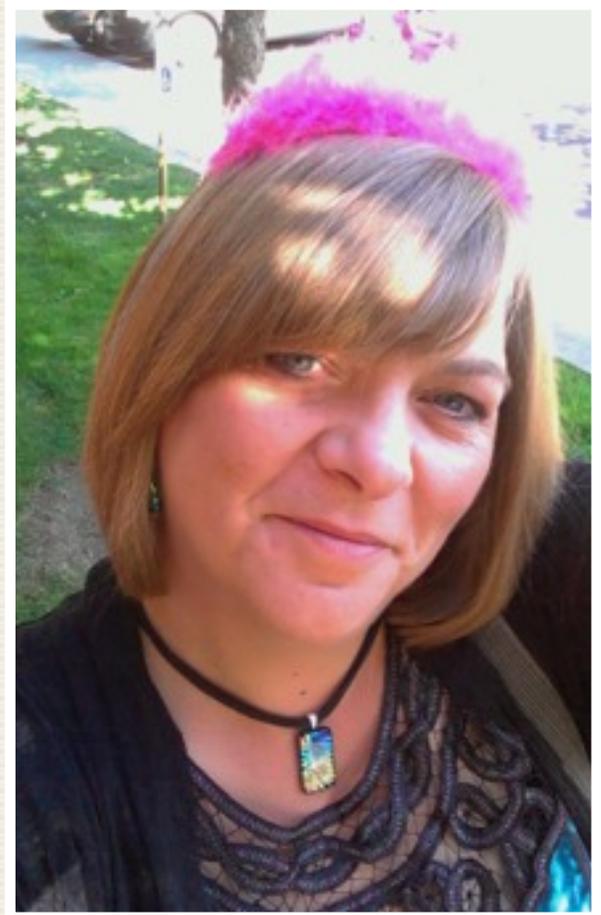
Lori Watkins, Secretary

Thank you Lori for being our first spotlight member for the NSTR Sound Bite!

Lori Watkins has been riding trikes for a year and a half. She participated in Trike-In 2013 and joined BTW in October. Her favorite ride is the North Cascade highway, because of the beautiful scenery. As an avid photographer, she also enjoys Cranberry Lake. Sunsets, the water rippling, and the living creatures around Washington are all prime stock for the talented shutterbug.

Lori has been worked for the same employer for 18 years. She has had horses forever but doesn't ride much now. Last December she adopted a three year old, large Papillon with allergies. His name is Gizmo.

Birthdate: January 12



GETTING TO KNOW OUR MEMBERS ONE AT A TIME: LORI WATKINS, SECRETARY NSTR



APRIL 13

Back Roads of Whidbey Ride

PG 3 FOR DETAILS

For More Information about North Sound Threedom Riders Contact:

Director Russ Lamb at russlamb57@gmail.com

or

Co-director Mike Brenaman at mikesinschool@yahoo.com

NEXT MEETING

APRIL 1

DENNY'S IN MOUNT VERNON

7:00 PM MEETING

**6:00 PM DINING/
SOCIAL**



QUICK TIPS: MSF's Guide to Group Riding

Motorcycling is primarily a solo activity, but for many, riding as a group -- whether with friends on a Sunday morning ride or with an organized motorcycle rally -- is the epitome of the motorcycling experience. Here are some tips to help ensure a fun and safe group ride:

Arrive prepared. Arrive on time with a full gas tank.

Hold a riders' meeting. Discuss things like the route, rest and fuel stops, and hand signals (see diagrams on next page). Assign a lead and sweep (tail) rider. Both should be experienced riders who are well-versed in group riding procedures. The leader should assess everyone's riding skills and the group's riding style.

Keep the group to a manageable size, ideally five to seven riders. If necessary, break the group into smaller sub-groups, each with a lead and sweep rider.

Ride prepared. At least one rider in each group should pack a cell phone, first-aid kit, and full tool kit, so the group is prepared for any problem that they might encounter.

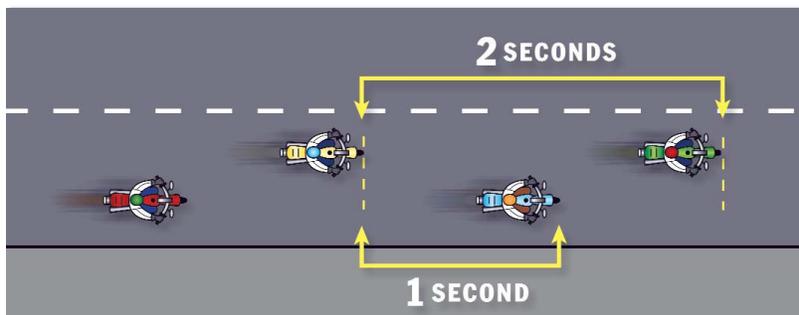
Ride in formation. The staggered riding formation (see diagram below) allows a proper space cushion between motorcycles so that each rider has enough time and space to maneuver and to react to hazards. The leader rides in the left third of the lane, while the next rider stays at least one second behind in the right third of the lane; the rest of the group follows the same pattern. A single-file formation is preferred on a curvy road, under conditions of poor visibility or poor road surfaces, entering/leaving highways, or other situations where an increased space cushion or maneuvering room is needed.

Avoid side-by-side formations, as they reduce the space cushion. If you suddenly needed to swerve to avoid a hazard, you would not have room to do so. You don't want handlebars to get entangled.

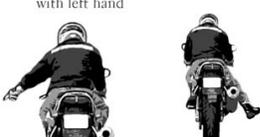
Periodically check the riders following in your rear view mirror. If you see a rider falling behind, slow down so they may catch up. If all the riders in the group use this technique, the group should be able to maintain a fairly steady speed without pressure to ride too fast to catch up.

If you're separated from the group, don't panic. Your group should have a pre-planned procedure in place to regroup. Don't break the law or ride beyond your skills to catch up.

For mechanical or medical problems, use a cell phone to call for assistance as the situation warrants.



MSF's Guide to Group Riding: Hand Signals

<p>Stop - arm extended straight down, palm facing back</p> 	<p>Single File - arm and index finger extended straight up</p> 	<p>Turn Signal On - open and close hand with fingers and thumb extended</p> 
<p>Slow Down - arm extended straight out, palm facing down</p> 	<p>Double File - arm with index and middle finger extended straight up</p> 	<p>Fuel - arm out to side pointing to tank with finger extended</p> 
<p>Speed Up - arm extended straight out, palm facing up</p> 	<p>Hazard in Roadway - on the right, point with right foot; on the left, point with left hand</p> 	<p>Refreshment Stop - fingers closed, thumb to mouth</p> 
<p>You Lead/Come - arm extended upward 45 degrees, palm forward pointing with index finger, swing in arc from back to front</p> 	<p>Highbeam - tap on top of helmet with open palm down</p> 	<p>Comfort Stop - forearm extended, fist clenched with short up and down motion</p> 
<p>Follow Me - arm extended straight up from shoulder, palm forward</p> 	<p>Pull Off - arm positioned as for right turn, forearm swung toward shoulder</p> 	

Back Roads of Whidbey Ride

The **April 13th** ride will begin for the folks from Bellingham to Lynnwood at **10:00 am**. They will meet Mike Brenaman our "Road Captain" at the **Cook Road Shell Station** located at 9440 Old Highway 99 North Rd, Burlington, WA 98233 (Cook Rd. and I-5). They will meet the Whidbey Island group at the **Sound View Shopper**, gas and mini-mart **around 11:00 am**. Located at 39757 Hwy-20: and West Troxell Rd. Russ will lead the group down Hwy 20 to Ault Field Rd. where we shall begin the "Back Roads of Whidbey Ride." We will go South to Langley, then work our way back North. Returning to the El Cazador restaurant located at 32195 State Route 20, Oak Harbor. Where we can enjoy a mid afternoon lunch before we depart. Some of us may want to continue the back road ride after lunch East out of Oak Harbor. Which would the end at the Sound View Shopper were we began. Depending on how we all feel after lunch.

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