



SANTA BARBARA BMW RIDERS NEWSLETTER

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BMW MOA CLUB #165
SPEAKING TRUTH TO POWER...136 HP, THAT IS!

Volume 22, Issue 7

July 2022

Member News and Rides

The June meeting at the Creekside Restaurant had about 14 attendees.

Kim, Oscar, Chuck and Jim Schmidt are planning to attend the 50th Annual Top O' The Rockies rally in July, in Paonia, CO.

Marilyn and Deb rode their bikes to the National Rally in Springfield, MO. The report from Marilyn was that the weather she encountered along the way was "brutally hot." **Phyllis and John** were also at the rally, as well as **Lee Schumacher** and his son John. Phyllis reported that the rally weather was very hot and humid (temps in the mid-upper 90's). Attendance was 4,621 but with a record-breaking 808 first-timers. The next western-states based rally will be in 2024. The 2023 rally will be near Richmond, VA.

Steve reported there were about 450 riders that attended the 49er event in Quincy. The weather was hot; the location and riding in the area was good. There seemed to be a preference to return to Mariposa next year, since the location is closer.

Cody reported that the Hi Mountain weekend camping trip was a good one. **Dagi, Kevin, and Don** camped with Cody, and **Bob P.** rode with the group for the day. Bob witnessed a rollover accident on Bull Canyon near Highway 166, called 911 and was able to provide some assistance to the driver, who, fortunately was not hurt.

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SB BMW Riders Summer Picnic Saturday, July 14, 1 to 4 p.m.

In lieu of a July meeting, we will have our traditional summer picnic. It will be at Michael's and Veronica's house, 2634 Hacienda Way, Santa Barbara.

The Club will provide something barbecued, ice chests, water and sodas, and ice. Please bring your own drinks and a dish to share: a salad, side dish, hors d'oeuvres, or dessert. Let Steve know what you are bringing and how many will be attending in your group. Steve's email: w6qiw.sm@gmail.com

Ride your bike if you can, as parking is limited.

June Technical Topic: Heat Stroke/Heat Exhaustion

Steve began the meeting with the topic of first aid and first aid kits. There was a lot of discussion about the variety of kits and contents as well as size of kits suitable for carrying on a bike. Bob P. will prepare a checklist of contents for a basic kit, a more advanced kit, and a trauma kit - based on input from the group and especially Albert. The group decided to get their own kits that fit individual preferences.

The discussion then focused on heat stroke and heat exhaustion and ways of dealing with each. Hydration is critical.

Heat stroke results from prolonged exposure to high temperatures -- usually in combination with dehydration -- which leads to a failure of the body's temperature control system. The medical definition of heat stroke is a core body temperature greater than 104° F, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, confusion, disorientation, and sometimes loss of consciousness or coma.

See WebMD for more information on heat stroke: [Heat Stroke WebMD](#)

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures, and it often is accompanied by dehydration.

There are two types of heat exhaustion:

SB BMW Riders Calendar

- ❖ Saturday, July 16: Annual Club summer picnic. See more information on Page 1.
- ❖ July 23-24 weekend: Cody is planning a camping trip for this weekend at Breckenridge Campground in Sequoia National Forest. Bring your own water, and dinner, drinks and breakfast for yourself. Contact Cody for more information: 515-681-2155. [Breckenridge Campground](#)
- ❖ Monday, August 15: Monthly meeting at Creekside Restaurant & Bar, 4444 Hollister Ave., Santa Barbara. Meeting starts at 6 p.m. Get there at 5:30 if you want to order dinner.
- ❖ Any other activities or rides scheduled, let me know! djkrohn1@gmail.com **Note my new email address.**

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, muscle cramps and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

See WebMD for more information on heat exhaustion: [Heat Exhaustion WebMD](#)

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Backroad Discovery Routes on YouTube

You can now enjoy videos of the various Backroad Discovery Routes (BDR) for free on YouTube. There are ads, of course. If you would like to view them ad-free, you can download or stream them on Vimeo for a small donation to BDR. Many of these routes look like they would be great for 4-wheel drive trips, too! [BDR Videos](#)

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Upcoming Events

- July 21-24: Top O' the Rockies Rally, Paonia, CO. This is the 50th anniversary of this rally. [Top O' the Rockies Rally](#)
- August 6: 22nd Annual 100,000 Foot Ride, Centennial, CO. [22nd Annual 100,00 Foot Ride](#)
- August 18-21: 24th Annual Beartooth Beemers Rendezvous, Red Lodge, MT. [24th Annual Beartooth Beemers Rendezvous](#)
- August 26: Overland Expo Mountain West, Loveland, CO. [Overland Expo Mountain West](#)
- September 2-5: Range of Light Gypsy Tour, Chico, CA. This is a riding rally, with destinations unknown until you get there. [Range of Light Gypsy Tour](#)
- September 9: 37th Annual Bavarian Mountain Weekend Rally, Vadito, NM. [37th Annual Bavarian Mountain Weekend Rally](#)
- September 16-18: MOA Getaway at Cedar City, Cedar City, UT. [MOA Getaway at Cedar City](#)
- September 30-October 2: Gathering of the Tribes in Sequoia National Forest. [Gathering of the Tribes Sequoia](#)
- October 23-27: Adventure Training with West38Moto in Borrego Springs, Borrego Springs, CA. [Adventure Training with West38 Moto Borrego Springs](#)

Heat Stroke/Heat Exhaustion

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Suggestions for dealing with either heat stroke or heat exhaustion:

- ✓ Watch out for each other for symptoms and take action to minimize the effect.
- ✓ Wearing a camelback water system can be helpful since you can drink while riding and even dribble some water down your chin to wet your neck gaiter for cooling.
- ✓ It's important to add electrolytes on hot days. Widely available commercially, or you can mix your own if you don't like the commercial flavors or the sugar level. Here are some examples of ones you can make: [Homemade electrolyte drinks](#)

Note: Big thanks to Chuck, who took notes at the meeting so the meeting info could go into the newsletter!

Harvey also sent this handy chart for reference:

HEAT EXHAUSTION	HEAT STROKE
 FAINT OR DIZZY	 THROBBING HEADACHE
 EXCESSIVE SWEATING	 NO SWEATING
 PALE, COLD, CLAMMY SKIN	 RED HOT SKIN
 RAPID WEAK PULSE	 RAPID STRONG PULSE
 MUSCLE CRAMPS, FATIGUE	 MAY LOSE CONSCIOUSNESS
MOVE TO COOLER PLACE, DRINK WATER IF CONSCIOUS, TAKE A COOL SHOWER OR USE COLD COMPRESSES	CALL 9-1-1

Is It Crazy, or Is It a Great Idea? Inflatable Parachute Vest for Riders By Janaki Jitchotvisut

*Excerpted from [Ride Apart news](#),
June 20, 2022*

Never let it be said that Airbag Inside Sweden AB has a confusing name. The company clearly wants to make sure everyone knows what it's about, and doesn't appear to be anywhere close to ceasing its creation of motorcycle clothing with—yes—airbags inside. In January, 2021, we first told you about the company's motorcycle jeans, with airbags inside.

At the time, the company noted, most airbag protection created by other companies was only meant to protect the upper body, and not the lower body. [Airbag Inside's airbag jeans](#) were a step toward changing that. Then, in February, 2022, the company revealed...[airbag shorts](#)? At the time, I wondered who these were even *for*. The airbags might cushion your butt, but your knees and lower legs would have to fend for themselves. While I see plenty of riders out in shorts, I don't think they'd necessarily choose airbags over whatever other shorts they've been wearing up to this point.

On March 31, 2022, the U.S. Patent and Trademark Office published an Airbag Inside patent application for what it calls an "inflatable motorcycle outfit." As you'd probably guess from the name, it's comprised of multiple pieces of gear, each meant to protect a different part of the body. All of them use airbags in some way, of course. There's an inflatable pair of pants, an inflatable jacket, inflatable boots, and what AI calls "inflatable canopies." 🌬️

What are inflatable canopies? They appear to be some type of airbag parachute(s), which are meant to deploy above a rider's shoulders and head, with mounting points under the rider's underarm area. In the event of a high-speed crash, the idea is that these would deploy and slow the rider down to help mitigate any serious injuries exacerbated by high speeds.

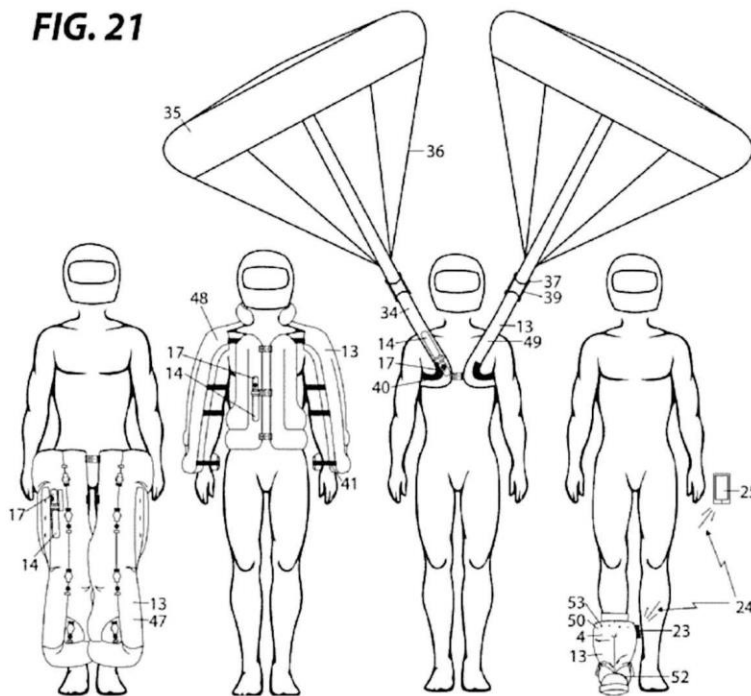
Like the other Airbag Inside clothing pieces, the patent suggests that these should be nearly imperceptible when not in use. Ideally, says AI, they'd tuck neatly away inside either a vest or a jacket, so that a rider would just look like a normal person walking around in pants, a jacket, and boots while they're off the bike. It's not clear how comfortable it might be if you were to wear both the inflatable jacket and the inflatable vest at the same time, since they're meant to protect different parts of your upper body—nor how much the inflatable parts might restrict a rider's movement.

Also, like race leathers, the inflatable canopies would likely be intended primarily for track use rather than everyday commuting. Still, the idea raises some questions. While the

movements of riders on a track (either racing or at a track day) are generally more predictable than those flowing through daily traffic, deploying the canopies seems like it could potentially cause additional dangers to a rider.

What happens if the canopies get tangled or otherwise caught as they're working to slow a fallen rider's speed? Also, what happens if the wind catches the canopies the wrong way, and blows the rider into a potentially even more dangerous situation than they might otherwise have found themselves in? Drag racers use parachutes to slow themselves down from terrifically high rates of speed, but they're also going in a straight line. Riders—especially on tracks and not at drag strips—are often not going in a straight line.

FIG. 21



An overview of the complete inflatable motorcycle outfit.

This idea may seem absurd or comical, but many new ideas about motorcycle safety have come about in the last several years, including the use of accelerometers and airbag technology. What is your take on the parachute vest? ---Ed.

Wayne's comment: "I can hardly wait for the YouTube videos!"

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