



# SANTA BARBARA BMW RIDERS NEWSLETTER

[HTTP://WWW.SBBMWRIDERS.ORG](http://www.sbbmwrider.org)

BMW MOA CLUB #165

SPEAKING TRUTH TO POWER...136 HP, THAT IS!

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## Member News and Rides

The April meeting, held at the Creekside Restaurant, had about 17 attendees.

**Cody's** planned campout at Carrizo Plain is April 21-23 at KCL Campground. Cody will be bringing his truck and trailer, food and drinks. bring his truck and trailer and supplies. Steve, Fran, Marten and a friend, Lee Husband, Chuck, Tanja, James C., Don M. and Dagi are planning on attending.

**Oscar** brought sample license plate frames: one with white print on the black frame, and one with yellow print on the black frame. The preferred one has white print on a black frame. It was also agreed that we don't need a picture of a motorcycle on the frame. The type of frame that Oscar brought to the meeting cost \$14.95. Oscar will get a sample of the more expensive frames to bring to the next meeting.

**Tanja** happened to see **Eddie** and they went riding on Figueroa Mountain Road, Armour Ranch Road and Happy Canyon Road. Tanja reports that the wild flowers were spectacular. The picture by Tanja, right, shows the lupine and California poppy bloom along the route. Tanja also had new riding gear, that she showed us during the April meeting! Picture on Page 2.

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## April Technical Topic: Mental Fatigue

What do you do about mental fatigue? How do you manage it? For Steve, the first time he experienced it was riding in the Alps. The road had many curves, and towards the end of the day, he felt like he had picked a bad line. He was not feeling physically tired, but mentally worn out. The next day, though, he felt sharp again. A very curvy road can be mentally tiring because of the constant attention to road conditions, traffic and picking the right line.

Chuck said that he experiences mental fatigue during long hauls, especially during long, boring straight roads. When he is feeling drowsy, stopping and doing something physical helps.

Oscar has also felt this during freeway stretches. His solution is to stop, get off the bike, and walk around a bit. Having something to eat or drink also helps. Tanja finds cold coffee to be useful, but anything to stay hydrated is a good idea.

Oscar mentioned that another way to battle mental fatigue is staying in communication with your riding group. Talking with others can keep you mentally engaged.

James C. commented that, while riding, your mind is going slow-mo, so you are processing really quickly and that is hard to maintain for long periods of time, resulting in mental fatigue.

Marilyn said that on her long, organized rides, there are scheduled coffee breaks/stops and

## SB BMW Riders Calendar

- ❖ Monday, May 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.
- ❖ Monday, June : 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](mailto:djkrohn1@gmail.com)

lunches. In addition, there is usually a break day from riding every 3-4 days.

Bob P. said it succinctly: **When in doubt, stop.**



*Tanja models her new riding togs.*

*Photo by Chuck.*

## Road Updates

**Highway 1:** The southern closure limit remains at Ragged Point. The northern limit closure is at the Big Creek Vista area in Monterey County.

**Highway 33:** Remains closed from south of Matilija Springs Road in Ojai to 9 miles south of the Ventura/ Santa Barbara County line, at the intersection of Highway 33 and Lockwood Valley Road. The timeline for re-opening has not been determined yet, but Caltrans will make every effort to have at least one lane of travel open by summer, if and when, it is safe and possible. Work will continue throughout the summer.

James C. forwarded a video from Caltrans of the very extensive damage on Highway 33: [Highway 33 video](#)

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## Upcoming Events

- May 5-7: MOA Getaway at Santa Fe, Santa Fe, NM. [MOA Getaway at Santa Fe](#)
- May 6: Quail Motorcycle Gathering, Carmel Valley, CA. A gathering of more than 300 iconic classic and modern motorcycles. [Quail Motorcycle Gathering](#)
- May 25-29: 49er Rally, Mariposa, CA. [2023 49er Rally](#)
- June 1-4: 12<sup>th</sup> Annual Giant Loop Ride, Crane, OR. Rides through the high desert areas of eastern Oregon. [12th Annual Giant Loop Ride](#)
- June 2-3: Mighty 190 event, French Gulch, Lake Isabella, CA. Contact info: [dezertsled@gmail.com](mailto:dezertsled@gmail.com) or 818 314-9958.
- June 8-11: 50<sup>th</sup> Annual MOA National Rally, Doswell, VA. [50th Annual MOA National Rally](#)
- June 22-25: 43<sup>rd</sup> Annual Chief Joseph Rally, John Day, OR. [43rd Annual Chief Joseph Rally](#)
- July 20-23: Top O' the Rockies Rally, Paonia, CO. [Top O' the Rockies Rally](#)
- August 17-18: 25<sup>th</sup> Annual Beartooth Beemers Rendezvous, Red Lodge, MT. [25th Annual Beartooth Beemers Rendezvous](#)
- September 1-4: Range of Light Gypsy Tour, sponsored by BMW NorCal. [Range of Light Gypsy Tour](#)

## Long-Haul R100 GS: Round the World in 34 Years

*Excerpted from ADV Rider, by Eglé / @EvergreenE*

How long is an adventure motorcycle expected to last on a round-the-world journey, major issue-free and running well? Five years? Ten? Fifteen?

How about 34 years?

Aussies Sam and Stew Saunders have been riding their 1988 BMW R100 GS round the world for nearly four decades now.

Having done the UK-Australia trip in 1989-1991, the couple later shipped the bike to the US and covered the Americas. If it wasn't for COVID and the Ukraine war, the Saunders and their faithful GS would be on their way to Central Asia, Mongolia, and Russia by now; as it is, the route has had to change to Europe and Africa instead... but the bike remains. The couple's beloved GS is currently enroute to Europe for a new start.

According to Sam, they've had to do an overhaul of the bike back in 2015 including a new drive shaft and install a Wilbers shock, a multi-pot front brake, and upgraded electronic ignition. Last year, another overhaul was due—heavy duty fork springs, new barrel and pistons and reconditioned heads. Other than that, the odometer on the bike now reads 150,000 km, and the bike is being prepped for the next leg of the journey.

How come the couple have never bought another bike for their travels, and is the GS the unicorn RTW motorcycle?

Sam's response: "In 1989, the R100 GS had only been in production for a couple of years (first generation). It was expensive for us, and trying to source once second hand was difficult, but we worked hard to get our dream bike (having previously toured on a Yamaha XS650 and Honda CX500). For RTW travel and two up on one machine, we knew we needed a strong, reliable bike, for which BMW was well renowned...

"The GS is well proven (now 1.5X RTW) and more than paid for itself, with Stew able to carry out any maintenance and repairs enroute. The bike has so far been on five airplanes and shipped four times.

"Here's a list of bike issues we'd experienced:

- 1 puncture (after 18 months on the road)
- 1 busted rear shock
- Failed UJ bearing (resulting in a replaced drive shaft)

- 1 starter motor fail (in Alaska) – at least we could push start, until we got a replacement sent to friends in Vancouver!
- 1 CDI unit – quick and easy replacement as we were carrying a spare
- 1 gearbox bearing collapse (fortunately this occurred in Germany and there was a local BMW mechanic who sourced the bearing and rebuilt the gearbox)
- 1 busted fork-seal – riding on unsealed road (outback Oz)

The maintenance and repairs are easy. Stew knows the bike inside out and back to front, and has been able to fix any issues we've had enroute. We carry filters, spark plugs, cables, a CDI unit, regulator, complete gasket set, and a decent tool pack. If we know we'll be crossing regions where tires are difficult to find, we'll carry spare tires, too."



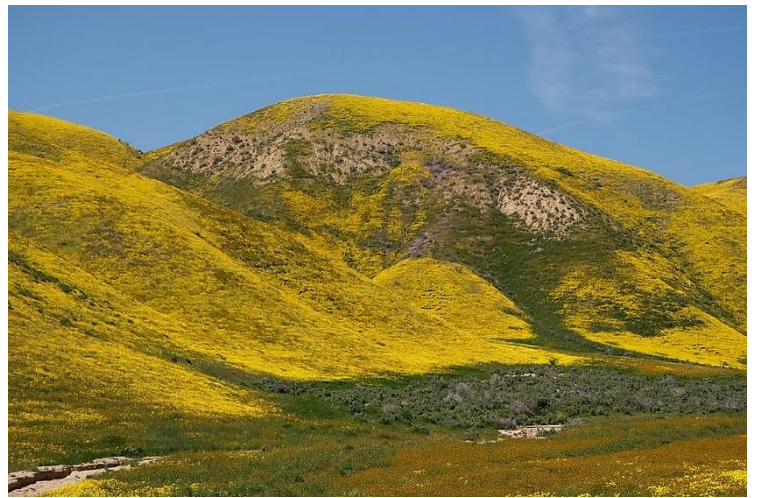
The entire story and more pictures can be found here: [Round the world in 34 years](#)



**Photos!**



*Left: At our April meeting, Phil rolled out the Red Carpet, literally, for his sidecar passenger, Chris! Photo by Chuck.*



*Above and left: Carrizo Plain is abloom! Above photo by Mike M. and left photo by Harvey.*