



SANTA BARBARA BMW RIDERS NEWSLETTER

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BMW MOA CLUB #165

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

Volume 23, Issue 7

July 2023

Member News and Rides

Our June meeting, held at the Creekside Restaurant, had about 21 attendees.

Tanja, Deb, Phil, Eddie and Marilyn attended the 49'r Rally in Mariposa. Tanja did the Rawhyde ride, as an Intermediate, and she also took a street riding course. She and Eddie rode to Yosemite for the day and hiked to Vernal Falls, which is quite spectacular this spring, thanks to our rains this winter. They went to Yosemite very early on a Sunday morning to escape the crowds. Tanja also bought a Helite backpack airbag. She reports that it is very comfortable. It protects the torso and neck.

Phil will be attending the Top O' the Rockies Rally in Paonia, CO.

Steve and Fran returned from their trip to Sardinia and Corsica. They also rode in Tuscany. Steve reported that there are thousands of miles of roads on the islands, lots of tight corners, and many more motorcycles than other vehicles. The landscape and roads were similar to California. It was an 1800-mile trip, 16 days, arranged through Beach's Motorcycle Adventures. Pictures and story on Pages 4-6.

Chuck suggested a ride to the Santa Paula airport for their monthly open house and to check out the museum. **Cody, Oscar, Wayne, Diane** and **Lee H.** joined the ride. Pictures on Pages 7-8.

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SB BMW Riders Summer Picnic

Our annual summer picnic will be on Saturday, July 15, starting at 1 p.m., at Michael's and Veronica's house, 2634 Hacienda Way, Santa Barbara. Motorcycle parking is available in the backyard. Street parking is limited, so ride your bike if possible. The Club will provide tri-tip and chicken, sparkling water and water. Bring a side dish, salad, appetizer or dessert to share, and bring your own beverages if you wish. Ice chests will be available.

Let Steve know if you will be attending, and what you will be bringing. Steve: w6qiw.sm@gmail.com

June Technical Topic: Rider Resilience

Dr. Dave Botsford, a clinical and sports psychologist, presented a very interesting and relevant talk about rider resilience: how our thoughts and feelings affect our performance, and vice-versa. Resilience is the ability to bounce back from anything. "I'm not afraid of storms for I am learning how to sail my ship."
Louisa May Alcott.

Here are a few salient points that Dave brought up in his talk.

Dave asked the questions: Why do you ride? Are the reasons you started the same reasons now? Cost, physical challenges, ability to do your own wrenching all factor into reasons for change.

He pointed out that you can be physically in one place and mentally in another place. Accidents happen when these are not the same place.

What happens when you say to yourself, "Don't think about crashing"? You focus on that. You need to focus on the things you have confidence in, and something other than the uncertainty factor.

Practicing a tolerance for discomfort is a way to accept small successes and an opportunity for learning.

Dave talked about psychological factors for resilience and mental toughness:

- Positive personality: Being open to new experiences, optimistic, being self-honest;

SB BMW Riders Calendar

- ❖ Saturday, July 15: Annual Club picnic, to be held at Michael's and Veronica's house. See information on Page 1.
- ❖ August 11-13: Club campout at Campo Alto. August 13 will be the peak time for the Perseid Meteor shower in 2023, so this would be an excellent camping site for good meteor viewing. Contact Cody for more information. Details: [Campo Alto](#)
- ❖ Monday, August 21: 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

- Motivation: Self-determining, making active choices;
- Confidence: Being self-aware, imagery, good coaching and teammates;
- Attentional focus: Focus on what you can control, able to switch focus as needed;
- Perceived support: Based on trust and respect, shared experiences.

Dave had everyone practice a breathing exercise, belly breathing and double count breathing: a deep breath in, to expand your belly, and a slow breath out, at twice the time it took to breathe in. This forces you to focus on one breath at a time and quiets the mind and physiology.

Dave passed on several useful articles about resilience, self-compassion and gratitude. Steve has emailed these articles to Club members for reference.

Road Updates

Highway 1: Heading northbound, the turn-around point remains at Limekiln State Park. The opening at Paul's Slide is still several months away. Heading southbound from the Monterey area, Highway 1 is closed at Lucia.

Repairs have started on **Gibraltar Road**, but it is open only to residents and public safety officials. You may be asked to show proof of residency to access the road. The anticipated opening is September, 2023.

Highway 33: No change. 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. Caltrans anticipates the road opening in September or October, 2023.

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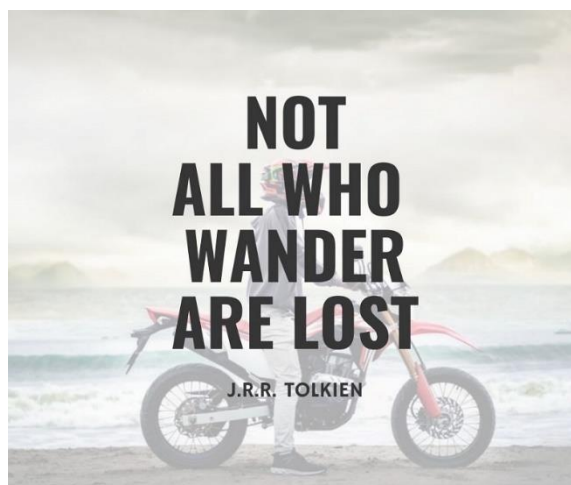
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Upcoming Events

- July 20-23: Top O' the Rockies Rally, Paonia, CO. [Top O' the Rockies Rally](#)
- August 11-12: 30th Blue Butt Rally, Virginia City, NV. This rally is about map-reading and answering questions along a 330-370-mile route. [30th Blue Butt Rally](#)
- August 17-18: 25th Annual Beartooth Beemers Rendezvous, Red Lodge, MT. [25th Annual Beartooth Beemers Rendezvous](#)
- August 26-27: Campout at Badger Flats, Lakeshore, CA. Sponsored by BMW NorCal. [Badger Flats Campout](#)
- September 1-4: Range of Light Gypsy Tour, sponsored by BMW NorCal. [Range of Light Gypsy Tour](#)
- June 13-15, 2024: BMW MOA National Rally, Redmond, OR. If you register by December 31, 2023, it is \$79 for members and guests. [BMW 2024 Rally](#)





Steve and Fran, Spelunca Gorge, Corsica

Riding Italy

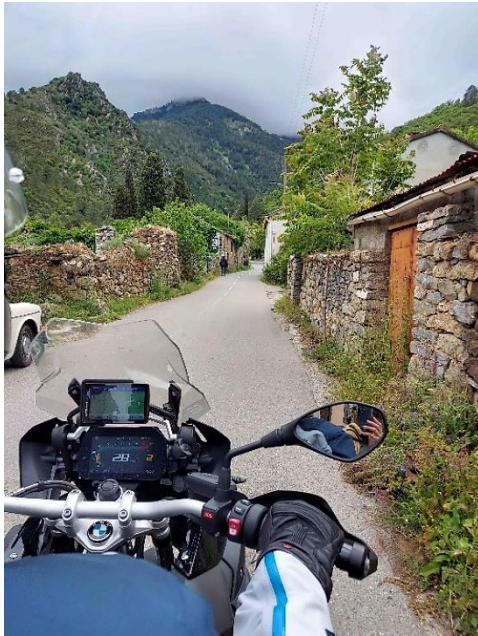
Story and Photos by Steve Miller

Fran and I toured in Italy on an R 1250GS in May, 2023. When we ride in Europe, it is primarily for the thrill of the roads and the Alps are the best. This trip, we decided to experience the Italian roads of Tuscany, Sardinia and Corsica. (French)

The Italian back roads are typically not as manicured as the Alps and can be downright poor in sections. On top of being quite narrow, they can be tight radiused with limited visibility. High attention levels must be held all day, especially with Italian drivers giving you just enough room for the motorcycle to pass (either direction). So, this trip seemed a bit more fatiguing than previous trips. Average speed was 28 mph over 1800 miles, versus 35-40 mph in the Alps.

Sardinia was a real pleasure. Lots of deserted twisties, although many motorcycles on some roads. Route 125 had the feel of California Highway 1 south of Big Sur and attracted many bikes. It seemed 50% of these were R 1250GS's!

We spent 1 week on Sardinia and could have spent 3 weeks not riding the same road twice. The terrain is a lot like our coastal mountains but with more twisty roads and in better condition. Where roads had been compromised due to undercuts or cracked pavement, warning cones or signs were put up rather than total closure like we see here in California.



*Left and above: Roads in Sardinia.
Below: Corsica.*

Corsica has been French since the time of Napoleon and is more mountainous than Sardinia. It has more of an Alps riding feel to it, but the roads are worse condition. And the cars drive like the Italians. I liked the adventure of it but 5 days was enough for me.

We took an overnight ferry from Livorno to get to Sardinia but if I do this again, I would fly to Sardinia and rent a bike from Motorent Sardinia ([Motorent Sardinia](#)) and not lose the 2 days on a ferry. It is a 1-hour ferry to Corsica, so you can easily explore both islands on one trip.

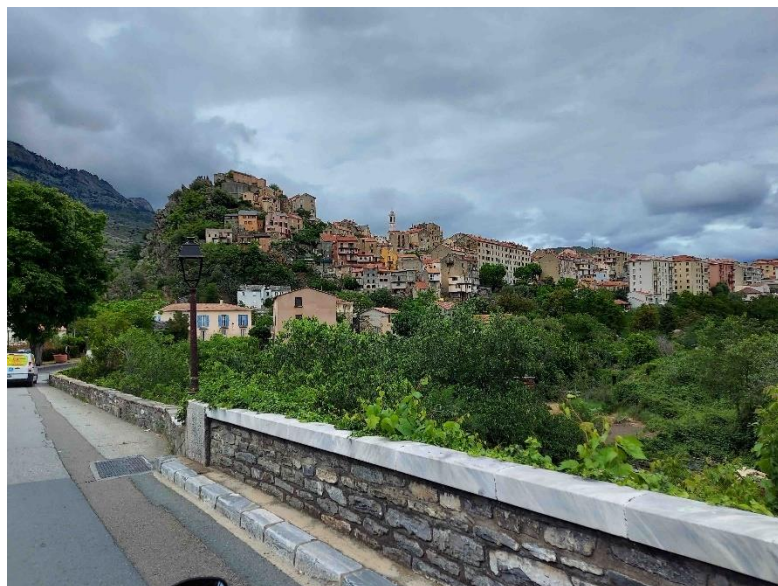


Fish is a staple and we ate a lot of it (you are on an island), good wine (you are in Italy), and prices are reasonable. People there are friendly, though less English is spoken on the islands than on the mainland. You can generally only have a meal at certain times during the day; 12-2 p.m., and after 7:30 p.m. So carry food and purchase fuel, other than 12-2 p.m., as attendants are gone. Pumps only take Euros and very few take non-Euro credit cards when unattended.

For those of you who crave thousands of corners daily, this is a great trip. We are already thinking of going back to ride Sardinia again someday.



*Above: Corsica.
Right: Florence.
Below: Sardinia.*



Santa Paula Airport Ride

The Santa Paula Airport has an open house on the first Sunday of every month. Chuck suggested a ride there for July 2, taking the scenic route on Highways 192 and 150. Chuck was joined by Cody, Oscar, and Wayne and Diane riding sweep in the Miata. We picked up Lee H. along Highway 150. Harvey was also at the airport, but unfortunately, left before we could catch him.

We got lucky with very little traffic on the way there, and it was a beautiful sunny day in Santa Paula, but not too hot. Lunch was at the Flight 126 Café. It was fun to see the planes and talk to some pilots. Thanks for the suggestion, Chuck!

[Santa Paula Aviation Museum](#)



Above: Cody, Diane, Wayne, Chuck and Oscar, standing by Lee's airhead. Photo by Lee.

Right: Chuck and Cody. Photo by Oscar.





Above Left: This experimental airplane has folding wings! It was used during WWII. Photo by Oscar.

Above Right: One person's hangar, fully decorated. Photo by Chuck.

Below: A WWII vintage German trainer aircraft. Photo by Chuck.

