



SANTA BARBARA BMW RIDERS NEWSLETTER

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

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Member News and Rides

We had about 25 attendees at the February meeting at the Creekside Restaurant. New visitor **Ken**, from San Luis Obispo, mentioned that he has camping availability on his land.

Pippa is looking for a 310 GS that she can borrow for a test ride. She is considering riding the Trans Sweden Trail this summer and would like a smaller bike for that. Pippa is also looking to sell her 1200 GS and getting a smaller bike.

Cody reminded everyone that the Airhead Death Valley Rally is March 6-9, and there are 50 RSVPs already. Cody also mentioned that there is a Desert Adventure Rally in Bisbee, AZ, April 8-13. This is an off-road rally that includes ADV training, catered meals and evening entertainment. This rally is associated with Backcountry Discovery Routes (BDR).

We had the election for the Board, and the results (no surprises) are:

President: Wayne Beckman
Vice-President: Cody Cook
Secretary/Newsletter Editor: Diane Krohn
Treasurer: Chuck Beatty
Webmaster: Michael Kramer
Ambassadors remain the same: Oscar Zavala,
John Alexander and Bob Phinney.

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Tech Day

Marten will have a Spring Tech Day on Saturday, March 22. It starts at 8 a.m. and goes until 2 p.m., at 516 Palm Avenue, Carpinteria.

Bring your projects if you want to get work done or just come by to hang out and meet new and old friends. You can also bring gear to swap.

Contact Marten for questions: 805.455.0135 or marten@cox.net.

Technical Topic: Rider Resilience

(Note: This topic was discussed in July 2023, but it was alluded to during our February meeting. Presented here again for new members who did not hear the original presentation.)

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.

SB BMW Riders Calendar

- ❖ Monday, March 17: Monthly meeting at Creekside Restaurant & Bar, 4444 Hollister Ave., Santa Barbara. Meeting starts at 6:00 p.m. Get there at 5:30 if you want to order dinner
- ❖ Monday, April 21: Monthly meeting at Creekside Restaurant & Bar, 4444 Hollister Ave., Santa Barbara. Meeting starts at 6:00 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

Dave talked about psychological factors for resilience and mental toughness:

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

Dr. Botsford's website: [Mountain Minded Performance](#)

Butler Maps to Add New “Best Dirt Roads” Maps

Butler Maps, which produces the Backcountry Discovery Routes (BDR) map series, plus several paved road series, including Route 66 Experience and American Classics Experience, will be adding to their “Best Dirt Roads” series. The new maps will be Southern California, Wyoming and Idaho.

The maps already in the Best Dirt Roads series includes Arizona, Colorado, New Mexico and Utah. The new series for Southern California, Wyoming and Idaho have an expected release date sometime this spring.

The dirt road maps have written descriptions of the routes, points of interest, elevation profiles, and options for loop trips. Every Butler map is waterproof and tear resistant.

Butler Maps website: [Butler Maps](#)



Upcoming Events

- March 6-9: Airheads Death Valley Rendezvous, Furnace Creek, Death Valley. [Airheads Death Valley Rendezvous](#)
- March 19-23: ADV Rider Death Valley Noobs Rally 2025, Panamint Springs Resort, Death Valley. [ADV Rider Death Valley Noobs Rally](#)
- March 27-30: BMW NorCal Death Valley campout, Furnace Creek, Death Valley. [Death Valley Campout](#)
- April 8-13: Desert Adventure Rally, Bisbee, AZ. [Desert Adventure Rally](#)
- May 1-4: ADV Rider WARPED Rally, Kernville, CA. [WARPED 2025](#)
- May 23-26: The 53rd Annual 49er Rally, Mariposa, CA. More details to come later.

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European Safety Signs Submitted by Steve Miller

Steve commented: These are some safety signs we have seen for motorcyclists in Europe. Very much to the point! Perhaps we need some like this here.



(Loosely translated):

Upper left: "Hello speeder, we are waiting."

Upper right: "Things happen when you least expect them."

Left: "Stay on your toes."

The First Big Trip

By Diane Krohn

Photos by Wayne Beckman

We did it! In the fall of 2004, we passed the MSF class, got our motorcycle endorsements and bought an F650 GS and a Kawasaki 250 Ninja (the Ninjette). After riding around the local area and then getting used to riding two-up on the F650, we decided to try it out for a longish trip. We had friends that lived in Portland, OR at the time and riding up the coast to visit them seemed like a perfect first-time long distance motorcycle trip.



Left: Wayne on the just-purchased F650 GS.



Right: The Ninjette.



Wayne got the bike all farked up for multi-day travel, buying Jesse side cases and a Givi top case. We were comfortable riding two-up, as we've been tandem bicyclists for years; and we were comfortable with not a lot of carrying space, as we've been backpackers from way back.

Left: The bike with Jesse side cases.

So in late August of 2005, we headed up north on Highway 1. The stretch between San Simeon and Half Moon Bay was foggy and COLD! This was before we had discovered the wonderfulness of electrics. Highway 1, north of San Francisco, is great, with lots of curves, but it was also challenging due to wind--and the curves. The day from Half Moon Bay to Fort Bragg was only 200 miles but it was a long 200 miles.

From Fort Bragg, we continued on Highway 1, which merges with Highway 101. We had read about Lost Coast/Mattole Road, but we weren't sure that we had the right road when we saw it, and then we got concerned about the narrowness of it if we encountered an SUV coming the other direction. So, as we were newbies to this, we decided to pass on Lost Coast (we did ride it a couple of years later, on the R1200 GS, and with a lot more riding experience).

*Right: Ready for the big trip! With the Givi topcase on the bike.
Below: Stopping to check on Paul Bunyan at Trees of Mystery.*



The ride up the coast continued to be scenic and with good weather. Traveling through the little Oregon coastal towns on Highway 101 was pleasant. Several years later, we did this same route and –OMG!–the traffic in those little coastal towns was insane! They'd gotten more popular with tourists, apparently.

Before we got to Portland, we stopped at the Evergreen Aviation Museum in McMinnville, OR. This museum has the Spruce Goose, and dozens of other airplanes.

*Right: A B-25 Bomber at the Evergreen Aviation Museum.
Below: Our friend's cat, our bike, and their neighborhood rose garden in Portland.*



We spent 4 nights with our friends in Portland, enjoying various brewpubs, Powell's Bookstore, Multnomah Falls and Bonneville Dam. From Portland, we headed to Bend, then back in California to Dunsmuir. From there, on through Lassen National Park, Highway 89 and Highway 89/I-80 to Reno. We visited the National Automobile Museum, which used to be Harrah's. A

Rolls-Royce with a copper body and a gold-plated DeLorean were among the many cars in the museum. We both thought that the Petersen Automotive Museum in Los Angeles is a better car museum, though.

*Right: One of the interesting vehicles at the National Auto Museum in Reno, a Dymaxion.
Below: Frost on the bike, Bridgeport, CA.*



From Reno, we rode around Lake Tahoe and went over Monitor Pass to end up in Bridgeport for the night. We woke up to find frost on the bike in the morning. It was no longer summer in the Sierras! After Bridgeport, we headed up Tioga Pass, into Yosemite Valley (crazy and crowded), and spent the night in Oakhurst. At the hotel in Oakhurst, we were parked next to an R1200 GS, which Wayne lusted over. Little did we know that we would be able to find one for ourselves, a 2005 model with really low mileage, the next year!

Right: Our bike next to the aspirational R1200 GS. It was rented and ridden by a Dutch couple visiting California.

This trip was 18 days and 2500 miles. The average mileage on the wonderful F650 was about 63 mpg. This was two-up and loaded for touring. It was a great first big trip, on a great bike. BUT—the R1200 was more comfortable for the two of us, and we had many more great trips on that bike.



To SB BMW Riders members:

Do you have a first trip, a first bike, or a memorable trip to share with everyone? Please send your story and photos to me. Long story or short, they're all interesting!