



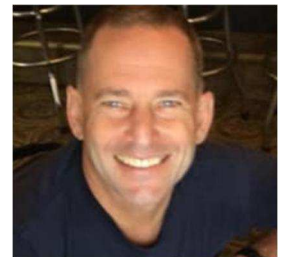
Empire City MC's 56th Executive Board

On 8th January, we held our annual elections. With only four eligible Full Members and five offices to fill, there will be some double-duty this year for some members. We applaud the return of Mark W in the centre seat! It's been many years since Mark was President of ECMC, and we welcome him back as our chairman and leader. A recently new member, Erik R has been tasked with both Vice-President and Road Captain, making him in charge of all events and rides. Chaz A will continue for 2020 as both Secretary and Treasurer. Our AMCC Representative and Sargent At Arms will be determined by proclamation of the new e-board.



Welcome Back Gary!

At 8th January's Open General Meeting, Gary P, former Associate Member in Philadelphia petitioned the executive board and membership to be returned to full member status. We gladly took Gary back into the fold as a full member effective immediately. Gary has moved as a full member and officer a few times between the Philadelphians MC (Philadelphia, PA) and Empire City MC a few times, but since he determined that riding motorcycles is such a vital part of his club experience, he prefers to wear a backpatch of an all-riding club. Gary remains an Associate Member with the Philadelphians and is happy to be back as a full members in Empire City MC.



Five Tips To Stay Warm On A Cold Motorcycle Ride

Riding a motorcycle year-round is no easy task. Impossible in some places. However, a lot can be learned about staying warm and what not to do from those who brave the cold and wet of winter atop two wheels. And with that, I share some advice following a cross-country motorcycle ride in the depths of December that took me across Arkansas, through Texas, then directly west into New Mexico, Arizona, and eventually the Golden State, where I consumed some long-awaited Christmas cookies. Hopefully, these insights help you prepare for your cold ride, or whatever you're doing outside in the winter.

Keep Your Limbs Warm

Your fingers freeze first. In the spring and summer when temperatures are warmer, your body pushes blood to the surface, increasing heat loss. When it's cold, however, your body constricts the same blood vessels that dilated on your sticky summer ride. This works well for preserving the body around the essentials: heart, lungs, and brain. But it's no good for the small bits and pieces (fingers, toes, etc.) that rely on blood flow for warmth. That being the case, keeping your extremities warm is essential. An inability to operate a clutch lever and other controls can spell disaster on a motorcycle. Cold fingers on a motorcycle ride mean less dexterity and that can end up being dangerous. Heated grips will probably never replace the good ol' fashioned feeling of warming your digits by fire. Your best bet is to try not to let your fingers and toes get cold in the first place.



As anyone who has ridden a motorcycle when it's cold will tell you, the loss of warmth is accelerated parallel to the speed at which you're traveling. And when that happens, small tasks become mountains to climb. Heated grips are a nice option—and not wildly expensive in the aftermarket—but if you don't have that luxury, then wind-stop material and insulation are your best bet. Look for gloves that offer an inside/outside cuff that keeps cold and wet from finding their way up your sleeve. For your feet, tall

wool socks like those from Smartwool in addition to Gore-Tex boots will keep the cold out for a while. Ultimately, if you sacrifice your extremities for additional layers elsewhere, I guarantee you'll be stopping every hour for a hot cup of coffee to help bring feeling back into your fingers.

Keep Your Head Warm And The Rest Will Follow

Helmets are crucial, but not all helmets are created equal when it comes to cold rides. Dual-sport and off-road helmets offer unequivocal ventilation, which is great when you're climbing hills or romping through a sunny meadow. But when it's cold, well, ventilation means ice cream headache. So, a standard full-face helmet will do the trick, right? Sort of. The quieter the helmet, the more insulation it likely has. The tighter the fit, the less likely it will let air in unless requested through venting. A motorcycle helmet does more than protect your head in the case of an accident when it is cold outside. Aside from protecting from impact, your helmet can make a big difference when riding in the cold, too.



A cold head is not only distracting, but it's also dangerous. Headaches come quickly and your ability to make crucial decisions can be adversely affected. And while research suggests that warmer weather makes people "more likely to rely on simplistic patterns of decision-making, which in turn led to inferior choices," it also taught us that as our bodies struggle to maintain a healthy internal temperature, they use up resources that would otherwise be available for mental processes. Therefore, we are less able to make complex decisions when we're cold—we give up early, make mistakes, and avoid making decisions in the first place. Keeping your head from being cold is yet another crucial piece in the winter motorcycling puzzle.

Check The Forecast Before You Ride And Be Prepared

Riding across the country in the dead of winter is a dumb idea. With proper preparedness, however, it's less dumb. For instance, be ready for: mechanical failure, inclement weather, navigational errors, and so on. Extra base layers are a good start. My favorites are the merino wool variety made by Finisterre (as well as a pair of Space Emergency Blankets). The ability to layer is essential, and merino wool long johns provide essential warmth at the bottom of what could be a big pile of clothing.



Stay warm on a long motorcycle ride by drinking something hot. Whether you're into coffee, cocoa, or Bovril, a hot drink is a satisfying way to warm up. Don't be ashamed to stop and take a swig.

Additional items that we may have otherwise overlooked if this weren't a winter motorcycle adventure? Rechargeable cell phone battery packs, an assortment of maps that "could" guide our way if our offline Google Maps are unavailable, headlamps and spare batteries, snacks, and a small pack of disposable hand warmers. Also, the Hotel Tonight app, which allows you to book a hotel room, last minute, with the simple swipe of your thumb—a lifesaver when you decide to stay somewhere unexpectedly.

A 10-degree Fahrenheit drop can make all the difference. Check the weather before you go, if you don't have to stay an extra night if it's going to be below your comfort level. We learned from early morning exits that the difference between 45 and 55 degrees meant we were either freezing for an hour or ready to ride. If you're not going too far, leave a little later, and let it warm up.

Staying Dry Means Staying Warm Longer

It's easy to be swayed by the stylings of Instagram motorcycle celebrities. With their three-quarter helmets and bubble visors, skin-tight leather coats, and cushion-soled work boots that have acquired an envious patina. But none of what I just mentioned will help you stay warm. To be perfectly honest, I'm guilty of most of what I've mentioned. But again, when it comes to riding across the country in the heart of a western winter, waterproof and warm are what I'm after. The same logic about keeping yourself warm and dry also applies to how you carry everything you're not wearing. Roll-top dry bags make sure all your accoutrements stay dry even in the most serious sprinkles.

Multiple bags (one inside the other) can work wonders as a second (and third) line of defence against the elements. Redundancy is all right when warmth is on the line. But what happens when things do get wet? Separation is essential. A lot of the modern motorcycle bags include waterproof liners that you roll and then stow inside another sack. We pack extras, which allows us to separate anything that might get wet from all the things that are not. An easy stop-gap is to pack a handful of gallon-size Ziploc bags, which can come in handy for several reasons. With so many companies making near-watertight, heavy-duty vinyl bags with fully sealed radio-frequency welded seams, it's easy to avoid wet gear.

Be Mentally Prepared For Staying Warm And Possibly Being Cold

Being mentally prepared for the cold is almost as important as your physical ability to withstand it. As I mentioned earlier, when you're cold, especially your extremities, small tasks can suddenly become monumental achievements. But if you turn miles into milestones, it's often easier to get from A to B when the temperatures dip near freezing. Knowing there's something warm awaiting you can often create a semi-euphoric feeling, relieving you of the impermanent pain associated with frozen fingers. Or so I keep telling myself. But it seems to work!

Moisture plus cold air equals ice, so stay dry on a cold motorcycle ride and you'll be able to stay warm. Water plus cold sometimes equals ice. Beyond that, staying dry while riding in chilly weather is crucial.



And that's the trick: to quite literally trick yourself into accepting your circumstances because you know this feeling (or lack thereof) is only temporary. That said, don't let the lack of feeling fool you. The early stages of hypothermia and frostbite can be achieved quite easily. If your fingers and toes go from cold to painful to numb, you're well on your way to doing permanent nerve damage. And when those same conditions can be said of your core... Well, let's hope it never gets to that.

Stay Warm And Stay Safe

Layers, heated gear (if available), wind management to reduce the rapid rate of heat loss, and small goals (more frequent stops to warm up) are the keys to keeping relatively warm when riding a motorcycle in the winter. Snacking and hydration are also crucial to keeping yourself from getting too cold. A full belly means your metabolism is hard at work, which increases blood flow and subsequently overall core body temperature. Additionally, dehydration causes an accumulation of cells to support a system that's starving for fuel. An 8-ounce glass of water will go a long way to keeping you warm. And drinking room-temperature water will allow your body to process the H₂O faster, hydrating you sooner.

Always be prepared when you are out on your motorcycle. Check the weather and pack appropriate clothing and heated gear. Follow whatever road you please. But be ready!

Understand When It's Too Cold For You To Ride

Lastly, knowing when to call it quits is of the utmost importance. When your core temperature reaches 95 degrees Fahrenheit, you're hypothermic. Your body will begin to shiver to generate heat, and you'll likely be unable to do much of anything. As your core temp drops beyond that you'll encounter muscle stiffness, followed by involuntary contractions, and confusion. Being aware of these symptoms is the first step to preventing them. Being a "tough guy" (or gal) is all too often associated with motorcycling, but being cold can kill you, so putting aside these attitudes in exchange for some basic knowledge could very well save your hide.

By Justin Coffey

Get Out The Vote!

Without getting too partisan, it's really, really important that you convince your friends, neighbours and family to register to vote. There had been a lot of voter registration scrubbing all over the country, so do not assume you are registered any longer. It's free, it's fast. Don't wait until it's election day to discover you're not on list!

It's so very important that we encourage everyone we know to register and vote this year. The rights and liberties of everyone who's not a straight, white, christian man are under attack. Roe v Wade might come back up for re-consideration in the Supreme Court, as might Same-Sex Marriage. We can not afford another four years of having our freedoms curtailed and our beautiful country destroyed by EPA roll-backs and oil pipelines through freshwater areas.

This is very serious. Please vote as if your life depended upon it, because it really does!



The Rumours of my Death have been Greatly Exaggerated



Some good news! I'm pleased to report that in last month's newsletter, we inaccurately reported that Twilight Guard has closed shop. Immediately after publication, I received an e-mail from Sandy Steever, President of Twilight Guard letting us know that they have not ceased operation and are (and have been) operational. The AMCC club count goes up to nineteen!

UPCOMING EVENTS & RIDES

Fri 17th – Mon 20th February: Empire City MC goes to Centaur MC's Mid-Atlantic Leather in Washington, DC.

Wed 5th February, 20:00 – 21:00: Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're in.

Wed 4th March, 20:00 – 21:00: Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're in.

Wed 1st April, 20:00 – 21:00: Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're in.

Wed 6th May, 20:00 – 21:00: Empire City MC's Open General Meeting, held 8pm-9pm on the first Wednesday of each month at "The Centre" 208 W 13th St, New York, NY 10011. All interested men and prospective members are welcome to attend. Always check with the front desk/schedule to see which room we're in.

Fri 22nd – Mon 25th May: Save the date! Empire City MC's 9th Annual Motorcycle Weekend in the Finger Lakes Region!

REMEMBER: There are plenty of other events and rides added to our official calendar on a regular basis, especially day rides! Bookmark our official calendar at calendar.EmpireCityMC.com and come along with us on some great rides!

Our physical mailing address is: **Empire City MC, 10 W 15th St, Suite 609, New York, NY 10011-6821.** Empire City MC is a member of the Atlantic Motorcycle Coordinating Council.

For membership information, visit <http://empirecitymc.com/membership.php> to view/download our constitution, bylaws and membership application. We're on facebook at <http://facebook.EmpireCityMC.com>

Please send any articles, photos or letters to the editor at newsletter@EmpireCityMC.org

All material copyright ©MMXX Empire City MC, Inc., All rights reserved

