

BRMC NEWS – March 2015

Local Ride Activities

British Columbia: Vancouver Island – Members and other riders meet Sundays at 10:30 at Moka House Coffee, Cook St. Village, 345 Cook Street, Victoria, BC

Vancouver/Lower mainland - Contact Brian B. for possible day rides bbeacham@telsu.net

Seattle: March 8 – Possible local day ride
March 18 – Meet and Greet, 7 PM Cuff

Portland: March 3 – Meet and Greet, 7 PM Portland Eagle, meeting and event planning
March 8 – Local social or day ride depending on the weather

Anniversary Banquet

Each year the BRMC celebrates the previous year and looks ahead to the new riding season with the Anniversary Banquet. This year it was held at the Best Western Executive Inn in Seattle on February 21. Chris L made the banquet arrangements and coordinated with the hotel for everything we needed.

Members and guests arrived early for social time – an important part of the club activities. President Brian B opened the celebration with the national anthems and we had a wonderful buffet dinner with lots of different foods.



After dinner Jack O presented the club with a framed photo and piece of Bill Bender's shirt to be placed in the archives.

Brian presented the engraved year bars to the members who had completed five years in the club as well as a 25-year bar to Tom

C. Tom is the active member who has been with the club the longest.



Tom spoke about how the club has changed over the years and the need to be flexible and dynamic as we move forward.



Road Captain Dave E presented the High Mileage Award to Terry B. This award is for the active member who records the most miles in the riding season from Saturday of the Victoria Day camp to the Saturday of the September camping run.



Brian presented the Rider of the Year Award to Chris L for his high participation and volunteer efforts for the past year.



The new officers for 2015 were introduced (left to right):
Road Captain: Mark Brayford
Treasurer: Jeff Connor
Vice President: Dusty Evers
President: Dave Eckert



2015 Anniversary Banquet BRMC Members



2015 Anniversary Banquet BRMC Members and Guests

Register for the March Meeting

Our March meeting is hosted by Chris and Richard at their house in Burlington, WA. It will be held on March 21, 2015 starting with social time at 3 PM, the club meeting at 5 PM, and dinner will follow.



This is an important meeting as we will complete some important club business and start Victoria Day planning. Guests do not have access to this registration and they should speak with a member to be sponsored and registered. We do encourage our guests to attend.

Registration will close at 9 PM on Wednesday March 18. The dinner cost will be \$16 and we will be using PayPal.

Chris or Richard will also be able to host anyone who wishes to spend the night.

From the Handlebars of the President

Mother Nature has certainly been kind to the Pacific Northwest this year, offering us early riding opportunities. I hope you have been able to take advantage of some of the sunshine. We will take this as a sign of a great 2015 riding season and I hope everyone will be able to join us on the rides and camps that we have planned.

At the Anniversary Banquet Tom C was given his 25-year bar. As the active member who has been with the club the longest it was inspiring to hear his remarks. Paraphrasing a bit, he reminded us that the reasons the club was formed in 1969 may no longer apply and we need to grow and change with the times. I also see this in the materials I get from the Satyrs MC and Oedipus MC in southern California founded in 1958 and the Empire Motorcycle Club of New York founded in 1954. These other long-time gay clubs have survived by being flexible. We know of other clubs who unfortunately no longer exist.

One of our members was contacting other (straight) motorcycle clubs as part of the research on liability insurance. When he mentioned we were a gay organization there was no reaction. Being gay in the Pacific Northwest is now largely a non-issue. Our Charter Members could hardly imagine a time when same-sex marriage was available to the members and pot was legal in our geographies. Among other things, the club they formed was certainly a place to escape and spend time with like-minded men. But that aspect does still exist today.

Over the past months I have spoken to members and guests on the phone asking them what they liked about BRMC and what we could change to improve their experience. We know we can never make everyone happy in every aspect, but a few suggestions stood out and we will do our best to make improvements.

The overwhelming positive comments revolved around the camaraderie and brotherhood that our members and guests experience. I asked people to define and expand on these ideas and people found that difficult to articulate. They did tell me that the common experience of motorcycle riding, of camping and talking around the campfire, of sharing meals and social time, and developing friendships, made BRMC appealing. One of the great things about Border Riders is the diverse mix of people and cycles. We are not focused on a motorcycle brand and the mix of bikes of all types allows for different riding styles while maintaining the camaraderie that gives the club its unique and long-lasting character. Keeping the club true to its traditions and at the same time dynamic and flexible to meet new challenges is important. We have a number of suggestions as to how we can improve the social aspects as well as communications within the club and will pursue them as the year progresses.

Your 2015 Board knows that we have some serious work to accomplish – and we want to get that done quickly and easily so that we can all concentrate on a great riding season. There are many ways you can be involved. We already have members stepping up to volunteer to take on tasks regarding Victoria Day and report status at the next meeting. Members can also plan local day rides for members and guests. Reach out to your riding friends and encourage them to join us at our events.

Road Captain Mark will be looking for Road Captain Buddies to assist in planning the summer camping runs. For each camp we ask a Road Captain Buddy to assist with planning the day rides, the meals, and other camp logistics. But it takes more than just the Road Captain and his Buddy to make each camp a success – and each person contributes in their own way. We have support vehicle drivers who haul gear, snacks, and water. We also have members who help with cleanup and all the other tasks that are part of the package when it comes to staging a successful event. It is this group effort that makes each monthly camp so great. Mark will also be looking for suggestions for the 2016 camping season.

Most of all help us make this FUN.

Dave Eckert
2015 President

Birthday Men

Here are the members with March Birthdays. Take a moment to wish them a great day.
Doug H (March 1); Randy T (March 3); Scott H (March 10); Pat T (March 13)

Road Captain Rumblings

Hello from your 2015 Road Captain, Mark Brayford. This year is going to be a great year for riding. And with your help, it can be even more awesome!

My hope is to make each campout this year one of great memories. I want all the members and guests to enjoy themselves and each other. To make this happen, I need your suggestions and ideas. I know that the President has been talking with members to get their feedback and what they would like the Club to be. Please pass along to me, anything you can think of (other than a great fire) that you would like to see happen at the campouts. You can e-mail me at captain@borderriders.com.

Also, I am looking at 2016 campgrounds to be voted on at Victoria Day. I have already received some suggestions from members and guests, but please forward to me any campgrounds you think would make a great run. I can research the sites further to see how well they would fit with our needs. Let me know if any past campgrounds were a particular favorite of yours. To be considered a site should be: a group camp; within a reasonable ride from both Portland and Vancouver, BC; in an area where we can find food close by with at least one place that can accommodate a large group (35-40) for Saturday night dinner of we elect to do that.

Border Riders means a lot to me and I look forward to having a great time with all of you (especially on my new bike).

Get on the bike and ride!

Mark

2015 Schedule

March 21	Club meeting – Burlington, WA
April 18	Club meeting – TBD
May 15-18	Victoria Day Weekend Camp - Pine Flats, WA
June 19-21	Bear Hollow Camp – Fossil, OR
July 17-19	Dry Falls State park – Coulee City, WA
August 14-16	Paul Lake – Kamloops, BC
Sept 18-20	Kanaskat-Palmer State Park - Enumclaw, WA
October 23-25	Silver Falls State Park – Salem, OR (note this is the fourth weekend)
November 21	Club meeting – TBD
December 12	Holiday party - TBD

Gear Swap

When you look to your spring cleaning you might find some motorcycle wear or camping gear that you are no longer using. Or maybe there is something you need to replace this year and used equipment would work well. These items could include leathers, motorcycle parts, tents, sleeping bags, and so forth.

I HAVE - If you have gear that you would like to loan, donate, or sell just contact Mark Brayford at markbrayford@hotmail.com with your name, phone number, what you have, and what you want for it. A photo would also be helpful.

I NEED - If you need gear send an email with your name, phone number, and what you need.

We will try to match up people and gear by email, but you can also bring items to the spring meetings to sell or swap.

Is your roster information correct?

As we move into the upcoming riding season take a moment to look at the club roster and be sure your information is correct. Most important is that the club have a current and accurate emergency contact for each member. You can easily access the entire roster on the members-only website by selecting the "roster". If you have additions or changes please be sure to email them to the secretary or give him the information at the next meeting.

Member Activities



Seattle Member Don organized an outstanding day ride on Feb 15th. Sunny warm weather welcomed members Don W, Marc L, Dale C, Jeremy W, Jason H, Terry B, and guests James M, Todd M, Jack J, Carlos P, Kasey F, Dennis H, Jim, Jeff, Arnie, and Neil.



Oregon Members Mark B and Dave E with guest riders Dave, Blue, and Leo at lunch in Detroit Lake.

This is Your Brain on a Motorcycle

Riding a motorcycle every day might actually keep your brain functioning at peak condition, or so says a study conducted by the University of Tokyo. The study demonstrated that riders between the age of 40 and 50 were shown to improve their levels of cognitive functioning, compared to a control group, after riding their motorcycles daily to their workplace for a mere two months.

Scientists believe that the extra concentration needed to successfully operate a motorcycle can contribute to higher general levels of brain function, and it's that increase in activity that's surely a contributing factor to the appeal of the motorcycles as transportation. It's the way a ride on a bike turns the simplest journey into a challenge to the senses that sets the motorcyclist apart from the everyday commuter. While the typical car-owning motorist is just transporting him or her self from point A to point B, the motorcyclist is actually transported into an entirely different state of consciousness.

Riding a motorcycle is all about entrance into an exclusive club where the journey actually *is* the destination.

Dr Ryuta Kawashima, author of [*Dr Kawashima's Brain Training: How Old Is Your Brain*](#), reported the outcome of his study of "The relationship between motorcycle riding and the human mind."

Kawashima's experiments involved current riders who currently rode motorcycles on a regular basis (the average age of the riders was 45) and ex-riders who once rode regularly but had not taken a ride for 10 years or more. Kawashima asked the participants to ride on courses in different conditions while he recorded their brain activities. The eight courses included a series of curves, poor road conditions, steep hills, hair-pin turns and a variety of other challenges.

What did he find? After an analysis of the data, Kawashima found that the current riders and ex-riders used their brain in radically different ways. When the current riders rode motorcycles, specific segments of their brains (the right hemisphere of the prefrontal lobe) was activated and riders demonstrated a higher level of concentration.

His next experiment was a test of how making a habit of riding a motorcycle affects the brain.

Trial subjects were otherwise healthy people who had not ridden for 10 years or more. Over the course of a couple of months, those riders used a motorcycle for their daily commute and in other everyday situations while Dr Kawashima and his team studied how their brains and mental health changed.

The upshot was that the use of motorcycles in everyday life improved cognitive faculties, particularly those that relate to memory and spatial reasoning capacity. An added benefit? Participants revealed on questionnaires they filled out at the end of the study that their stress levels had been reduced and their mental state changed for the better.

So why motorcycles? Shouldn't driving a car should have the same effect as riding a motorcycle?

"There were many studies done on driving cars in the past," Kawashima said. "A car is a comfortable machine which does not activate our brains. It only happens when going across a railway crossing or when a person jumps in front of us. By using motorcycles more in our life, we can have positive effects on our brains and minds".

Yamaha participated in a second joint research project on the subject of the relationship between motorcycle riding and brain stimulation with Kawashima Laboratory at the Department of Functional Brain Imaging, Institute of Development, Aging and Cancer at Tohoku University.

The project began in September 2009 and ran until December 2010, and the focus of the research was on measurement and analysis of the cause and effect relationship involved in the operation of various types of vehicles and brain stimulation. The study measured changes in such stimulation over time by means of data gathered from a long-term mass survey.

The reason for Yamaha Motor's participation in this project is pretty obvious and not a little self-serving, but further research into the relationship between motorcycle riding and brain stimulation as it relates to the "Smart Aging Society" will certainly provide some interesting results.

The second research project was divided into two time periods throughout 2009 and 2010 compared differences in the conditions of brain stimulation as they related to the type of vehicle and driving conditions. A second set of tests measuring the changes in brain stimulation over time involved a larger subject group.

Yamaha Motors provided vehicles for the research and made its test tracks and courses available for the study. What the study revealed is that what you're thinking about while you're riding – and your experience on the bike - changes the physical structure of your brain.

Author Sharon Begley concurs with Kawashima's findings. In her book, [*Train Your Mind – Change Your Brain*](#), Begley found much the same outcomes.

"The brain devotes more cortical real estate to functions that its owner uses more frequently and shrinks the space devoted to activities rarely performed," Begley wrote. "That's why the brains of violinists devote more space to the region that controls the digits of the fingering hand."

And you may also get some mental and physical benefits from *just thinking about going for a ride on your machine.*

A 1996 experiment at Harvard Medical School by neuroscientist Alvaro Pascual-Leone had volunteers practice a simple five finger exercise on the piano over five days for a couple of hours each day. Pascual-Leone found that the brain space devoted to these finger movements grew and pushed aside areas less used. A separate group of volunteers were asked to simply think about doing the piano exercises during that week as well, and they dedicated the same amount of "practice time."

Pascual-Leone was somewhat taken aback to discover that the region of the brain which controls piano playing finger movement *expanded in the same way for volunteers who merely imagined playing the piano.*

Along with the obvious benefits of riding motorcycles; like saving money (motorcycle insurance is relatively inexpensive), motorcycles take the edge off the grind of the daily commute, and that appears to make your brain a better place to be...



Contributions

Trip plans, day rides, other member news? When you get out riding send some photos and tell us about what you did. We would love to add it to the newsletter.

