



The Shadow Writer

**Official Newsletter of the
Shadow Riders Club of
St. Louis**

June 2005

A Letter from the President

It's been an eventful month since the last issue of the newsletter.

On May 21, 11 people worked a total of 20 hours and collected \$867.85 for March of Dimes. That's not bad – we could do even better with more people working more hours next time. (see page 11)

A total of 30 people participated in the Progressive Food Ride on June 11 – the biggest turnout I can remember. In spite of periodic drenchings, it was a good day – with good roads, good company and great food. Diana Johnson and George Trowbridge did a fantastic job of catering (literally) to the notorious Shadow Rider appetites. And Twin City Honda went to a special effort to grill our lunch. Thanks to all of them and the others who helped them prepare our “feasts.” And thanks to Ira Steuer for organizing the whole thing.

The turnout for the Picnic the next day was a little lighter (about 26) due, I'm sure, to the threat of more rain. Contrary to the weather predictions, the day was gorgeous and those who took the risk really seemed to enjoy it. The ride to Hawn Park was scenic, and long enough to be sure we were hungry. Peggy Phillip's picnic fare was marvelous. (She's bringing leftovers to the June 28 club meeting, so you can still get a small sample of what the rest of us enjoyed.) Thank you Peggy (and Mom). And thanks to Don Owen and Ann Stone for serving as set-up and clean-up crew.

I was sorry to see Randy resign as vice president, although I understand why. I know he really loves this club and would not have quit unless he had no other choice. He told me he hopes he can still make it to some of the meetings and other events. The Board is considering candidates to serve out Randy's term.

As you know, I've been trying to create a greater focus on riding and related issues in the general club meetings. As a next step in this effort, we're looking for outside presenters of interest. Ann Stone has arranged for a paramedic presentation at our June meeting (see page 8). I hope we can get more presenters for future meetings, on topics you've suggested.

I guess that's all for now. Ride safe and have fun.

Nita Fisher, President
prez@shadowriders-stl.com



**The Shadow Riders Club of St. Louis
Is a Chartered Club of the
American Motorcyclist Association**

~Saturday Night Out~

Saturday, July 9. Destination not yet determined. Watch your e-mail or check the HOTLINE or WEBSITE for details as they develop.

Club Meetings

Club (General Membership) Meeting

7:00 PM, 4th Tuesday each month

Manchester Elks Lodge, 2242 Mason Lane

NEXT MEETING: June 28: Featuring a Special Paramedic Presentation and food (see page 8)

Road Captains/Safety Meeting

6:30 PM, BEFORE CLUB MEETING, some months

Manchester Elks Lodge, 2242 Mason Lane

NEXT MEETING: to be announced

SRC Board Meeting

7:00 PM, 2nd Wednesday, EVEN-NUMBER MONTHS

Olive Garden, 12990 Manchester Road

NEXT MEETING: August 10

Sunday Group Rides

Meet at Old Orchard Center, Manchester & Braeshire Ave. (West of Weidman Road)

Official ride season began April 3. Rides leave promptly at 10:00 A.M. Arrive early, line up your bike, and visit with your friends.

Membership Stats 2005

Main Members	110
Significant Others	36
Junior Members	0
Total	146

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Submit your newsletter contributions to:

editor@shadowriders-stl.com (or mail to 4945 Fox Bridge Rd, Pacific, MO 63069)

Deadline to be in a given month's issue is the 2nd Tuesday of that month.

How to re-print or re-read your Shadow Riders Newsletters.

1. Go to: www.shadowriders-stl.com
2. Click on the ShadowWriter button on the right side of the Web page.
3. When asked, your User Name is *sunday* and your password is *oldorchard*
4. Click on the issue you want and let it load
5. When Adobe Acrobat comes up, you can save the file to your local hard drive if you wish.

.(Note: Adobe's FREE PDF reader or equivalent is required.)

The May GM meeting was one of the shortest on record—under 30 minutes.

Larry Wahlers gave his first report as treasurer. We have a working balance of \$4,377.09, including two sponsor fees received so far (\$1000).

Randy Tallant announced that, due to his health and other personal issues, he was resigning as vice president, effective immediately. The group thanked him for his services.

There was a brief discussion of the upcoming Progressive Food Ride and Picnic. Nita announced that Jeanne Garlock has agreed to be our “point person” for the Ameristar Casino Night on August 18.

Other announcements included the Hartbauer/McBride Benefit Dance on June 18, a plan to bring outside presenters to future club meetings, and Peggy’s plan to ride around Lake Superior, July 2-9 (others welcome to join her).

SRC Welcomes New Members

James Gianella (rides a 2003 green & silver Suzuki Intruder Volusia)

Pete Hoyer & Cathy Noel (ride a 2003 red Honda Shadow)

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By Peggy Phillips

We all enjoy the *lean*, lean, *lean* of the twisties once we get our skills down pat. This month, I'm going to talk about doing the Iron Butt. I've done the 1000 miles in less than 24 hours two different times, and I have some information that is worth sharing, by comparing those 2 experiences.

For the Iron Butt, 1000-mile Saddle Sore, it's important that you conserve your strength, so this is where long straight stretches and non-busy interstates come in handy. You can progress with your endurance intact, and be minus the tenseness of crowded roads with lots of other traffic to monitor.

There is an "easy" 1000-mile stretch that begins in St. Louis and makes a loop back to St. Louis, and this is the route I would recommend for anyone who would like to accomplish the Iron Butt ride.

From your own personal starting point in the metro area, make your way to I-55 southbound. Continue on I-55 southbound all the way into Arkansas, and then head west on I-40 at West Memphis, AR. Continue with I-40 into Oklahoma to exit 265, US 69 northbound. Continue on US 69 to Big Cabin, OK, where you catch the Oklahoma Turnpike back toward Missouri. At the Missouri line, the turnpike becomes I-44, and that, of course, brings you full circle back to St. Louis.

If you do this alone, it makes no difference if you do the loop as I described, or "backwards". If you are doing this in a group, I would advise you to coordinate on where people join the group, to insure that everyone makes their 1000 miles. For myself, I'm an early morning rider, and with my bike stored in Ste. Gen., I would get up early and head to St. Louis and join the other riders there, and head down 44, doing this loop the opposite way described. That would also drop me off earlier than the others that night, and take full advantage of my early morning alertness, and preference to retire earlier at night.

So, if you're inclined, check out www.ironbutt.com, and see if you're up to the challenge. And if you think you might want to do it, I might want to do it with you !!!

Ride Safe & Have Fun Out There !!!

Touring Tips (excerpts from “33 Secrets for Smart Touring”, AMA web site, 2002)

There’s nothing like the feeling of loading up and heading out on a big motorcycle trip. And there’s nothing like the security of knowing you’re prepared for life on the road. What you’ll find here [are] useful suggestions that have made [AMA] tours more organized and more fun.

- 1) Eat at weird times. Everyone and their dog eats around 8 a.m., noon and 6 p.m. To get in and out of restaurants in a hurry, don’t be hungry then.
- 5) On high-mileage days, you’ll feel a lot better if you carry eyedrops and use them every time you stop for gas.
- 6) If you’re nearing the end of your riding day, and want to set yourself up for a quick getaway in the morning, consider riding to the far side of the next city you reach before you stop for the night, eliminating urban traffic the next day.
- 9) A simple map case attached to your bike’s tank (we’ve used a Rev-Pak version that has been available through <http://www.whitehorsepress.com/> for years) can keep you on course without the bulk of a tankbag.
- 10) Keep your stuff dry in saddlebags by using trash compactor bags as waterproof barriers. They’re thicker and more durable than standard garbage bags.
- 11) Use earplugs to help reduce wind noise. You can get them from most mail-order shops or dealers, or in bulk from safety-equipment supply houses.
- 13) Don’t forget a small towel or rag for wiping dew off seats, windshields and mirrors, and even for doing a quick whole-bike cleanup. Those synthetic chamois cloths work particularly well.
- 19) Before you take off from the hotel or campground in the morning, double check every strap on tankbags or soft saddlebags, and every latch on hard luggage.
- 20) Especially if you’re riding alone, wear a dog-tag with your name and contact info. You can get them lots of places, including from the AMA. Call (614) 856-1900, ext. 1272.
- 25) On a long tour, plan for at least one day every week of doing nothing. Time is the ultimate luxury, and can mean the difference between a vacation and an endurance run.
- 26) Be realistic with your daily mileage. In really scenic areas, 150 miles may make a very full day. Don’t assume you can achieve freeway mileage on good back roads.
- 32) A nap can do wonders on a long day.
- 33) If you’re traveling east or west, schedule your breakfast or dinner times near sunrise or sunset so you don’t have to stare into the sun when it’s low on the horizon.

July 3 — Washington, MO

We'll head west toward Missouri wine country, traveling hither and yon on a variety of crooked roads over hill and dale. Some roads will be familiar favorites, others will be pleasant surprises. At around noon we will lunch at the buffet tables of Altemueller's Restaurant -- comfort food at its best..

July 10 — Bixby

One of the longest and most enjoyable rides on our schedule this year is the ride south to the little town of Bixby. It's about a 2-1/2- to 3-hour ride to lunch, but you will have a smile on your face after having ridden some of the nicest, curviest roads in southeast Missouri, including miles of sweeping curves through the Mark Twain National Forest. Lunch will be deli-style sandwiches and salads at the Bixby Country Store, an attraction in and of itself. A lucky few will get to dine in the caboose.

July 17 — Hermann/Gasconade

This ride takes us beyond Hermann, MO, to the River's Edge Restaurant on the Gasconade River. You will take in some of the most magnificent vistas found around St. Louis and they've promised the ferry will be running. The restaurant will have a special menu for us (the ribs are fantastic).

July 24 — Weingarten Picnic

Our destination is a small-town Parish Picnic in Weingarten, MO, located between Farmington and St. Genevieve. If you like German cooking, this is some of the best -- including crispy fried chicken and kettle beef plus all the trimmings for \$7.50. We will take the back roads and arrive about noon. There will be games of chance and music from 11 to 12:30 pm with a fiddler contest following at 1:00 pm. The event also features Bingo, a country store, and antique farm machinery exhibits.

July 31 — Shawnee National Forest

This ride to the northern portions of the Forest in Illinois is a long one. The total trip is about 268 miles with a lunch stop at around 115 miles. The ride received excellent reviews for the last two years. The plan is to explore other points of interest within this huge national forest.. Plan on being home around 6:30 pm.

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by Peggy Phillips

The Third Annual SRC Ladies Overnight Trip was held May 14 & May 15, and “a good time was had by all.”

We realized early in the week that the possibility of rain was upon us for our trip, and we each had to do some soul-searching to make sure we wanted to take that test. Eventually, even Kirstin, without her ride, “was in”-- asking me just a couple days ahead if my passenger offer was still in effect. Of course!! The more, the merrier...

It did start out soggy. I, myself, rode the first 30 miles or so in light rain, and discovered that the liner of my rain pants had torn away from the seam. I arrived at Steak N Shake in Valley Park with a very wet left leg (and possibly more). One by one, we gathered into the restaurant, had our breakfast, and light conversation, mostly about the trip....and then we noticed that the rain had stopped by the time we picked up our checks to pay.

The ride west on 44 was on wet roads, and we took our time, making sure the newer riders began to feel comfortable and in control on the wet surface. Cuba was our first stop, and that's where the sun came out and began to warm us up. Gassed up and having quenched our thirst, we got back on the road....curvy Hwy 19 south out of Cuba.

Hwy 19 has this way of letting you let loose. The curves are many and not so tight that you tense up. It was just enough of the back & forth to practice the leans, and enough of the straightaways to keep some consistency to the speed.

We had each packed a picnic lunch and found the riverside camp ground at Round Springs was all to ourselves. Everyone had something to share in the way of food, and the conversation flowed enjoyably. Back on our bikes with satisfied tummies, we continued down Hwy 19. This is a beautiful section of the trip, with lots of scenic views into the Ozark Riverways. We passed through a section of the forest that boasted virgin pine trees....never been harvested....it was like a cathedral archway.

When we made the turn at Winona, I turned to Kirstin behind me and remarked, “This is my favorite part of the road”. This is where the road becomes a roller coaster of sorts. It's straight and you can see for long stretches ahead, with only the crest of short hills to hide some of the roadway. If you catch the peaks and valleys just right, you get that whoosh in your stomach. Yeah ! This is fun !!!

The Riverview Motel in Mammoth Springs had a view that lived up to its reputation “overlooking the river”. After a great meal at the local hotspot, some of us had a couple beers back at the rooms, and shared some stories before calling it a night.

Sunday began by retracing our steps for a way. (*Editor's note: Peggy “just had to ride the roller coaster again.”*) Then we tacked over and up to Hwy 21, and stopped at Pilot Knob for a bit of lunch. At that point, I said my good-byes and took the short route over to Ste. Gen., while the others continued on up Hwy 21, splitting off as they neared their homes.

It was a good ride, a safe ride, and we're looking forward to next year.

GM Meeting, June 28

A paramedic team from the West County EMS & Fire Protection District will address our club at the next meeting – June 28, 2005; 7:00 PM.

Topics discussed will include:

- Top 5 recommended first aid items to carry in saddlebags.
- Most common types of accidents involving motorcycles.
- Most common types of motorcyclist injuries and first aid advice.
- Kevlar vs leather gear – is there a difference in protection?
- How can your brand new GPS help in reporting an accident?
- What if you can't afford a GPS? What locators should be included when reporting an accident?

Do you have other burning questions? Come to the meeting and ask them of the professionals! We'll also be able to view the inside of the ambulance.

Note: Picnic leftovers (smoked sausages, buns, bottled water) will be available for your dining pleasure.

**Motorcycle Safety Foundation
Basic and Experienced Rider
classes are offered at these three
locations.**

**SLCC at Forest Park: 314-644-9175
(registration and classes now open)**

**Jefferson College: 636-797-3000
x144 ((registration and classes now
open)**

**St. Charles Parks & Recreation:
636-949-3377 (registration and
classes now open)**

New e-mail address?

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June-July 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 26 10:00 am Four Ferries Ride	June 27	June 28 7:00 pm Club Meeting Elks Lodge	June 29	June 30	July 1	2
3 10:00 am Ride to Washington	4	5	6	7	8	9 Saturday Night Out
10 10:00 am Ride to Bixby	11	12	13 7:00 pm SRC Board Meeting Olive Garden	14	15	16
17 10:00 am Ride to Hermann/ Gasconade	18	19	20	21	22	23
24 10:00 am Ride to Weingarten Picnic	25	26 6:30 pm Road Captains 7:00 pm Club Meeting Elks Lodge	27	28	29	30 10-1 Final MOD Helmet Day
31 10:00 am Ride to Shawnee National Forest						

Notice: Classified ads will run for a maximum of three (3) months. Contact Nita Fisher at editor@shadowriders-stl.com or (636) 257-2238 when your item is sold, or if you want to re-submit your ad or place a new one.

<p>For Sale:</p> <p>2004 Honda Shadow Spirit VT1100C V-twin, liquid-cooled, shaft drive, 1100 cc engine; Stored indoors, adult ridden Extras: luggage rack, Kuryakyn ISO grips w/throttle boss and brake-pedal cover Black, 2,069 mi, \$6450</p> <p>Call Don Owen at (636)-225-3426</p> <p style="text-align: right;">05/05</p>	<p>For Sale:</p> <p>1998 Honda Valkyrie Cream & blue, 58,000 miles, very clean, runs great, good rubber, new battery, free leather-like bags</p> <p>Special Shadow Rider price = \$6,500</p> <p>Call George Trowbridge at (314) 838-8115 or (314) 422-3112 (after 1:00 PM, please)</p> <p style="text-align: right;">03/05</p>
<p>For Sale:</p> <p>1987 Harley Davidson Sportster XLH 1100. Runs GREAT. Must see and HEAR to appreciate! S&S carbs, Screaming Eagle ignition, Racing cam, Hayes clutching system, Mustang seat w/ backrest 21 inch spoke front tire, Solid back wheel, Custom paint by War Dog's. \$9900</p> <p>Call Diana @ 636-916-4790</p> <p style="text-align: right;">05/05</p>	

Upcoming Motorcycle Rallies

If you're planning to attend one of the rallies, but aren't listed here, let Nita know (prez@shadowridersp-stl.com or 636-257-2238) so folks can get together if they wish.

Honda Hoot, Knoxville, TN, June 22-25 (details at Honda Motorcycles website or 800-347-1289)
Those planning to attend include: George Trowbridge

Wing Ding (Gold Wings), **Ft. Wayne, IN, July 4-8, 2005** (get details at www.gwrra.org)
Those planning to attend include: Bob Mueller

Boogie (Springville, IN), July 15, 16, 17
For more information contact: Bill Mayer 314-330-5252 or williammayer@aol.com
Those planning to attend include: Bill Mayer, Don Albin, Ed Acree

Sturgis Motorcycle Rally, August 8-14, 2005 (get details at www.sturgismotorcyclerrally.com)
Those planning to attend include: Cathy and Dan Eidson, Mike Dooley, Doug and Donna Shaw

Bikes, Blues & BBQ, Fayetteville, AR, September 28-October 1, 2005 (details at www.bikesbluesandbbq.org)



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Second Helmet Day Volunteers Needed

- When:** Saturday, June 25. 10 am – 1 pm (Work one hour or more, as you can)
- Where:** South County – Union & Lindbergh;
West County – Manchester & Barrett Station Rd.
- Purpose:** Raise money for March of Dimes (Bikers for Babies).

Remember, you get credit for a proportionate share of the money raised. Those who helped collect on May 21 already have their ride entry fee covered, plus credit toward incentive prizes given to those who raise \$50, \$100, \$200, \$350, \$500, or more.

Nita Fisher will be in charge of the West County location and Ryugen Fisher will handle South County. If you can help at either location please contact them at 636-257-2238 or prez@shadowriders-stl.com with your choice of location and hours.



JUNE 2005

HOTLINE

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Shadow Riders Club of St. Louis, Inc.

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