



**Michael Kennedy at Streets of Willow, March 2004**

**Motorcyclist's Prayer**

Lord, Thank you for the open air,  
 The feel of wind blowing through my  
 hair,  
 Just me alone upon my bike.  
 The thrill of freedom's what I like.  
 To wind through country unexplored.  
 Not knowing what I'll see next Lord.  
 That's what I seek when off I ride.  
 I'm thankful that you're by my side.  
 If I should ride 'til mornings light.  
 Please keep me safe throughout the  
 night.  
 And when I've come to journey's end.  
 It's you I'll thank— Protector, Friend.

-author unknown



**God Speed, Michael**

adequate consumption of fluids

Buy and use a **CamelBak** water hydration system— like a small backpack full of water it allows you to stay hydrated on those hot summer riding days.

Adapted from: Preventing Dehydration and Heat Illness; American College of Emergency Physicians and Preventing Dehydration January 1998.

**Michael B. Kennedy, 1943-2004**

Michael B. Kennedy, 61, was born in New York City. He was a human resources director for the Dan Diego Regional Center and was retired from the Marine Corps. Survivors include his wife Carmen Kennedy; daughters, Danielle Kennedy and Denise Hackner, sons, Miguel Ravelo, Adam Kennedy, Carlos Ravelo and Michael Kennedy Jr.; mother, Emma Kennedy; sister Jannette English; brother, George Kennedy; and nine grandchildren. Michael was known for having one of the best looking Honda CBR 954s in our club. He was helpful in assisting Joel Keller with arranging for speakers for our dinner meetings. Robby Laird and Craig Engdahl were good friends and just some of Michael's riding buddies that are members in our club. Michael will be missed by his family, friends, and the Red Hot Riders, God Speed Michael.

The Red Hot Riders has sent the family a card with our condolences as well as a check to help with memorial arrangements. Our club has also sent flowers to the lady in Alpine that was helpful in contacting the emergency services the day of the accident. Please join us at the next club meeting ( July 14th) to make your contribution to help Michael's family in this time of need. A special " thanks" go out to Craig Engdahl, Robby Laird, Jim Branch, Ed Krugman, Andy Mansker, and Michael Gorga for distribution of information and timely changes to the web site.

**When the heats on— it's Dehydration that gets you!**

Summer is here and dehydration can affect your operation of a motorcycle. During those hot summer days it is easy to get dehydrated without realizing it.

Water is one of the most important nutrients in our body. It makes up approximately 70 percent of our muscles, and about 75 percent of our brains. We use water as well as expend it. In fact, in everyday breathing we lose about two cups of water. If we fail to replenish these losses, we set ourselves up to become dehydrated.

If left untreated, dehydration can lead to heat exhaustion or heat stroke. These symptoms include: fatigue, dizziness, nausea or vomiting, headache, rapid shallow breathing, high temperatures, rapid heart beat, and decreased alertness or complete loss of consciousness.

Even MILD dehydration will slow down one's metabolism as much as 3%. Lack of water is the #1 trigger of daytime fatigue. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on a computer screen or printed page. Are you drinking the amount of water you should every day?

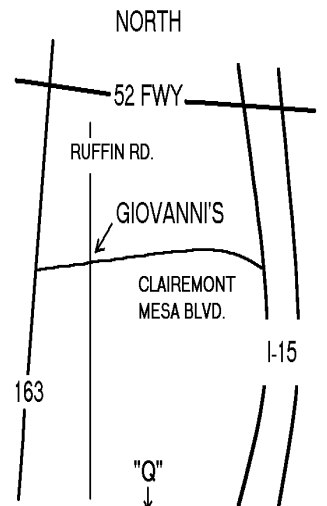
**Drink plenty of fluids**, on average it is recommended to consume at least 8- eight ounce glasses of fluid a day

**Avoid caffeinated beverages and alcohol**, both contain substances that will cause dehydration

**Avoid carbonated beverages** because the carbonation may cause bloating or a feeling of fullness and prevent

**Applications for the 2004 BB1000 have been mailed out to 2003 participants.** The ride committee is "road testing" the route—it promises to be a good one. The experience gained by Jeff Pratt last year, with the expert help of Ed Seeber, in command of both his computer ( MS Streets&Trips) and "Big Bird" -the route this year will definitely be one to remember. Check the Red Hot Riders Web site for your entry form.

**MEETING LOCATION**  
**Giovanni's Restaurant**  
**9353 Clairemont Mesa Blvd**  
**(858) 279-6700**



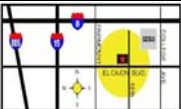
June Meeting Report-  
By Ron Farkas

Two speakers from the local motorcycle industry were scheduled to stop by our dinner meeting. The motorcycle business is seasonal even here in "paradise" and like Costco at Christmas, one of the scheduled speakers had to bow out due to his level of business and customer demand. That's OK, as we were glad to meet with **Scott Gage**, a man on a mission to make your bike the best it can be. Scott has taken a focus on those services not normally found at your dealer's shop. Specializing in accident repair, plastic welding, polishing, detailing, and tire service, Scott does his best to extend personal service, even at your doorstep. Scott will pick up / deliver bikes, parts and/or wheels and tires all for a nominal fee. Scott also performs tune-ups on those older machines the dealers won't touch and if you check his web site—The claim of 10 trophies at Dyno shoot-outs may



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give you the confidence in utilizing his skills on that favorite "classic" in your garage.

Scott has been good enough to join us in some of our club rides with his rare Honda CBR400RR, or his bright and beautiful Triumph Daytona. A true two wheeled enthusiast, check out his contact information below. With the extra time remaining, **Jim Branch** asked **Jeff Pratt** and **Ed Seeber** how the **Baby Butt** was coming. Jeff was quick to ask if any one knew of a tire manufacturer that made knobby tires for Gold Wings, as Ed and Jeff both "joked" about a long "off-road" route was being explored! The 50/50 raffle went off with out a hitch with the winner taking home more than "gas" money for the reward of attending our meeting, dinner, and a chance to hang out with some two wheeled friends.

**Chris Crawford's Mammoth Ride has been cancelled—Chris has an opportunity to go mountain climbing— so the two wheels stay home**

**EVENT CALENDAR**

July 13—Memorial for Michael Kennedy  
July 14 Wed...RHR monthly meeting  
July 21 Wed...Ride to work day  
July TBA— memorial ride for Michael Kennedy

Aug 6-9 Fri-Mon Chris C's Mammoth Ride  
**CANCELLED**

Aug 11 Wed....RHR Monthly Meeting

Sept 8 Wed....RHR Monthly Meeting

Oct 2 Sat.....Baby Butt 1000

Inclment weather may cause the cancellation of any of the above RHR events. Contact Jim Branch at (619) 460-0669 the evening before a RHR scheduled ride/Track day if weather is a question. You can also check out the Web site for up-to-date changes in the Schedule : [www.redhotriders.com](http://www.redhotriders.com)

**MotoPro** 1425 South Coast Highway  
House of Motorcycles Oceanside, CA 92054  
(760) 433-4333

**Next Meeting: 7/14/04**

**July 2004:**

On July 14th we'll be passing the hat to help Michael Kennedy's family—please plan on joining us. **A memorial ride is in the planning stages** as Michael was going to continue his ride that day with some friends down to Borrego Springs. Please watch for an email or an announcement on the web site for details concerning this memorial ride.

**Club Meetings:**

Giovanni's Restaurant in Kearny Mesa, Corner of Clairemont Mesa & Ruffin Roads  
6PM 2nd Wed of the Month

**Newsletter Submission:**

Newsletter submission can be sent to Ron Farkas, email is: [hondaron@cox.net](mailto:hondaron@cox.net), Phone & Fax: 858-486-3257

**Officers 2003-2004**

President.....Jim Branch  
Vice President.....Chris Crawford  
Secretary.....Michael Gorga  
Treasurer.....Ed Krugman  
**Committee Chairman**  
Rider Education.....Vacant  
Activities.....Richard French  
Merchandise...George Devereaux  
Publication.....Ron Farkas  
Membership.....Ron Farkas  
HRCA Liaison.....Dale Stark  
Referee.....Rached Maalouf  
Legislative Officer:  
Andy Mansker

**The latest Membership listing is posted in the "Forum" section of the Red Hot Riders web site**

Did you Moto-Cross back in the 1960s and 70s? - The two biggest tracks in SoCal were Saddleback Park up in Orange County and Carlsbad Raceway here in San Diego. Well, the developers have reached Carlsbad's doorstep—If you want to have one more ride down the famous "Carlsbad Freeway"—you'd better hurry, as it looks like the end is near. Check out [coastracingmxa@aol.com](mailto:coastracingmxa@aol.com) or (760) 722-6639 for details.

<http://www.petitiononline.com/mcok/petition.html>—Check out this web site if you want the State to put "Motorcycles OK" signs back up in Carpool lanes—the potential for road rage from un-aware automobile drivers is possible - a sign informing drivers would help keep tempers in control.



**Scott Gage**  
**(619) 672-0929**

[www.scottsms.com](http://www.scottsms.com)—[scott@scottsms.com](mailto:scott@scottsms.com)

**Couch Potato Corner**  
Laguna Seca is this month—and by the time you get this newsletter it has already happened. - **Speed TV** has come to the rescue once again—with your handy VCR ( or DVD recorder) - you can record the action you missed by not being there! - All month **Speed TV** has highlights of both the **AMA Superbike** races as well as **World Superbike**...now where did I put those blank tapes?