

MARCH 2024

Friends for FUN, Safety & Riding

FUN in Florida is # 1

www.ewma-florida.org



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From Your
Florida District Directors
Fred and Karen Kennedy
(FL1-D, FL1-E2)

Greetings everybody!

February is finally behind us!!! Even though it's the shortest month on the calendar, it felt much longer due to the persistent cold temperatures and the all-too frequent ride ruining rain... lots of it... I just don't remember it being so cold for so long, but, according to some of our snow birds, it's not cold, just cool and we DO live in the Northwest Florida Panhandle! March just has to be warmer! I thought I lived in sunny and warm Florida, but it sure feels like much further north!

Are you ready to have some FUN!!!

It's just a couple more weeks before we'll all be traveling to the Best Western Gateway Grand Hotel in Gainesville for the 2nd EWMA Florida District Gathering of Friends for FUN!!! Our rally kicks off the Region-A Rally season, culminating in October with the Mississippi Rally on October 24th-26th in Biloxi; so let's start it off with a BANG!

As mentioned in previous articles, there are lots of new activities that will add even more **FUN!** Some, but not all, of the activities include: Guided bike rides, Horseshoe competitions, Chapter Pride, trip to Micanopy and the Florida Museum of Natural History and Butterfly Garden, costume and talent contests, Mascot and Banner judging, On-Bike Games, Ice Cream Social, Bingo and a Pajama Movie Night! Not to mention, getting to mingle with all the Friends that we don't get to see nearly often enough!

Bill and Cheryl have been working very hard lining up vendors and we are happy to

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announce that Gainesville Harley-Davidson will be participating, as well as KD Cycles!!! I can't express how thrilled we are to have each of them participating in our rally!!!

Your Florida District Staff has been working very hard to bring this event to you and we are all super excited to be your hosts and can't wait to see you all!

Update on my trike... It's HOME!!! It's been nearly a

year since we've been able to ride it and I can't wait to start putting that 2nd 100,000 miles on it. Karen and I will be attending many rallies and ride-ins, so getting our bike back on the road makes us so happy!!!

The "Ride-in To South Florida" at John Stretch Park was held on February 17th, and was very well attended, especially with the weather threatening rain. Several folks won some money and everybody had lots of **FUN!** Thanks to everybody who attended, as this is what our organization is all about!

Karen and I hope everybody traveling to the rally has a safe and enjoyable ride and we will see you soon!!!

Until that time arrives...

Ride Safe, Ride Often... but most of all... **RIDE!!!**

Your Florida District
Directors
The FUNshine State,
where FUN is #1!



Happy Saint Patrick's Day





John Cain

Assistant District Safety/
Ride Coordinator / Safety

Presentations

Yahoo! I'm really looking forward to the 2024 Florida District Rally in Gainesville! The new venue promises to be a welcome change from the Orlando/Altamonte Springs hustle and bustle

but still have plenty of interesting things to see and do. The scenic group rides, bus tours, and onbike games are going to be dynomite (sic).

As usual, our Florida EWMA members will be presenting five Off-Bike Safety Presentations at the Rally.

We also have a guest presenter from the national EWMA Team, Mike Melton, Director of Technology & Communication. Please make your plans now to attend as many Presentations as possible. You will enjoy them and learn, I promise!

Thursday March 14th, 2024						
1:00 - 1:45 pm	Riding in the mountains (and curves)	Tim <u>Poppell</u> Dominick <u>DeSiato</u>				
3:30 - 4:15 pm	Riding in a group					
Friday March 15th, 2024						
9:00- 9:45 am	Riding in the Rain	John Cain				
3:30 - 4:15 pm	EWMA-World Website	Mike Melton				
	Saturday March 16th, 2024	l				
9:00 - 10:00 am	Trailering	Rick Northrop				
10:30 - 11:15 am	Co-Rider	Claudia Vega				



Bill & Cheryl Smith **Rally & Vendor Coordinators**(FL1-A, FL1-B, FL1-M, FL2-A, FL2-O, FL2-R)

The time is NOW! The 2024 EWMA Florida District Friends for **FUN** Rally is March 14th-16th in the beautiful riding area of Gainesville, Alachua County Florida! The theme is **FUN** with 50's, 60's and 70's TV Shows! Go to ewmaflorida.org and click on the 2024 Rally tab to get more information. You DON'T want to miss this rally! The host hotel, the Best Western Gateway Grand has sold out but does have a waiting list. In the mean time you can set up a room at the next exit south on I-75, about 12 miles away. If you are an EWMA member don't forget to use your

Member Benefits to get a great deal on a room!

You will have lots of opportunities to have **FUN** at the Rally! There will be guided and self guided rides, Ice Cream, indoor games, Competitions like the Costume Contest, Talent Show, Chapter Mascot, Collage and Banner, a Horseshoe competition, on-bike games, a PJ movie night with popcorn and much, much more! Our vendors will be there along with a new one -Gainesville Harley Davidson Buell. They will be offering test rides and selling raffle tickets for two VIP wrist bands to Rally in Tally along with a two night stay at the hotel!

There will be several give-a
-ways – Daily 50/50's on
Thursday and Friday, a
Grand 50/25/25 on
Saturday, Grand Prizes,
Chapter Baskets and three
\$500.00 cash prizes
courtesy of KD Cycles!
Let's not forget the Raffle
for \$5,000.00 for 1st place,

\$500.00 for 2nd place and \$250.00 for 3rd place!

So, as they used to say in the 50's – Be There or Be Square!

Just to let you know, we had a Great Time at the South Florida District Ride-In on February 17th! The threat of stormy weather held off and the temperature was great! There were 76 folks in attendance from Chapters FL2-A West Palm Beach, FL2-O Stuart, FL2-R Ft. Lauderdale, FL2-D Melbourne, FL1-B Brandon, FL1-K Palm Coast, FL2-H Wauchula, FL2-F Punta Gorda, FL2-P Lake Placid and a group of members from Ft. Myers! EWMA VP of Operations John and Yvette Moravec made a surprise, to me, attendance. District Officers attending were ADD Carl Williams, DT Pat Van Lengen, ADD Harry and Lynn Anderson and ADSRC Ed and Jeanette Carr. Cheryl and I thank everyone for attending this Brown Bag Lunch Ride-In!

See you at the Rally!

We hope you'll join us at the...

2024 Florida District Gathering of Friends for FUN



Dominick & Diane DeSiato **District Safety / Ride Coordinators**

RIDING IN A GROUP REVIEW

Greetings to All,

WOW! Our Florida District Rally is almost here. One important and **FUN** feature of our Rally is going to be the Group Rides. EWMA is all about riding! I thought I would review with you the important aspects of safe and **FUN** Group Riding. The 4. **Plan the Size of the** primary thing to remember when you are riding in a Group is that you are no longer an individual rider. Every action you take should be for the benefit of the Group staying safe and together.

Group Riding consists of several riders who have agreed to structured rules regarding formation, conduct, consideration and cooperation while riding together. There is a reliance on each other and a

concerted effort to support the others in the group. Members of the group must realize that their individual riding actions influence the others in the Group. You should ride with awareness and focus.

Ride Planning and Preparation:

- 1. Plan the Route away from congested areas and Interstates if possible.
- 2. **Plan the Breaks** taking into consideration the different needs and ages of your group.
- 3. Hold a Pre-Ride **Briefing** to discuss the ride itinerary which includes rest stops, food/fuel stops and destination.
- **Groups**. This should be determined by the Lead and Tail Gunner by considering the amount of Riders the group will be comfortable with.
- 5. Plan the Start Location and Time.
- 6. **Be Prepared to ride**. Members should arrive with a full tank of gas, full stomachs, necessary gear, ride ready and an EMPTY bladder.

- 7. Plan the Speed of the **Groups**. The larger the group, the slower the Lead Rider needs to take off from a stop. The normal Speed Limit should not be obtained until the Tail Gunner has advised the Lead Rider that all members have moved and are together. Remember the Primary Objective of Group Riding is to keep the Group together, relaxed and comfortable with the ride.
- 8. Plan the Stops. The larger the group, the longer it will take for everyone to get back on their bikes and ready to move out.
- 9. **Responsibilities.** The Lead Rider must be an Experienced Rider who is able to change hats when he/she is leading a Group. They must slow down their take off speeds and riding speed to keep the Group together. They must keep in communication with the Tail Gunner. They must point out obstacles on the roadway, speed limit changes, traffic lights or stops ahead, or any other traffic situation that warrants being announced. Hand signals should also be used and passed down by

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all Riders, especially if some Members do not have audible communication.

10. Group Members should Ride their Own **Ride**. Only the individual rider can determine certain actions and make decisions that affect their Safe Riding. Members must maintain adequate spacing. The recommended method of riding is staggered and Two Seconds behind the bike in your Same Lane Track. That means the bike staggered in front of you is only One Second ahead of you. Your escape path, should you have to make an emergency stop, would be to pass the bike directly in front of you on the Empty Lane Track side of them if necessary. Remember, the purpose of maintaining a tight formation is to deter other traffic from encroaching into your Group. Should it become obvious that another vehicle is trying to move into the Group to make an upcoming turn, LET THEM IN. A vehicle that has entered the

Group and is not turning can be deterred to move out of the Group if the Lead Rider slows the Group down until the vehicle leaves. It's not a perfect world! Stuff happens. Members should minimize audible communication chatter so the Lead Rider and Tail Gunner can talk as needed.

11. The Tail Gunner is responsible to keep the Lead Rider informed as to the Groups progress. The Tail Gunner will secure a lane if requested by the Lead Rider. The Group can then change lanes when advised to so, by either moving FRONT TO BACK or BACK TO FRONT depending on traffic congestion situations. If a Member pulls off, it is the responsibility of the Tail Gunner to notify the lead rider and also pull over with the member to determine the reason for the stop. The Tail Gunner will also advise the Lead Rider if any Members get caught up in traffic or separated due to a Red Light. Neither the Tail Gunner nor any other

Member is allowed to Stop Traffic for the Group.

12. The Responsibility of All Riders is to inform the Lead Rider of any special needs: Parking, Medical, or Other. Members should repeat Hand Signals observed in front of them for the consideration of Members who do not have audible communication. Never take anyone else's word that traffic is clear to make any movements without first double checking yourself.

The above recommendations were just an abbreviation of our actual "Riding In A Group" classroom Presentation. If you would like to get the full presentation and discuss what has happened on your past Group Rides, please attend our class at the Rally. I will be conducting this Presentation which will actually be after the Group Rides, so there should be plenty to discuss.

We are here to assist you!

Ride Safe!

<u>"2024 Florida District Gathering of</u> <u>Friends for FUN"</u> - March 14-16, 2024!



Harry & Lynn Anderson **Assistant District Directors**District Hospitality Coordinators

(FL1-H, FL2-D)

Happy ST. Patrick's Day AND WAHOO!!! Happy, happy, happy, rally, rendezvous, or gathering. Take your pick... but the Florida District FUN, FUN, **FUN** time is this month. If you have waited all year, you are in for a BIG surprise. New location: Gainesville, Florida. New ideas! And get this; A new District Director: Fred & Karen Kennedv. You're gonna love them (we do). Anyway... The point is, we hope to see you there on March 14th thru the 16th.

A lot of you probably have seen or read the poem below, but it caught my eye and heart. So, for those who haven't read it...

The Dash by Linda Ellis 1996

I read of a man

Who stood to speak at the funeral of a friend

He referred to the dash located on tombstones from the beginning to end

He noted that first came the date of birth

And spoke the following date with tears

But he said what matters most of all was the DASH between those years.

For the DASH represents all the time they spent on earth.

And only those who loved them know what that

Little line is worth.

For it matters not how much we own, the cars,

The house, the cash

What matters is how we live, and love

And how we spent our DASH.

So, think about this long and hard are there things you'd like to change

For you never know how much time is left, so that life

Can be rearranged

If we could just slo9w down enough to consider

What's true and real

And always try to understand the way

Other people feel

Show appreciation more

Love the people in our lives, like we never loved before.

Treat each other with respect, more often wear a smile.

Remember the special DASH must last a while

So, when your eulogy is read, your life is re hashed

Would you be proud, about how you spent your DASH?

Hope you enjoyed the DASH

SEE YOU IN GAINESVILLE, FLORIDA

We are hoping to see you in Gainesville, FL - March 14 - 16, 2024 At our FLORIDA DISTRICT GATHERING OF FRIENDS FOR FUN!



Claudia Vega
Assistant District Safety /
Ride Coordinator /
First Aid/CPR

IT'S HERE - IT'S HERE! THE FLORIDA DISTRICT RALLY IS ABOUT TO BEGIN!!!

I am so excited – I can't wait to go to the Rally. New location – with great riding. A new hotel – that looks great. And a party with all my friends. What can be better?

Just a reminder that there are still a few openings for anyone that would like to take the new HSI First Aid / CPR course. If you live in the Gainesville area or are able to attend the Rally on Wednesday, this would be a great time to update your First Aid / CPR. Please contact me if you are interested in participating – Claudia Vega, 561-722-0632 or email: rvega19854@gmail.com – CALL ME!

My eye doctor sent me this article and I thought it would be good to share with you. Enjoy!

WHAT DO YOUR EYES REVEAL ABOUT YOUR HEART?

Even though February has come to an end, this month often brought thoughts of heart shaped candies and themed décor. But more importantly, it should make you think about your own heart health. It is time to focus on heart health and disease prevention. However, many don't realize that the eyes and heart are connected. The eyes reveal a lot about someone's health and often indicate underlying severe health issues, which an eye exam can be a lifesaver.

Major Risk Factors for Heart Disease

- High blood pressure (also known as hypertension)
- High cholesterol and diabetes – can also cause Age-Related Macular Degeneration (AMD), Diabetic Retinopathy and Retinal Vein Occlusion

This damage to your eyes can occur for years before you even begin to experience any symptoms. If left untreated, it can permanently impact your sight.

Why Do We Encourage Patients to Focus on Their Eyes for Heart Health?

During a comprehensive eye exam, your eye doctor will check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.

Comprehensive eye exams provide the only noninvasive view of blood vessels and the optic nerve.

Manage Blood Pressure

High blood pressure is a significant risk factor for heart disease and stroke. When you blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys, which keeps you healthier for longer. Managing your blood pressure eliminates the risk of blood vessel damage (retinopathy).

Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you give your arteries their best chance to remain clear of blockages. High levels of cholesterol may affect your eyes and may lead to blockages in your retina.

Reduce Blood Sugar

Most of our food is turned into glucose (or blood sugar), which our bodies use for energy. Over time, high blood sugar levels can damage the heart, kidneys, eyes and nerves. High blood sugar not only damages blood vessels in your eyes, but it can also affect the shape of your lenses and make your vision blurry.

Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Daily physical activity increases your quality of life. Running or walking for 30 minutes a day can help reduce your risk of agerelated cataracts.

Eat Better

A healthy diet is one of your best weapons for fighting

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cardiovascular disease. Eating a heart-healthy diet improves your chances of feeling good and staying healthy. Researchers have linked eye-friendly nutrients, such as lutein, vitamin C, vitamin E and zinc to reducing the risk of certain serious eye diseases like age-related macular degeneration and cataracts. You can find these nutrients in fruits, nuts and green leafy vegetables.

Lose Weight

When you shed unnecessary pounds, you reduce the burden on your heart, lungs and blood vessels. You give yourself the gift of active living, lower your blood pressure, help yourself feel better and adopt a healthy lifestyle that supports your overall eye health.

Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. When you stop smoking, you decrease your chances significantly of developing cataracts or AMD.

If you have not yet had your comprehensive eye exam, now is the time! Eye exams are an essential part of health maintenance.

After reading this article I realize several things.

My parents have AMD (agerelated macular degeneration) and it is not fun. I don't know what I would do if I could not see.

It took having a heart operation for me to get serious about managing my blood pressure and cholesterol – unfortunately the damage is already done. But at least I am trying not to make it any worst.

Reducing my blood sugar was my big thing and I can tell you it has made a big difference in my eye sight – I never knew.

I once asked my doctor if riding a motorcycle was a form of exercise – you can imagine what his answer was.

Eating better and losing weight has been a life long struggle for me, especially since I love my pasta.

What I am trying to say is that we all have these struggles – we just have to keep trying to do better and keep ourselves as healthy as we can so we can keep enjoying the ride and all of our EWMA friends and family.

Y0...









Geno & Kathie Jette **Assistant District Directors**Rally Registration Coordinators

Goodie Sales

(FL1-F2, FL1-K, FL1-X & FL1-Y)

After reviewing all the possible national food holidays in March such as.

Peanut Butter Lover's Day, Banana Cream Pie Day, Pound Cake Day, Snack Day, Cheese Doodle Day, Oreo Cookie Day, White Chocolate Cheesecake Day, Flapjack Day, Peanut Cluster Day, Meatball Day, Popcorn Lover's Day, Oatmeal Nut Waffles Day, Potato Chip Day, Corned Beef and Cabbage Day, Chocolate Caramel Day, Ravioli Day, Crunchy Taco Day, Chip and Dip Day, Cheese steak Day, Chocolate Covered Raisin Day, Waffle Day, Spinach Day, Black Forest Cake Day, Pita Day, Tater Day

I was worn out and decided to go with Napping Day.

Napping Day is observed annually on the Monday after Daylight Savings Time begins. It was created in 1999 by Boston University professor William Anthony and his wife Camille to highlight the importance and benefits of a nap. This year, Napping Day falls on March 11th. Napping is scientifically proven to be better for you than coffee or energy drinks.

See you at the Florida Rally all rested up & ready for

FUN!



FLORIDA DISTRICT HAPPENINGS **MARCH 2024**

Sun	Mon	97.	Wed	Thu	Fi	Sat
Please ve Chi schedule	Please verify with an individual (Chapters occasionally altest occasionally altest occasionally altest occasionally altest occommodate ralliest occurrence occurre		Chapter before visiting. I their gathering		-	2 FL1-E2, Ft Walton Beach FL2-F, Punta Gorda
೯	4	5 FL1-Y, Gainesville FL2-D, Melbourne	6 FL2-R, Ft Lauderdale	7 FL1-X, Orange Park	8	9 FL1-D, Pensacola
10 FL2-A West Palm Beach	11 FL1-K, Palm Coast	12 FL2-H, Wauchula	13 FL1-D2, New Port Richey FL2-O, Stuart	14 FL1-B, Brandon FL2-P, Lake Placid	15	16 FL1-A, Tampa FL2-B2, Sarasota
SPRING FORWARD				Florida	Florida District Rally!!!	ally!!!
Happy Retrick's Day	18	19 FL1-F2, Ocala	20 FL1-H Daytona Beach	21 FL1-M, Clearwater	22	23 FL2-G, Ft Myers
24/31	25	26	27	28	29	30

Check this URL to find particulars for each individual Chapter and their calendars:

http://www.ewma-florida.org/chapters.html

Upcoming Florida EWMA Events				
March 14 - 16, 2024	Florida District Gathering of Friends for FUN "FUN with 50's, 60's and 70's TV Shows" Link to Rally Flyer	Gainesville, FL		
April 25 - 27, 2024	Tennessee District Rally - Spring Fling "Banjos & Barbecue" Link to Rally Flyer	Johnson City, TN		
May, 17 - 18, 2024	South Carolina District Rally "Home Town USA - Red, White & Blue" Link to Rally Flyer	Newberry, SC		
June 13 - 15, 2024	Georgia / Region "A" Ride-In "A Riding Rally" Link to Rally Flyer	Dillard, GA		
June 21 - 22, 2024	EWMA "International Ride-In" Link to Rally Flyer	Loveland, CO		
June 27 - 29, 2024	Alabama District Rally "A 50s Sock Hop" Link to Rally Flyer	Sheffield, AL		
August, 29 - 31, 2024	2024 Eagle Wings Rendezvous Link to Rally Flyer	Green Bay, WI		
September 20 - 21, 2024	North Carolina District Rally "Wings Over the Smokies"	Location TBD		
October 24 - 26, 2024	Mississippi District Rally "Born To Be Wild" Link to Rally Flyer	Biloxi, MS		

FUN in Florida is # 1



EWMA Florida District

Fred & Karen Kennedy District Directors

Phone: 850-232-0365 E-mail: FredandKaren@cox.net

www.ewma-florida.org







Special Thanks to our Sponsors















4200 NW 97th Boulevard Gainesville, FL 32606-3742

Rate \$139.00 (including buffet breakfast for 2)
Reservation call 352-331-3336
Group Code: EWMA2023





Raffle to support Safety

1st Drawing - \$5,000 Cash

2nd Drawing - \$ 500 Cash

3rd Drawing - \$ 250 Cash

Need not be present to win

Proceeds support EWMA Florida District Safety Program



PLATINUM SPONSOR

Funded in part by Visit Gainesville, Alachua County









KD Cycle Donating Three \$500 CASH Grand Prizes www.kdcycle.com





Florida District Gathering of Friends for FUN

March 14th - 16th, 2024

FUN WITH 50'S 60'S 70'S TV SHOWS





Riders Name				E\\/\	10 Mamba	vr#			
Riders Name				EWMA Member#					
Riders or Co-Riders Name (circle one)			EWMA Member#						
Street Address, City, State 8		9 7in Cod	7 - Cada						
	Street Address	s, City, State	& Zip Cou	е					
Phone #			Email	Email Address					
Chapter	Chapte	r Position	Dis	trict or Te	am EWM	A Pos	ition		
I/We agree to hold harmless Florida District, co-sponsoring organizations and any property owners for any loss or injury to self or property in which I/we may become involved because of participation in this rally. I/we have read this waiver and acknowledge with signature(s) below:									
Signature				Signati					
Date:	Is this	your first-time	e attending	the Flori	da Rally?	Yes	No		
Member Registration			\$35	x	=				
Non-Member Registration			\$40	x	=				
Under 12 (Dinner on Thursday extra, See below)		Free	x	=					
Sit Down Dinner - Thursday Night *** Fully registered attendees only *** Dinner choices - Circle One for each attendee: Pineapple Seared Chicken, Seared Mahi Mahi, Manacotti w/ red sauce or spinach cream sauce (pick one)		\$30 w/	х	= .					
	Т	icket Sales							
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Polo Shirt S	M L	XL	\$22	x	=				
Polo Shirt XXL	XXXL	XXXXL	\$25	х —					
T-Shirt S	M L	XL	\$18	х					
T-Shirt XXL	XXXL	XXXXL	\$20	х					
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Long Sleeve XXL	XXXL	XXXXL	\$22	x					
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RALLY SHIRTS N	IOT AVAII ARI F	ON-SITE PRE	-ORDER OF	NLY	₩.				

Florida District Rally (March 14 -16, 2024) Opens daily at 9:00am

Florida District Directors Karen (850) (850) Fredan (850)

FIRST AID/CPR CLASS OFFERED

Wednesday 03-13-2024 – 11am – 5pm
Limit 20 people Must Be Fully Registered
FL EWMA MEMBERS \$25. (returned upon completion)
NON-FLORIDA EWMA MEMBERS \$35.00
SEPARATE CHECKS NEEDED PAYABLE TO
EWMA FL DISTRICT

Contact Claudia Vega for availability 561-722-0632 rvega19854@gmail.com

Preregistrations must be postmarked by March 1, 2024

No refunds after February 25, 2024. After March 1st Registration is \$5.00 higher

\$15 Day Passes will be sold onsite and are good for all events the day of purchase except Thursday night dinner

Submit Registration Forms to:

Geno & Kathie Jette 114 Canis Dr E Orange Park, FL 32073

Make check or money order (US dollars only) payable to EWMA Florida District If you would like registration confirmation, please ensure you provide an email address

Guided rides on Friday & Saturday

Register by <u>December 1st</u>, <u>2023</u>, for entry into Early Bird drawing to be awarded to 1 lucky winner at Closing Ceremonies!

Pre-Order Shirts for entry into a drawing for a prize to be awarded to 1 lucky winner at Closing Ceremonies

See website for latest information http://www.ewma-florida.org/rally.html