



## LA District Educators Reba and Jim Berry



**Let's Ride  
Nekkid!**



Okay now, let's get our mind out of the gutter. Most of us in the south know what nekkid means. As Lewis Grizzard said "Naked means you have no clothes on. Nekkid means you have no clothes on and you are up to something!" At a Region rally a few years back, I prepared and presented the seminar, "Riding Nekkid". In this context, Nekkid is an acronym for **N-nutrition, E-nergy, K-eeep K-alm, I-nsurance and D-etailed.** I thought over the next 5 months we might address each of these points in the monthly newsletter. Then, throughout the winter and spring (including the LA rally in March) we can make final preparation for a great summer of riding in 2020.

One of the questions asked Couples of the Year is "How has your life changed since joining GWRRA?" The normal reply, about 50 pounds. Funny but not so funny. I know, like myself, a lot of us are overweight and may even struggle with that Diabetes thing. Do we sometimes eat outside our healthy boundaries when on rides?

Now, I'm not talking about the pie or ice cream on a chapter eat-out. Everyone needs a treat. Afterall, you can make up for this extravagance days before or days after the event. What I am talking about is on extended trips. I have planned many long chapter rides, Some as long as 3 to 4 weeks. In the early days, I thought it important to find the best, most unusual restaurants for both lunch and supper and sometimes breakfast. I was not doing anyone a favor. We would come back from the trip having gained several pounds and an increased A1C. Not good. Other than the long term health effects of this overeating, were there any riding safety issues raised? I think so. Do you ever get sleepy after a big meal? Sleepy and motorcycle riding is not a good combination. What if your blood sugar rises or falls? Also, not good. What will too much coffee do for you? Dehydrate!

So, here are some hints for nutrition while riding. If your hotel offers free breakfast, eat it. You're usually not going to overeat here but it will get you going (like you will definitely do at BillyGail's Café in Branson for example). Pack some morning and afternoon snacks. Fruits, crackers, peanut butter and boiled eggs (many of which are often available at the hotel breakfast bar) are awesome. Plan the major meal of the day to be around 1:00 to 1:30 so you can miss the lunch crowd. Look for local establishments and make this an event. Either pack foods in your trailer or stop at a fuel/grocery store just before checking in to your hotel for the evening. This allows everyone to be topped off first thing in the morning and allows you to adjust your caloric intake for the evening meal, based on what the rest of the day has been like. By using the evening meal to "brown bag it" you eliminate the search for a good spot. Hotels rooms, breakfast areas and swimming pool tables make great spots for a tailgate with your gold wing buddies.

The final 3 things. WATER, WATER, WATER! Keep it in your cooler, in your Butler Mug or buy it at each rest stop. Drink it constantly. If you don't have to go to the restroom at each stop, you are not drinking enough.

These offerings are from my experiences. If you have some you would like to contribute, please email them to me at [ed@gwrra-la.org](mailto:ed@gwrra-la.org). Who knows, maybe at the District Rally we can have the "Riding Nekkid" seminar and discuss all the newly contributed ideas? I am anxious to hear them.

*Jim and Reba*