



DAILY PLANET

Official Newsletter of

The San Francisco Northstars Motorcycle Club

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April / May 2007

UPCOMING EVENTS:

- MAY 5-6 The **EUREKA!** Ride (*Catfish*) Ride Meeting 10:00am at Chevron Station – 1165 S Cloverdale Blvd.
- MAY 18-20 AMA Superbikes at Sears Point
- MAY 20 **North-Bay BAKERY BREAKFAST** Day Ride (*Laurel*) Meet 8:00am at the Park and Ride Lot at Lucas Valley exit of Hwy 101
- MAY 25-28 **LOON LAKE Dual-Sport** Camping Ride (*Craig*) Camping at or near Airport Flat; Kari is Leading up a Saturday Option. Ride up or bring your toys.
- MAY 30 CLUB MEETING** – S.F. Brewing Co.
- JUN 1-3 **LOST COAST LUAU** – The Village Idiots Motorcycle Club
- JUN 10 **NORTH BAY** Day Ride – Kari
- JUN 24 **Dirt or Dual-Sport** Day Ride
- JUN 27 CLUB MEETING** – S.F. Brewing Co.
- JULY 20-22 MotoGP at Laguna Seca!
- JULY 25 CLUB MEETING** – S.F. Brewing Co.
- JULY 28 **Full Moon over Mt. Hamilton Night Ride!** – Dinner and Sunset at the Observatory!
- AUG 18 **Day Ride to OAKLAND MOTORCYCLE CLUB 100TH ANNIVERSARY PARTY!** – Glen?

INSIDE:

- **BAJA IN THE SPRING**
- **STONYFORD DIRT RIDE**
- **WILDERNESS FIRST AID**
- **CLUB MEETING MINUTES – MARCH 28TH**

CLUB MEETING MINUTES: WEDNESDAY APRIL 25TH 2007

Present: Allan Paul, Craig H, Laurel, Glen, Patrick Lydon, Kari – Allan reported that we had money, and 15-17 paid members for the year so far.

Old News: Signature Ride – Craig had been intending to do a North Bay Ride as a signature ride. He did note, however, that Eddie of Fremont Cycle Salvage and Fremont Honda/Kawasaki had mentioned his desire to support the club (he always donates generously to the Club's Award Dinner). So, Craig proposed to do a Signature Ride -- open n to the public -- in the East Bay instead so that it could start or end at Eddie's shop. CH will coordinate with Eddie, the hope was that it could end at his shop with a BBQ...will probably want to have the ride on a Saturday when the shop is open for best effect, so stay tuned for the exact date. -- Meanwhile, Kari was supposed to do East Bay for her June 10 ride, but offered to do it in the North Bay instead to even it out. Stay tuned for details.

No new business.

Ride Reports: Question of the day was : 'who's gear made it through the ride Dry the Whole Weekend?' for sondog?? Kari noted her BMW pants with GoreTex liner and Rukka jacket did, but sadly not the boots and gloves. Craig said his Daytona Goretex boot and his gloves (kind?) were dry the whole time. Laurel's gear faired not so well, but I did spy her new-to-her Aerostich in the corner of the restaurant! Glen reported that it stopped raining at the 'Dog around 12:30 pm. He had

Club Meetings are held the last Wednesday of the month at 7:30 PM @ the San Francisco Brewing Company – 155 Columbus Avenue

stayed inside almost until it stopped before heading out Bollinger Canyon to explore. He also shared some great shots of him down at the beach on the KLX. Someone brought the 1/4 done jug of Tequila Craig had donated to the ride....what I want to know is who drank all that??!!

Pat Lydon et all discussed Baja and real estate possibilities.....can you say clubhouse??!!

Upcoming rides: Laurel will do a North Bay ride on May 20 that will end up at the races. She noted she might not go to the races, but would get people there, probably via a good coastal bakery. She will post details on the newsgroup online.

Loon Lake: The campground we used last year won't be open for the season yet. Craig will go up Friday at be at Airport Flat campground, which connects directly to the trails for those who will be riding bikes without plates. Kari will lead a ride up Sat. morning (returning sometime Memorial Day Monday), Laurel, Sue, Ben, and possibly

Glen + guest so far...Anyone else?? Kari will post details of start point, likely in East Bay given who's expressed interest so far. There will be a POTLUCK Sat. night...if you want to bring something that needs cooking contact Craig if you need to know if tools will be up there (he has a 'Q) Kari noted that Earl said at Songdog he would join with his NEW, RUBICON ready Jeep if he didn't have a conflict on his calendar.

Other Notes: Note that Allan Paul is getting a stock of Urban Moto for distribution at his Brew pub. they are on the piano.

Glen attended the 2006 EOMB Baja movie at the Cerrito... it was a very good movie and sold out night.

Glen also noted the Wade Boyd petition to race that was recently posted online. Apparently he's a victim of race politics, so sign it and help the guy out.

Baja in the Spring by Craig Hightower

There's no better time of the year to go to Baja than Spring time. Winter storms leave plenty of water behind which in turn prompt long dormant wildflowers to bloom filling the open expanse of desert with color. Not to mention the daytime temps are typically 10-15 degrees warmer than my native San Francisco Bay Area which to me is a real plus!



The Plan - Load up the van with dirt bikes and kayaks for a safari to Baja.



How Long? - Two weeks!

How far South? - Loreto or bust!

Cast of Characters? - Laurel and I. (There were supposed to be more but due to last minute schedule changes some folks didn't make it down there until after we started trekking back north)



To be honest, the first couple of days were nothing but driving. One long haul to San Diego and another to Bahia de los Angeles. The high point of course being that final rise over the hill with the Sea of Cortez staring you right in the face. Love it!

... .. continue the story at www.backroadsboogie.com...



Stonyford Dirt Ride by Catfish ...

Yesterday at Stonyford was GREAT! Steve Martinez, Steve Hursh, Chris Cork, Glen (I don't remember his last name), & I had a BLAST! Chris hit a rock & got a front pinch-flat after a couple of hours. Steve Hursh pulled out the LARGE tie-raps & we cinched the tire to the wheel. The other three continued, while Chris & I took an easy route back to camp. We had lunch, replaced the tube & went back out. The others ran ~60 miles of single track & were done by 5PM. Chris & I rode over 70 miles (single-track & roads) and got back to camp at 6PM.



Mmmmm... SINGLE TRACK!!!

BY STEVE MARTINEZ TO CRAIG: As you well know, when a person gets a good ride rhythm going stopping to take pictures isn't high on the list.

Here's another picture for you.

Perfect damp soil, great terrain that challenges but doesn't threaten, a capable crew of good people, great weather and motorcycles. It's a picture that my camera my never capture.

Wilderness First Aid

by Craig Hightower

Just wanted to share a little info on the class I took this weekend - Wilderness First Aid.

This class was put on by Bobbie Foster of Foster Calm. Two 8-hour days of training for first aid in a wilderness setting. My expectation of this course was that I would be fully ready and capable of handling any situation after taking the class.

The reality of course is a bit different. The class basically teaches you the proper responses and techniques for handling most common medical emergencies that you

may encounter. The difference being that if something happens at work or at home you call 911 and have the professionals handle the hard stuff. When you're in the woods, on a river or out beyond cell phone range and immediate help then you have to learn how to handle some pretty serious situations.

The bottom line is that I learned some excellent skill sets and techniques for handling medical emergencies. The ABCDE's if you will. But I also learned that these skills just don't happen.

I will need to continue to practice and study these techniques and work on my leadership abilities in order to be effective in a real emergency. I will also need to stock a good first aid kit and ensure that it goes with me when I'm out and about. I highly recommend taking a course in CPR and First Aid as well as something like this course. If you find yourself out in the mountains, the rivers and even foreign countries where medical care and emergency help are hours if not days away then having this training may help you save a life. It's better to be prepared with some training than have none and feel completely helpless.

Bobbie's website is fostercalm.com and has a lot of good info if you are interested.

Be safe out there!

**CLUB MEETING MINUTES:
WEDNESDAY MARCH 28TH 2007**

Allan opened the meeting with five members - Allan, Catfish, Doug, Josh and Gary. Gary re-upped so we're up to fourteen members thus far for 2007.

OLD BUSINESS: The meeting minutes from February were accepted. The official ruling to be eligible for a membership vote is to attend at least five club events (rides or meetings), including at least two rides and one meeting. We continued the discussion on Signature rides, and the great attendance on the Two Mountain Ride (the great weather probably didn't hurt).

NEW BUSINESS: Unless others volunteers step forward, the next Signature ride will likely be Craig's late on this year. The purpose of opening up Signature rides to the public is to promote the club and hopefully interest potential members. It was pointed out that the Northstars is traditionally an invitation-only club and grows in numbers as members bring their friends on rides. We discussed an apparent -- knock on wood -- reduction in the number of crashes on more recent rides. Rider safety was discussed - which if I can quote Gary in saying something to the affect "about the only rule is don't pass on the inside". Gary also pointed out that we should all choose carefully whom we ride with, and be comfortable with those individuals following us. He tends to follow riders he hasn't ridden with for a fair distance before being comfortable with them pulling up the rear. Doug pointed out that two riders passed him on the inside on the two-mountain ride (I don't think he crapped his pants, but was startled). Mike announced that WHITE LOGOS appropriate for colored swag are now available. So, those of you (Glen) who have

expressed interest in dark colored shirts with the Northstars branding, for example, can now purchase such merchandise online.

RIDE REPORTS: The Delta Ride, led by Catrish on 4 March, was a success (or a bit of a loss for some). Attendees were Doug, Criag, Laurel, Gino, Greg (guest) and Catfish. Highlights included a great lunch in Isleton at the Rivers Edge Cafe and a bumpy ride around Tyler Island that confiscated both of the hard cases from Gino's K75. He was able to recover one bag lost to the farmland, however the other didn't swim. The Rivers Edge Cafe is owned and operated by a friend of Craig and Greg's, who opted for an early retirement elsewhere and started a cafe. ** Mike and Steve Martinez have gotten away for a couple day rides to Stonyford, the most recent was the week prior where they saw only FIVE riders the entire day. They logged 57 miles of singletrack with few snow banks. ** Doug rode to Pt. Reyes and had lunch at the Bovine Bakery. He's got about 2,000 miles on his R1200GS to date. ** Catfish told of his most recent experiences with the plastic high pressure fittings on the Caponord. That was the second plastic fitting that has failed, leaking gasoline on the engine.

UPCOMING RIDES: Songdog!! Those wishing to attend need to get their \$30 donation to Mike by the 9th of April, otherwise donations get a bit more generous. The plan -- meet at DUARTE'S TAVERN at 7:30am for breakfast, and 8:30am rider's meeting. From there, most will be heading down the coast to Nacimiento -Ferguson Road, though some riders may follow their own path.

That's all folks...

2007 Dues Paid Members

- Matt Brockway
- Mike Chaplin
- Glen Coddington
- Gino Fortunato
- Craig Hightower
- Douglas Hill
- Kari Holmgren
- Patrick Lydon
- Earl Minkler
- Josh Roper
- Pete Slote
- Laurel Sutcliffe
- Mark Wurtzel

Loon Lake Campout

May 25 to 28 (or sometime in between)

Join Craig, Laurel, Kari, Ben, Glen and a couple friends for a great weekend at Loon Lake. Camping will most likely be at Airport Flat. Craig will be driving up Thursday to get a campsite, Kari will be leading a Saturday ride up. Bring all the toys, this promises to be a weekend to remember...

Did ya know...

*Glen Coddington is a contributing photographer to UrbanMoto
See his photos in the March 2007 issue...*