



Community Christian Riders Newsletter

A ministry of Community Christian Church

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Message from the Group Leader

Riders and friends,

It's a beautiful November day. In fact we have had just great weather lately. It's kind of hard to really enjoy this fall season with the drought hanging over our heads. Sonny held a prayer meeting yesterday at our state's capital. The event received national attention, with some suggesting that it makes us here in the south look backwards or silly. There's a 60 to 80% chance of rain predicted for this evening. There's not much silly about that, yea God!



Our 2007 riding season is almost over. We do have an after church ride planed for this Sunday. On December 8th a number of us will be delivering Christmas presents to needy children on behalf of the Angel Tree organization. Unless it's raining or snowing we will be making these deliveries on our motorcycles. We invite you and any of your friends to join us on our ride. The larger the posse, the bigger the WOW factor for the children.

Our CCR group has evolved to be such a diverse group. Some of us attend Community Christian Church, some, other churches and others no Church at all. We are a group of believers, all on our own unique walk with Christ. Christ accepts everyone and so do we. Those of you who joined us this year

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**CCR meets the 1st Tuesday of every month at
Partners II Pizza in Summer Grove at 7pm.**



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for the first time on one of our rides, or at one of our meetings, we hope you will join us again. Regardless of where you are with your relationship with God, we want you to know CCR always welcomes you.

God bless all of you, and I hope you have a great Thanksgiving.

Mark Jenkins

Group Riding

Since September, we have discussed group riding during our monthly CCR meetings. Each month, we will review some key aspects of group riding and eventually cover all the main points. These are the discussion points from September and October.

Group Member Responsibilities:

- Ride their own ride. Only the individual rider can determine certain actions and make decisions that affect their riding.
- Arrive on time, prepared and ready to go.
- Follow the direction of the Lead.
- Maintain the correct track position and spacing.
- Observe and pass on all hand signals.
- Adhere to the schedule at stops and food breaks.

Before The Ride:

- Check your bike over prior to leaving home.
- Position new (to the group) riders near the front of the group.
- Conduct a pre-ride briefing. Discuss:
 - The destination, route and the approximate length of the ride.
 - Rest stops
 - Speed
 - Weather
 - the kind of terrain that the group will be riding through and the types of



roads (interstates versus secondary roads), etc.

- Review the basic hand signals that you will be using and make sure everyone understands single file and staggered formations
- Describe how we handle lane changes and what to do if the group gets split-up
- Remember: Group rides always take longer than individual trips

Safety: How to Lift a Fallen Motorcycle

CAUTION

Picking up a motorcycle can be dangerous and cause serious injury if done incorrectly or under poor footing. A simple back injury could wreck your life! Always, always, always try to get help first—and remember, you don't want anybody else to get hurt, either. You need to think clearly, use common sense, and be in good physical condition. Keep your body and back straight, and lift only with your legs. Maintain control of the motorcycle and never twist your body while lifting. Check the motorcycle for damage prior to riding it again.



The majority of picking up a motorcycle is mental: Work smarter, not harder. Motorcycles are heavy machines. Think about how you want to do it first—if you were going to lift a 300-pound refrigerator, would you just run up and grab it and start muscling it around, or would you plan your attack? What would you do if you were going to lift an 800-pound refrigerator?

The ideal situation for lifting a motorcycle would be:

1. Have the lifting technique demonstrated by a qualified professional.
2. Practice with a qualified professional.
3. Have the qualified professional evaluate and coach your lifting technique.

Step 1: Assess Yourself

Take a few minutes to calm down. Seeing your bike lying on its side can be a traumatic experience, but it happens to everyone at one time or another. Your bike's not going anywhere without you. Spend a few minutes asking yourself questions and talking yourself through it: are you hurt? Are you able to pick up your motorcycle in a normal situation? Do you want to pick up your motorcycle? Is it safe to pick up your motorcycle? Etc., etc. You have the rest of your life to pick up your bike; take a few minutes to relax and assess the situation. It's best if you get help. And remember: if someone helps you, don't forget to warn them not to touch the hot exhaust pipe, not to lift by the turn signals, etc. Also make sure they lift correctly. You don't want someone else getting hurt.

Step 2: Assess the Environment

If you are in danger from other traffic, get away from your motorcycle and seek a place of safety. Let law enforcement respond and take control of the scene before picking up your motorcycle. Take a look at the ground: do you have a solid surface to lift from? Is there gravel? Is the pavement wet? Are you right next to a ditch? You don't want to slip and get pinned under your bike.

Step 3: Assess the Motorcycle

Turn it off using the engine cut-off switch or the ignition switch. Turn off the fuel using the fuel supply valve. Spilled fuel is common, so use caution (though usually you need sparks, flame, or an ignition source to have a fire or explosion.) If the motorcycle is lying on its right side, put the sidestand down and put the motorcycle in gear. If the motorcycle is on its left side, you can't put the side stand down and can't put the motorcycle in gear. Make a mental note of these facts. You don't want to pick up your motorcycle and then immediately drop it onto its other side!

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Techniques to Lift the Motorcycle—Preferred and Regular Methods

Technique I: Facing Away from the Motorcycle - For Large Motorcycles. Preferred Method for any Size

1. Turn the handlebars to full-lock position with front of tire pointed downward.
2. Find the "balance point" of the two tires and the engine, engine guard, or footpeg. The motorcycle will be fairly easy to lift until it reaches this point because it's resting on its side. Once you start lifting from there, you are responsible for the most of the weight of the bike.
3. "Sit" down with your butt/lower back against the motorcycle seat. Be very careful to keep your back straight and your head up. Put your feet solidly on the ground about 12 inches apart, with your knees bent slightly.
4. With one hand, grasp the handgrip (underhand, preferably), keeping your wrist straight.
5. With your other hand, grip the motorcycle framework (or any solid part of the motorcycle), being careful to avoid the hot exhaust pipe, turn signals, etc.
6. Lift with your legs by taking small steps backwards, pressing against the seat with your butt and keeping your back straight. On slippery or gravelly surfaces this technique probably won't work. On inclined surfaces this can be very dangerous.
7. Be careful not to lift the motorcycle up and then flip it onto its other side! If possible, put the sidestand down and the bike in gear.
8. Set the motorcycle on its sidestand and park it safely.



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Technique II: Facing the Motorcycle - For Small and Medium-Sized Motorcycles Regular Method

1. Turn the handlebars to the full-lock position with the front of the tire pointed skyward.
2. Find the balance point of the two tires and the engine, engine guard, or footpeg. The motorcycle will be fairly easy to lift until it reaches this point because it's resting on its side. Once you start lifting from there, you are responsible for the most of the weight of the bike.
3. Stand very close to the handlebars. Plant your feet about shoulder-width apart with the lower handgrip in between them. Use both hands to lift. Keeping your back straight and your head up, lift carefully, keeping the handgrip close to your body. Use your leg muscles for power, and not your back muscles.
4. Be careful you don't lift the motorcycle up and then flip it onto its other side.
5. Set the motorcycle on its sidestand and park it safely.

The information given by the Minnesota Motorcycle Safety Center, its instructors, and volunteers is offered as a benefit for those with an interest in riding motorcycles. Our intention is to further discussion and enhance individual safety and skills. Although the MMSC will continue to research, field test, and publish viewpoints on the subject of motorcycle safety, it disclaims any liability for the views expressed. Every motorcyclist is responsible for his or her own safety and that of their passengers. We do not accept any duty or responsibility toward any individuals. We urge all those using the information and views presented on this site to use their own critical judgment. When you may have any doubt about a safety or skill issue, we urge you to seek clarification and information from sources you trust, and to proceed with caution to ensure your safety.





Community Christian Riders Newsletter

My name is Michael Coleman. I was born in Griffin Georgia and at the ripe old age of three months was moved to San Jose California where I caught the motorcycle fever at 6. My first bike was one of the "mini bike" varieties, 4 hp of cold hard steel that I totaled out jumping hills at Coyote Creek. I have owned 15 bikes in my 47 plus years, had a successful armature moto-cross career, and now enjoy American and metric on and off road bikes. I have come to grips with the fact that I'm a gear head.

My current bike (Project) is a 1988 Honda Hawk GT which I have owned for over two years. I like its V-twin power, light weight, and street fighter handling and look. I also own a basket case 81 Harley Sportster that I would gladly make a great deal on if someone had the time (I don't) to buy a few parts and put humpty dumpty back together. It's possible to own a Sportster for under \$1,200...is anyone out there?

Believe it or not, I have only wrecked once on the road which leads me to tell this story. In 1994, I was riding my Harley Sportster back home in a down pour from Daytona Beach. This was no usual rain, it poured down from Jacksonville Florida to Tifton Georgia. Those of you who have experienced riding in a hard rain know what rain feels like on a motorcycle without a shield (pins and needles). This feeling actually caused me go numb in my arms and fall asleep on I-75, about 5 miles south of the Tifton Exit.

Get this (This is what my buddy said), I hydroplaned off the highway, skidded over 200' in the water filled drainage ditch, and was awakened by my buddy pointing to my bike that bounced off a pine tree about 75' feet in front of me. According to my friend, I fell on the front forks unconscious and slid off as my bike jetted into the pine tree. I walked away with a broken finger that got hung up on my front rim as I skidded off the bike. My friend was kidding with me when he said that "God must not be through with you". To this day there has never been a greater truth spoken to me.

God has been and continues to be good to me. I'm blessed to have raised two healthy young adult kids, own a spastic wiener dog, and have lived a full and friend filled life. Given my recent divorce and many health challenges, I understand why some of you who know me may be puzzled by this statement. So, allow me to testify if I may? We serve a complete and solvent God. He lacks nothing and as his child, I have access to his joy which allows me to be complete. Get me when I say the word complete. I believe it's essential to what every human being desires and what you and I who have a relationship with Christ claim as "the truth", being made whole or complete.

This truth allows me to see God's design for us and this world he has trusted us to in a different light as I ride. My motorcycle is a gift from God that allows me to get as close to flying as the bird mentioned in his word that does not worry about one single thing. So, what does tomorrow hold? I'm not sure, but this I do believe, God loves you and me more than we can ever imagine. How cool is that? The creator of everything is totally in love with us, motorcycles and all.

Regards,
Michael Dean Coleman




Birthdays

<i>Paula French</i>	<i>Nov 9th</i>
<i>Dona Olsen</i>	<i>Nov 18th</i>
<i>Moreen Hartz</i>	<i>Nov 28th</i>
<i>Dennis Hill</i>	<i>Dec 10th</i>
<i>Melissa Hayes</i>	<i>Dec 11th</i>
<i>Eddie Shaw</i>	<i>Dec 12th</i>
<i>Dusty Campbell</i>	<i>Dec 13th</i>
<i>Ronnie Brame</i>	<i>Dec 14th</i>
<i>Steve Tallman</i>	<i>Dec 16th</i>
<i>Sam Conner</i>	<i>Dec 20th</i>
<i>Mark Bowles</i>	<i>Dec 21st</i>




Anniversaries

<i>Bob Bedgood</i>	<i>Nov 9th</i>
<i>Jamie & Paula French</i>	<i>Nov 30th</i>
<i>Ronnie Brame</i>	<i>Dec 22nd</i>
<i>Mark & Tracey Jenkins</i>	<i>Dec 31st</i>

Words of Wisdom

By Charley Chipmunk

Do clean motorcycles perform better than dirty motorcycles? Well not exactly, but I think routinely cleaning your motorcycle leads to better maintenance. Why? Cleaning forces you to look critically at your bike. You will notice things like oil leaks, loose hardware/wires, broken parts, or damaged tires, things you might not otherwise see. Of course, once identified, you have to correct these problems. Also, grit like bugs and dirt will damage sliding parts - cleaning front fork tubes will prolong seal life.





Monthly Dinner Rides

CCR will have a dinner ride on the 3rd Thursday of every month. Each month, a CCR member will be responsible for choosing a restaurant, making appropriate reservations, and notifying other CCR members of the details via e-mail.

These are social events to be held at local restaurants. We will ride our bikes when weather permits, but it is okay to come by car. The monthly dinner ride is intended to give us some additional social time together during the month and to provide us the opportunity to invite others to see what CCR is all about. So invite some of your motorcycling friends to come along with you and remember to wear your CCR shirts.

Interested in a MSF Rider Training Course?

Use the following link to find course locations and telephone numbers throughout Georgia.
<http://nm.msf-usa.org/msf/ridercourses.aspx?state=GA>

We Need Your Input

In order for this newsletter to remain interesting and informative, we need your contribution. If you have an article that you think would be of interest to other members, send it to me. Always wanted to be a writer? Try your hand at writing about your next ride or someplace you have visited. Share a favorite recipe or post an item for sale. Send a prayer request. Tell us what God is doing in your life. Or perhaps you would just like to share a humorous story. Remember, this is YOUR newsletter and it will only be as good as you make it.

Send your literary contributions to:
Ken Wolf
Newsletter Editor
kwolf44@bellsouth.net



Upcoming Events

Rides and Other Activities

- November 10th: All Day Ride to Andersonville, GA. Lunch at Yoder's
- November 18th: Lunch ride after church to Jackson, GA. Lunch at Buckner,s
- December 8th: Angel Tree gift delivery and CCR Christmas Party

Please feel free to call an impromptu ride.

Prison Ministry

New website for Champions for Life <http://billglasscfl.org>
Anyone that is interested in joining the Prison Committee...please contact Tracey.

We need ride suggestions from all, Day Rides, Overnight Rides, Meet and Eat Rides, or just a spur of the moment rides.

Ride Questions and Comments sent to crazyfroghd@bellsouth.net



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Call: Steve Frangopoulos
770-502-0948



Our mission:

To reach those unconnected to Christ through a common interest in riding motorcycles, and together grow to full devotion to Him.

Community Christian Riders Web Site

<http://www.communitychristianriders.net/>

CCR welcomes all riders. You do not have to be a member of Community Christian Church or Community Christian Riders to participate. Come join us for fellowship and great riding.

Community Christian Church

1717 Highway 154, Sharpsburg, GA 30277

Phone # 770 251-9516

Email: general@community-christian.net

A Non-Denominational Community of Christians

If you're looking for a church where you're expected to get all dressed up in your 'Sunday Best', listen to 500 year-old organ music, have some preacher yell at you, and have everyone act holier than you, then you need to find another church!

Sunday Celebration Services



November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 CCR November Meeting	7	8	9	10 Day Ride to Andersonville, GA. Lunch at Yoder's
11	12	13	14	15 CCR Dinner Ride	16	17
18 Lunch Ride to Jackson, GA	19	20	21	22	23	24
25	26	27	28	29	30	



December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 CCR December Meeting	5	6	7	8 Angel Tree gift delivery and CCR Christmas Party
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Come Ride With Us!



Fall Ride Schedule:

- August 19th-**Lunch Ride to Butlers Mill Graham AL**, Depart Community Christian Church 10:45am Return 3:00pm
- September 15th-**All Day Ride to Cave Springs GA**. Lunch Creek Side Café, Depart QuikTrip 9:00am, Return by 4:00 pm
- September 23rd-**Backroads Ride to Warm Springs** for Lunch, Depart Community Christian Church 10:45am Return 3:00pm
- October 7th-**Backroads Ride to LaGrange for Lunch**, Depart Community Christian Church 10:45am Return 3:00pm
- October 13th-**Overnight Ride to Savannah**, Contact Mark Jenkins
- October 27th-**Providence Canyon**, Depart QuikTrip 8:30am, Return 4:00pm
- November 10th-**Andersonville-POW Museum, Lunch at Yoder's**, Depart QuikTrip 8:30, Return 5:00pm
- November 18th **Lunch at Buckner's Jackson Ga**. Depart Community Christian Church 10:45am Return 2:00pm

CCR Monthly Meetings:

When: 1st Tuesday of every month

Time: 7:00 p.m. – 9:00 p.m.

Location: Partners II Pizza SummerGrove Newnan, GA

Contact: Mark Jenkins, mark@jenkinsfg.com, 770-304-0256

Jimmy Deplasita, crazyfroghd@bellsouth.net, 770-487-1318

Community Christian Riders invites *all motorcycle enthusiasts* to join us for local and overnight group rides. Membership at Community Christian Church is not required to participate in CCR rides, meetings or events. For more information, check out our website: www.communitychristianriders.net



A ministry of Community Christian Church
1717 Hwy 154, Sharpsburg, GA 30277