

## **It is true; there can be a Free Lunch!**

How does a \$25 gift certificate to the Olive Garden sound? It can be yours if you can answer questions about preceding Chapter E Educator articles in the Chapter Newsletter.

Questions:

1. What is the "Golden Hour"?
2. Name three items that should be in a bike first aid kit.
3. What are the main muscle groups riders use when operating a motorcycle?
4. What is the easiest thing to do to maintain your health for motorcycle riding?
5. Do you have to join a fitness center to create and maintain your fitness?
6. What are three long-term health issues that result from lack of sleep?
7. What does a GWRRA member need to be enrolled as a Level One Rider (Safety by Commitment)?
8. Name three things a rider must do in preparation for a group ride.
9. What does T-CLOCK stand for and how often should a rider conduct it?
10. Name three things to make you and your bike more visible to motorists?
11. What is the threat zone?
12. The University of Utah study on Cellphone use while driving found what?
13. What are the minimum intervals between bikes in a staggered formation in a GWRRA group ride?
14. Who is responsible for the rider's safety during a group ride when passing?

Please take a few minutes, answer these questions and email them to me at [bob.reagle@microsoft.com](mailto:bob.reagle@microsoft.com). The first person with the correct answers to all of the questions is entitled to the gift certificate. Good luck and good hunting!

Ride safe and ride well.

Bob Reagle, Chapter E Educator