

FATIGUE

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This month, I'm stealing shamelessly an article from Harley Wes, the "SAFETY DUDE" from March 2010. Now this should be good...

Fatigue is that big bad bear that climbs on your back during a long ride, even under the best of riding conditions.

Now, let's add rain, cold and heat. Now it's "Game On". In review, February Safety Letter, taking extra rest stops during an extended trip is not the only answer to keep this beast at bay.

After a lengthy outing, what hurts? It could be your equipment, riding gear, or is your bike set up/adjusted for your riding style and body frame?

Stiff neck and shoulders? You might think about upgrading your helmet to a lighter model. Every ounce counts the longer you keep your lid on during a long ride.

Back Ache? Shoulder Fatigue? Or any combination of both? Your bike just may not be adjusted for your body frame.

Reaching an extra inch to grip the handle bars will wear you out. Do I need a back rest? Can I lower the frame for a better fit?

One of the best things I put on my Ultra Glide is an upgrade/ long distance seat. Folks, hind sight is 20/20. This add on should have been one of the first installations I made on my ride.

It is all the little things that add up to make our riding experience enjoyable. The better the fit, the better the ride and you will stay fresh longer before that BIG BAD BEAR climbs on your back! Safety first and the rest of the ride is downhill...

Seeee Yaaaa

Harley Wes/ Safety Dude

