

an Uber driver so I could learn my way around the area a little better! (best non-job ever!)

**Military Service:** I served in the US Navy for almost 10 years ('84-'93)...9 years, 8 months and 18 days according to my DD-214! I was a Surface Sonar Technician and ASW instructor stationed on a cruiser out of Norfolk and taught sonar/oceanography in San Diego.

**Interests outside of HOG:** My younger sister and her family live in the Miccosukee Co-op and we enjoy spending more time together since I've moved up here. I do enjoy RV'ing and am able to tote my Harley along on just about every trip! I am pretty much a complete Tampa Bay fan; Bucs, Rays and Lightning! And, of course, FSU fan of everything FSU! Go Noles!

**Volunteer Work:** For the past several years, I have been very involved with the Tampa Bay affiliate of the Pancreatic Cancer Action Network raising money as well as awareness. I was also proud to volunteer at the Bay Pines VA Hospital for a few years as a wheelchair escort...lots of fun and very humbling as a fellow veteran. I look forward to getting back into the volunteering now that I've completely settled here!

**HOG:** I originally joined Tallahassee HOG in early 2015 and attended only one meeting for some unknown reason! I joked with Wes that I thought these were annual meetings! I've now attended three meetings in a row and don't plan on missing anymore! BRIAN.

## DRINKING + MOTORCYCLING = A BAD RISK

Mark Welch — Safety Officer

As most of you already know, May was motorcycle safety awareness month. What you might not know is that there was a significant spike in motorcycle fatalities in 2015. Further, a third of those fatalities were alcohol related. Drinking and riding is a bad combination!

Some folks think that because all they had to drink was beer that they are OK to ride. The truth is that alcohol is alcohol no matter what beverage you enjoy. One 12-ounce beer has the same alcoholic content as a 5-ounce glass of wine or a 1.5 ounce shot of liquor. It takes the body about one hour to eliminate one drink.

There are also myths about sobering up faster. Some believe a cold shower will sober up a person faster. Others believe hot coffee will do the trick while still more think eating will help speed the process. The truth is that if you do all of that to someone who is intoxicated, you will have a clean, wide awake, well-fed drunk on your hands. Time is the only way to sober up a person.



In Florida, you are considered to be under the influence of alcohol when your blood alcohol content (BAC) is .08% or higher. At about .015% per drink, it does not take long to boost your BAC to .08%. You should also be aware that in Florida, you could be convicted of driving while under the

influence of alcoholic beverages if your BAC is .05% or higher.

The first things that are impacted when your BAC increases is your judgement and vision. (That explains why so many bad hook ups happen when the bar closes.) So your ability to determine whether or not you should ride has eroded when it is time to go home and you make bad decisions. That is one of the many reasons HOG rules do not permit drinking on a sanctioned ride.

The best rule of thumb for us all is if you drink don't ride and if you ride, don't drink. Enjoy both pastimes if you choose to, but do them separately.

Head and eyes! MARK.