



The WASH

UMCI Newsletter of Washington State



Our Only Business
Freedom, Friendship, Food & Fun



Ride Beside Me - Be My Friend



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[International Website](#)

[Washington State Website](#)



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Announcements & Tid Bits

Mar 24, Motorcycle Swap Meet, 9am - 3pm, Monroe WA
Evergreen State Fairgrounds • 14405 179th Ave SE • Hwy 522 & Hwy 2



Date TBD, North Cascades 2024 Riverbend Campout
1st Saturday after North Cascade Highway (SR20) opens. See Flyer

Apr 27-28, Spring Banquet • Senior Center, Othello WA
See Registration Flyer • Just Click and Type • Complete ASAP

May 19, Sky Valley Motorcycle Show, Snohomish WA
9am - 4pm • Live Music • Rain or Shine

2024 UMCI International Rally

July 23-25, 2024 @ Kamiah, ID

See Flyer & Registration Form • Reserve Early

Sep 22, Oyster Run Motorcycle Rally, Anacortes WA
Free Event • No Schedule • No Required Route • [Info](#)

[Seattle/Tacoma • Sedro Woolley Lunch Rides](#)

Cover Photo

Osprey at [Chief Timothy Park](#) (Silcott Island), Clarkston WA



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INTERNATIONAL REPS TWO CENTS

Hi to all. I hope that all of you are getting ready for some riding, it'll be that time soon here in the Columbia Basin. I just about rode to our breakfast meeting on the 10th. I got the bike out, cleaned up and ready to go, then Sunday morning the thermometer read 32 degrees at 8 A.M., so figured at 60 miles an hour, it would be a little colder than I wanted.

We had a great meeting. There were about 12 members for breakfast and one brave soul (Richard) that rode. Lucky for him it's only 5 or 6 miles to Bob's Café, but I applaud him for riding his bike.

We did some planning for the Spring Banquet. Things are shaping up nicely. We have 25 pre-registered so far and several that plan to pay at the door. Lynette said that we would have hors d'oeuvres around 5 :00, and have time to enjoy each other's company, then eat dinner at 6:30.

We also discussed holding the Washington State Rally this year. The group felt we would hold off this year and conduct the International and the Washington State rally together next year because it will be Washington's turn next year. Please, if you have input on this, contact me, your thoughts can contribute to this decision. I want to hear from other Washington State areas.

I want to remind everyone of the things that you should look for this spring before you hit the road. I know that everyone is ready to ride, but is your motorcycle? Just a couple of things to check before starting out (I'm sure all of you know these things but a refresher never hurts.)

1. Make sure your tires are in good condition before starting a ride. Ensuring there are no embedded objects or bulges. Monitoring tire wear contributes to a safer ride. It's also a good idea to check the tire pressures, especially when it's cold outside, to make sure they have enough air.

While you're looking at the tires, take a look at the wheels to make sure everything looks in order. Keep an eye out for bent, broken or missing spokes, for instance, and watch for excessive grease, which may indicate a cracked seal. Finally, check your brake pads and discs for wear, and make sure both brakes work.



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2. It's important to know that each of your bike's controls are in working order each time you ride. Check that your hand grips are securely in place and that your handlebars are straight and turn easily. Make sure your throttle operates smoothly and doesn't make a revving sound when you turn the handlebars. Test your levers and pedals too, to ensure they're properly adjusted and have no bends or cracks. And don't forget to look over your cables and hoses for visible damage such as cuts or kinks.
3. Your motorcycle relies on a number of fluids to keep it running. Before hitting the open road, check that your bike has enough fuel, engine oil, coolant, hydraulic and transmission fluids. Also, take a look at your bike's gaskets, seals and hoses to make sure there are no signs of fluid leaks.
4. It's also a good idea to make sure the body of your bike is in good condition. Check for cracks in gussets and make sure there's no damage to accessory mounts. Test your bearings and bushings too, by pushing and pulling swingarm and forks to make sure they are properly functioning. Don't forget to take a look at the chain or belt to make sure it has the right tension and that the chain is lubricated and the teeth are engaging.
5. In addition to ensuring your bike runs well, it's important to make sure it can support itself when you end your ride. Take a look at the condition of the center and side stands — if they are cracked or bent, you may want to get them repaired. Also make sure the springs have enough tension to hold your bike upright.

I realize that this is a lot longer than normal, I hope that you will bear with me. I just want to make sure that everyone is safe and that this will be one of the best riding seasons of your life. There are lots of opportunities to ride this year. Please take advantage of as many of them as you possibly can.

We hope to see you at the Spring Banquet or at one of the campouts or the International, either way it is our pleasure to call you a friend.

Sincerely Kevin and Kevi

RIDE SAFE RIDE LOTS AND MOST OF ALL HAVE A TON OF FUN!!

RIDE BESIDE ME BE MY FRIEND!!



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Inland Northwest News

March Meeting of Spokane Chapter UMCI 2024

The weather in this area is so unpredictable. We had warm weather most of the week, with some rain. Friday, we had beautiful sunny warm day. Imagine our surprise when we woke up to at least 4 inches of new snow the next morning. The day before this, we had green grass and bare ground.. The weather can change from minute to minute in this area.

The Sunday ride to Moses Lake Chapter that the club had planned for the next day, had to be cancelled and hopefully will happen next month.

President Charlie Crane, brought the March meeting to order. It was pretty well attended in spite of the weather. It was great to see John Gaumer, who had been ill and has recovered enough to come to the meeting.

Charlie, announced the different events and happenings that are scheduled for the 2024 riding season. There is quite a list of camping, rallies, and other motorcycle related things that are planned for this year. Check the monthly newsletter, the WASH for a list of all that UMCI has planned for us.

The club treasurer gave a financial report. The club is in good shape with over \$600 in the bank account. There was a call for any announcements from the members of the two other clubs that regularly attend the UMCI meetings. Eastern Evergreen Riders Director, Billie Leonard, announced the annual Spokane Motorcycle Show will be March 8th thru the 10 at the Spokane fairgrounds. She also announced there will be a Bike Blessing held on Easter Sunday, March 31st. at Cruisers at the state line. It is sponsored by the Soul Patrol of Spirit Lake, Idaho. Blessing of bikes 10-11am, followed by free lunch at noon. This is the first bike event of the riding season,

Panhandle Riders President, Joyce Kelley, announced that the Annual Kettle Falls Food Bank run will be during the Memorial Day weekend on Saturday the 25th of May. All clubs are invited for a worthy cause to help a financially depressed area. The ride starts at Elmer's restaurant at Coeur d'Alene after the Panhandle Riders meeting. Washington riders can join the group at Deer Park Denny's restaurant at 10:30 for a scenic ride to Kettle Falls. There will be a free lunch, and lots of deserts.

There were no other announcements, meeting was adjourned.

Billie



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2024 Events On The Horizon Washington, Oregon & Idaho

Note

Date TBD, North Cascades 2024 Riverbend Campout ([map](#)), Twisp WA
1st Saturday after the North Cascade Highway (SR20) opens.
 Duane Wood, 360-766-6603, [Riverbend Park](#), Important: See Flyer for info.

Apr 27-28, Spring Banquet, Othello Senior Center, Othello WA
 Kevin Besel, kbesel52@gmail.com - See Registration - Just Click & Type.

May 10-12, Sauk Park Campground, Concrete WA, FCFS, \$10/Night, [Info](#)
 Duane Wood, 360-766-6603, Add: [54569 Concrete-Sauk Valley Rd](#), Concrete

May 13-18, Cove Palisades or Crooked River State Parks, Culver OR
 David Fitzgerald, 206-300-5034,(Site# C20), [Register ASAP](#) - Any or all days!
 Deschutes CG will fill fast. Crooked River is the next closest CG, up on the plateau, a few minutes away. ([Campgrounds Map](#))

Jun 3-5, North Cascade Campout - Loup Loup Campground, Twisp WA
 Dennis Parsley, 360-672-1901 - No Resv, FCFS, ([Info](#)) ([map](#)) ([Google Earth](#))

Jun 24-27, Laird Park Campout - Laird Park Campground, Harvard ID
 Lynette Caruthers, 509-760-7956, No Resv, [Info](#), ([map](#)), BBQ/Potluck on 26th.

Jul 23-25, UMCI International, Clearwater River KOA, Kamiah ID
 Rick Killebrew, ricadev@mindspring.com, Reserve ASAP - See Flyer

Aug 5-9, Vista Park - Skamokawa WA, Reserve now for best selection.
 David Fitzgerald, route66@outlook.com, [Reservations](#) ([Map](#))

Aug 30-Sep 2, Tygh Valley, Wasco County Fairgrounds, Tygh Valley OR
 Ben Altman, 541-993-9015 - No Reservations ([Map](#)), Early Arrival 26th, Depart on 1st??

Sep 24-26, Boundary Dam Campground, Metaline Falls WA
 Ron Mattox, ronmattox@wavecable.com, Free Camping, [Map](#)



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2024 North Cascades Riverbend Campout



Is anyone interested in going camping on the First Saturday, after SR20 North Cascades opens? We could camp over at [Riverbend Park \(map\)](#), about 3 miles before you get to Twisp, about 7 ½ miles South of Winthrop.

Riverbend Park is nice, and has good bathrooms, plus won't be as crowded or pricy as Winthrop. We just don't know when the Pass is opening yet. I know I will be going and would love to have company; this will be a tent site that I will be reserving and camping in come rain or shine, with the motorcycle and tent.

I will be leaving the Burlington, Cook Rd. [Subway](#) at 9a.m. and will head over the pass making my way. I will be stopping at Diablo Lake Overlook, to take in all the beautiful scenery, and use the rest area. I will also stop at Hanks over in Twisp to pick up some grub. I will be having the coffee pot going at the campsite.

If anyone is interested in going and would like to meet up, or meet somewhere else along the way, please give me a call or leave a message so I can call you back.

Duane Wood
360-766-6603



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The Motorcyclist's Free-Weight Workout

Made simple for riders 17-77

For many motorcyclists, the idea of heading out to the gym several times a week just isn't appealing. But a simple free-weight workout can be done at home a few times a week and greatly enhance your motorcycling adventures while putting a healthier edge on your life in general.

Why you ask? For one, the human body functions much better when the muscles are toned up and there's enough muscle mass to accomplish the tasks at hand. Picking up a bike that has fallen over requires an extensive number of muscles throughout the body to complete the task including quads, abdomen, chest, triceps and biceps. The chore can be much easier with a set of toned muscles. Ditto if you have to push a bike with a flat tire off to the side of the road, load it into a truck or ride it several hundred miles a day. And if you're a dual sport rider, you'll most certainly want to keep your muscle sets toned so you can handle the bike through the various terrains that nature spits out at you.



In the following workout, you'll be utilizing simple free-weights (dumbbells), about the only expense in the whole deal. A weight-room style bench would be nice, but as you can see above, a simple ice chest and patio chair will cover that need without the additional expense. We're not shooting for a Hercules approach here, we simply want to tone up and build up a little muscle mass so it's available when we need it. Then simply maintain it by doing the workout several times a week.

If you're getting on in years, and who isn't, take heart. It sounds like some suspicious promise from a late-night infomercial: feel 15 to 30 years younger by exercising just one hour a week! But that's exactly what happens when you lift weights. Strength training has been shown to increase balance, decrease insulin resistance, decrease resting blood pressure, reduce arthritis pain, even improve memory. Some experts believe it's as essential as aerobic training: "As good as walking is for a variety of things, it does not address the loss of muscle that accompanies the aging process," says Wayne L. Westcott, Ph.D., fitness research director at the South Shore YMCA in Quincy, Massachusetts, and coauthor of *Strength Training Past 50* (Human Kinetics, 2007). That loss of muscle - about seven pounds per decade for men and five pounds per decade for women - causes a slowdown in resting metabolism that then translates into a host of health problems.



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Much of that age-related decline in muscle mass can be halted - and even reversed - by strength training. Gary Hunter, Ph.D., a professor of human studies and nutrition sciences at the University of Alabama at Birmingham, found that lifting weights for 30 to 40 minutes three times a week increased the muscle strength of women 60 to 77 years old by almost 40 percent - putting them on a par with 35-year-olds. Other studies have found similar benefits from lifting just twice a week.

Try the following routine for a month, and see if you don't notice a change. You need only a few things: an hour a week (in two 30-minute segments), a pair of dumbbells and a bench or ice chest to utilize during two of the exercises.

Beginners should start with one set - 8 to 12 repetitions - of each exercise, using 5-to 8-pound weights (you can find them for \$40 or less at any sporting goods store). More advanced exercisers should shoot for two sets of each exercise, using 10- to 12-pound weights.

Before you begin:

Get the right weights - To select the set of free-weights that are right for you, visit the sports store and try a set of exercise #2. Find the set that allows you to complete 8 repetitions without too much trouble.

Go Slow - Keep in mind that resistance is key. Raise your weights slowly and lower them slowly. This requires a bit more effort and control than simply lifting and lowering at natural or high speed, thus you'll build more muscle over time.

Once every two to three days - Do the workout only every other day or every three days. Doing the routine daily will simply tear down muscle, but you need a day or two in between to allow the muscle mass to grow.

Feel and imagine - As you do each exercise, you'll feel the muscles you're working on. Imagine just what it is you use each of these muscles for during motorcycling. For those with sport bikes, the Trunk Curl exercise (#6) is a start to sustaining your laid-over position for many miles, but you may want to investigate additional abdominal exercises designed to strengthen your back.

Warm Up - You need to warm up a bit before you begin. Since you'll probably be doing this at home start with 10-20 minutes of gardening or housework, wash your car or motorcycle, take a short bicycle ride or walk, or do a repair you've been putting off. There's plenty you can do to warm the body up around the house. No need to run out to a gym and watch CNN from the Stairmaster.

Always check with your personal physician before beginning any exercise program.



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1. Dumbbell squat (quadriceps, hamstrings, gluteals)

Hold a dumbbell in each hand, with palms facing inward, arms down by your sides, feet about hip width apart. Keeping your head up, shoulders back, and eyes fixed straight ahead, slowly squat until your thighs are parallel to the floor. Finish the exercise by slowly returning to a standing position.



2. Dumbbell lateral raise (deltoids) Hold a dumbbell in each hand, palms facing inward, arms down by your sides. Slowly lift the dumbbells away from your body until they're level with your shoulders, so that your body forms a T shape. Lower slowly to the starting position and repeat.



3. Dumbbell Curl (biceps) Hold a dumbbell in each hand, palms facing inward, arms down by your sides. Lift the dumbbells in unison toward your shoulders, rotating your wrists as you do, so that your palms are facing your chest. Slowly lower the dumbbells to the starting position.



4. Dumbbell overhead triceps extension (triceps) Grasp a dumbbell with both hands and lift it upward until your arms are fully extended, directly above your head. Slowly lower the dumbbell behind your head toward the base of your neck, then raise the dumbbell until your arms are fully extended.





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5. Trunk Curl (abdomen) Lie on your back on the floor, with your knees up and feet flat on the floor. Place your hands behind your head, then raise your shoulders about 30 degrees off the floor. Be careful not to pull your neck - your hands are there for positioning only. Slowly lower your shoulders to the floor.



6. Dumbbell bench press (chest) Lie on a bench (or in our case - an ice chest/patio chair configuration like you see here) with your feet flat on the floor, a dumbbell in each hand, and your hands on either side of your chest near your shoulders. Push your arms up until they are fully extended above your chest, then slowly lower the dumbbells to your shoulders. Repeat.



7. Dumbbell one-arm row (biceps) With your right knee and hand on a bench and your left foot flat on the floor, grasp a dumbbell with your left hand. Slowly pull the dumbbell to your chest, then lower until your arm is fully extended. Repeat the set with the weight in your right hand.





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ABATE OF WASHINGTON
 ★★★
**MOTORCYCLE
 SWAP MEET**
 EVERYONE WELCOME!



BUY ★ SELL ★ TRADE

MOTORCYCLES ★ PARTS ★ DOMESTIC & FOREIGN
 ACCESSORIES ★ GEAR ★ LEATHER ★ JEWELRY ★
 APPAREL ★ PATCHES ★ FOOD & FAMILY FUN

ADMISSION

\$5 ABATE MEMBERS
(SHOW CARD)

\$10 NON-MEMBERS

AGE 16 &
UNDER FREE

VENDORS

CONTACT
(253) 353-2235

EMAIL
SWAPMEET.ABATEOFWASHINGTON
@GMAIL.COM

EVERGREEN STATE FAIRGROUNDS

**HWY 522 & HWY 2
14405 179TH AVE SE
MONROE, WA 98272**

**INDOORS - 2 BUILDINGS
EVENT CENTER & PAVILION**

fb.me/ABATEMotorcycleSwapMeet

★ **BIKE
CORRAL** ★

SPRING BANQUET

April 27th & 28th, 2024

Othello Senior Center
755 N. 7th Ave, Othello, WA



The Spring Banquet is back at the Senior Center in Othello, for a great evening of good food, fun and door prizes. We'll hopefully get a chance to hear from all the Reps on what they have planned for the year.

Please Register ASAP so we can confirm the count with the caterer.

Dinner, served buffet style, starts at 6:30pm; \$25.00 per person. Same great catering service as last year. Good food and lots of it! Sunday morning breakfast starts at 7:30am; \$10.00 per person.

All are welcome! It's a great start to the season. -Kevin & Kevi

Registration

Please complete all fields to help update my records.

Name _____ Tel _____

Name _____ Tel _____

Address _____

City _____ State _____ Zip _____

Preferred Email _____

Dinner \$25.00 ea. x _____ = \$ _____

Breakfast \$10.00 ea. x _____ = \$ _____

Total = \$ _____

Please mail Registration to:

Kevin Besel, 1045 East Oak St, Othello WA 99344-1651

Othello Motels

[Othello Quality Inn](#), 1020 E. Cedar St. (509-488-5671)

[Othello Inn and Suites](#), 665 E. Windsor St. (509-331-5722)



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ABATE of Washington Sky Valley 27th Annual

MOTORCYCLE SHOW

- Manufactured Custom
- Mild Custom
- Metric Custom
- Radical Custom
- Metric Chopper
- Old School Chopper
- Stock
- Metric Full Dresser
- American Full Dresser
- Metric Half Dresser
- American Half Dresser



- Antique / Vintage
- Classic
- Factory Trike
- Custom Trike
- Sport Bike
- Rat
- European
- Japanese
- Sidecar
- 250cc & Under
- Women Rider

SUNDAY MAY 19 2024

EVENT SHIRTS
AND PATCHES

Snohomish, Washington

1st Street Historic Downtown

Live Music w/ Shortcutz * The Seattle Cossacks

Event Time 9am - 4pm • Rain or Shine • Trophy Presentation 3pm

Ride-In Motorcycle Show Registration \$20.00 9:00 am - Noon

Vendor Registration \$150 for 10x10 spaces - 1st Come!

Advertise your Business with a Sponsorship!

Information (360) 926-4265 • skyvalleybikeshow.com

Proceeds Benefit Local Charities

2024 - UMCI International Rally

Hosted by:

UMCI Idaho

July 23-24-25, 2024

Kamiah / Clearwater River KOA

4243 HWY 12, Kamiah, Idaho

208-935-2556

Email: lcresort@lewisclarkresort.com

Motorhome / Camping / Tent Spots Available

(50 Max Amp, 100' Max Length, Wi-Fi, Pool, Pavilion...)

Motel and Cabins Available

Everyone needs to make their own reservations

ASAP

Let them know you are with **UMCI**

Please make your reservations early

(Proposed) **Schedule of Events** *(Times TBD)*

Mon 22: Early Check-In

Tue 23: Check-In; Organized Ride (Route TBD); Hosted Ice Cream Social; 50/50

Wed 24: Late Check-In; Organized Ride (Maybe a \$5-Poker Run?? Route TBD); 50/50

Thu 25: Rep's Meeting (All May Attend); Banquet; Raffle Prizes; 50/50

Fri 26: Departure (Extended stay is optional. If plan to extend your stay, make appropriate reservations with Kamiah/Clearwater River KOA.)

Registrations:

- Registrations Fees have set at \$15.00 for an individual and \$25.00 per couple.
- Pre-registration is strongly encouraged and will be rewarded.
- Your "Official" Registration Form is attached to this month's UMCI Newsletter.

If you have any questions, please email them to:

Rick Killebrew – ricadev@mindspring.com

37th Annual – UMCI International Rally

July 23rd – 26th, 2024

2024 Event Registration Form

(Everyone is responsible for their own camping, motel, and cabin reservations)

Location: Kamiah / Clearwater River KOA (formerly Lewis & Clark Resort)
Website: [Kamiah, Idaho Campground | Kamiah / Clearwater River KOA Journey](#)
4243 Hwy 12, Kamiah, ID 83536
(208) 935-2556
Be sure to mention that you are with UMCI when making reservations!!

Schedule: Mon 22nd: Early Check-In
Tue 23rd: Check-In; Organized Ride(s); Hosted Ice Cream Social; 50/50
Wed 24th: Late Check-In; Organized Ride(s) (\$5 Poker Run [possible]); 50/50
Thu 25th: Self-Directed Ride(s); Rep's Meeting (All May Attend); Banquet;
Raffle Prizes; 50/50
Fri 26th: Regular Departure Date
(Extended Stay Permitted with Appropriate KOA Park Registrations)

Name(1) _____

Name(2) _____

Address _____

City _____ State/Province _____ Zip _____

Phone _____ Email _____

Total distance from Home to Kamiah _____ Miles/Kilometers

Registration Fees: (Please register early)

Prior to May 15, 2024 Single \$15.00 = \$ _____ (\$usd)
Double \$25.00 = \$ _____ (\$usd)

Prior to June 15, 2024 Single \$20.00 = \$ _____ (\$usd)
Double \$30.00 = \$ _____ (\$usd)

Prior to July 15, 2024 Single \$25.00 = \$ _____ (\$usd)
Double \$35.00 = \$ _____ (\$usd)

Mail Registrations to: Rick Killebrew
2536 W Whitelaw Dr
Meridian, ID 83646-4921

(Email registration form to ricadev@mindspring.com to meet a deadline then **mail immediately**)



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For Sale

1995 Bushtec Turbo Trailer • New \$6000
Was ~~\$2500~~, Now \$1500



Contact: Gary Shearer
503-508-2104 • backroad-rider@comcast.net
Oregon Listing



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For Sale

2001 Goldwing • Great Shape • 45,000 miles • \$6100



Contact: Patrick McManus @ 206-355-1924



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For Sale

**1995 Honda Goldwing GL 1500 Interstate • 54,000 miles
New Windshield • Tune Up • Brakes • Ready to go • \$4800**



1995 Kwik Kamp with Queen Bed • \$2500



**Contact Lucy Johnson at: 509-269-4648
Eastern Washington**



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UMCI Representatives

International Representative	Kevin Besel, Othello, WA	509-531-1942
WA State & Columbia Basin Rep	Kevin Besel, Othello, WA	509-531-1942
Inland Northwest Area Rep (1)	Charlie Crane, Spokane, WA	509-238-4677
Inland Northwest Area Rep (2)	John Fast, Spokane, WA	509-238-2341
Okanogan Area Rep & Treasure	George & Willie Penner, Okanogan, WA	509-429-1736
Seattle/Puget Sound Area Rep	David Fitzgerald, Kirkland, WA - <i>Temp</i>	206-300-5034
Sedro Woolley Area Rep	Duane Wood, Bow, WA	360-766-6603

Monthly Breakfast Schedules

Columbia Basin Area, 2 nd Sun.	9:00am, Bob’s Restaurant, 1807 E. Kittlestone, Moses Lake
Inland Northwest Area, 1 st Sat.	8:30am, Denny’s Restaurant, 6 N Pines Rd, Spokane
Okanogan Area, 1 st Sat.	8:30am, Cariboo, 233 Queen Street, Okanogan
Seattle/Puget Sound, 1st Sat.	9:00am, Sports Keg Bar & Grill, Burlington
Sedro Woolley Area, 1st Sat.	9:00am, Sports Keg Bar & Grill, Burlington

David Fitzgerald, Editor
UmciNewsWash@gmail.com

