



Are You Ready for an Adventure?



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Cortland Standard
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Take the scenic route

By S.N BRIERE
Staff Reporter

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Whether it's only for a few hours and several miles away or a weekend trip to another part of the state, motorcyclists love going on rides to see picturesque views, find an adventure or gem along the way — and see old friends or make new ones.

"Every year, we make the trip to Alexandria Bay," said Toni Miller, the president of the Cortland chapter of the national women's motorcycle group the Chrome Divas.

The trip, which was canceled this year because of the coronavirus pandemic, led the women along a beautiful drive whether by Interstate 81 or on a back road.

"It's a nice place to hang out, nice restaurants and everything," Miller said.

Tourism takes many forms in America: pilgrimages to Walt Disney World, cross-country treks by RV, journeys to Yellow-

stone or the Grand Canyon or the coast of Maine; bus trips to the Amish country of Pennsylvania or New York City.

Or a long chain of bikers exploring the back roads.

But more than having a beautiful place to hang out for a weekend, the women of the Cortland chapter like seeing the members from the chapters from the U.S./Canadian border.

"On Saturday, we do a Chrome Divas ride," Miller said. "It is nice to get together. In the winter time it's hard to go to Canada and see our sisters."

She also said it's cool to see the looks on guys' faces when their all-female group shows up on their bikes.

Miller said she also meets some sweet people on rides. One year the Cortland and Rochester chapters were on a cancer ride and stayed at a hotel in Skaneateles where they met a woman whose sister



See ROUTE, page 3



LEFT: Photo provided by Toni Miller / ABOVE: Pexels.com

LEFT: Toni Miller, president of the Chrome Divas, sits on her motorcycle during a Toys for Tots run in June.

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ROUTE

continued from page 2

had breast cancer and the woman donated.

But the best part, she said, is just getting to ride with all her friends.

However, sometimes the ride isn't a whole weekend but maybe a day trip down to Otisco Lake, like Mary Kiernan takes.

"I believe we live in one of the most beautiful places and to see it from the seat of a motorcycle is very different than from a car or truck," she said. "The scenery also changes over the season — the obvious being fall — but it is fun to see the changes in the farm fields over the course of spring to fall as well."

She said she started riding as a way to slow down.

One of her favorite spots along the lake is the public park near the northeast corner of the lake. But she also likes to stop at The Frosty Cow ice cream stand when she's out in the Dryden area.

"A lot of us have a couple little routes — a short ride, a longer ride and maybe a weekend ride," said Norm Stitzel, an avid rider and the Toys for Tots organizer and founder of veteran group VetSAR.

In June, he and other motorcyclists did a 96-mile ride leaving the Homer Elks Lodge, heading up Route 41A to Skaneateles, stopping by the Byrne Dairy in Lafayette for a break before riding Route 20 to Cazenovia and on to Route 13 back to Cortland. He said the group loves stopping at Byrne Dairy, a regional chain that sells subs, ice cream, pizza and more.

He loved the scenic route and suggests people try a different route whenever they can.

Motorcyclists have a couple sayings for why they like to go on ride, Stitzel said, such as they like to get their "knees in the breeze" or "Therapy is expensive; wind is cheap."

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Get your exercise

Even if you decide to stay close to home there are plenty of ways for the young and old to get out and stay healthy.

1. Golf

In addition to relieving stress, golf can improve your concentration. Opt to walk the course rather than rent a cart to get even more exercise.

2. Walking

There are many physical and psychological benefits to walking. All you need is a sturdy pair of running shoes. Plus, you can do it almost anywhere.

3. Cycling

This low-impact aerobic exercise helps with blood circulation, endurance and balance. It's also a great way to get some fresh air and explore scenic trails.

4. Swimming

Since it's a non-weight-bearing exercise, swimming gives you a full-body workout without putting pressure on your hips, knees and back.

5. Stretching

Activities like Pilates, yoga and tai chi enhance flexibility, balance and muscle strength. They're usually practiced in a group and can be adapted to accommodate reduced mobility.

Keep in mind that all of these options have the potential to be great social activities as well — just take the necessary health precautions.



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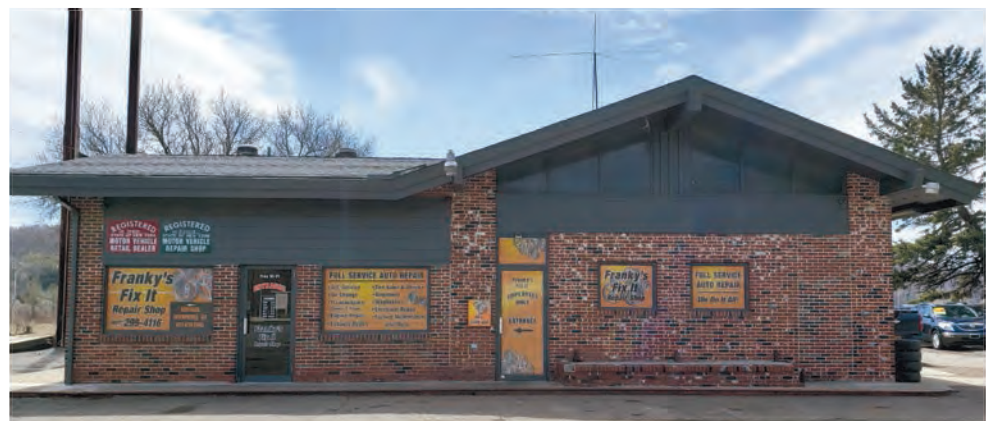
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Ward W. O'Hara museum entertains, educates on farms

The Ward W. O'Hara Agricultural Museum, located on East Lake Road (Rt. 38A) in Auburn, was founded in 1976. It is owned and operated by Cayuga County and its admission and parking are free.

Over the last 10 years, the museum has expanded to over 18,000 square feet of exhibits. It is more than just farm tractors and implements. There are several children's play areas, a miniature circus and train exhibit, a dairy room, a blacksmith shop, a country kitchen, a parlor and country bedroom. A new wing is devoted to antique tractors and farm implements. One section of the museum is devoted to industries of the city of Auburn and Cayuga County. There is a collection of John Deere toy tractors, a children's theater with four farm films, and 6 TV monitors explaining life in the 1800s.

There are many more exhibits and something for everyone. You will not be disappointed with your visit. Allow a minimum of 3 hours to view everything.

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Does music affect the way you drive?

According to research conducted by the South China University of Technology, the type of music a motorist listens to influences the way they drive. Here's what the study uncovered.

Findings

Study participants experienced a higher heart rate when they were exposed to raucous music versus when they were exposed to gentler music or no music at all. As a result, they drove faster and less carefully. The key factor was shown to be song tempo, which was measured in beats per minute.

When participants listened to music with a tempo of above 120 beats per minute, they tended to drive faster than they did when listening to music with a slower tempo. The difference in driving speed amounted to about 10 miles per hour. Lane changes also occurred twice as often when drivers listened to this kind of music.

The song that caused participants to drive fastest and most erratically was "American Idiot" by Green Day, which has a tempo of 189 beats per minute. The song that was most conducive to safe driving was "Stairway to Heaven" by Led Zeppelin, which has a tempo of 63 beats per minute.

Recommendations

To thwart the impulse to speed, the best songs to listen to in the car are ones with a tempo that's about the same as your resting heart rate, or between 60 and 80 beats per minute. There's no shortage of tunes that fit the bill, from "I'm Yours" by Jason Mraz to "I Don't Want to Miss a Thing" by Aerosmith.



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Canoe-camping requires a lot of planning, especially if you intend to venture into the wilderness without a guide. Here are five ways to ensure your adventure is a success.

1. Choose the right route

There are a number of factors to take into account when choosing a route for your canoe-camping trip. Some things to consider are:

- The experience and fitness level of each group member
- The expected weather conditions
- The degree of difficulty and turbulence along the waterway
- The number of portages
- The distance

2. Find out if you need permits

Familiarize yourself with the regulations in the area you're visiting. You may need to obtain access and fishing permits.

3. Equip yourself as needed

In addition to your canoe and tent, you'll need a fair amount of gear. Be sure to bring your personal flotation device, whistle, compass, dry bags, sleeping bag, waterproof matches, bug repellent and survival kit.

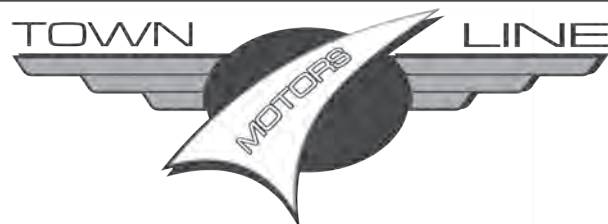
4. Learn to load your canoe

To make sure the boat is stable, you'll need to evenly distribute your gear along the bottom of it. Also, you should secure the items in place. This way you won't lose anything if the boat capsizes.

5. Pack the appropriate clothing

Stay away from natural fibers like cotton and wool. Instead, opt for synthetic materials that dry quickly. You should also pack a wetsuit, a hat to protect yourself from the sun and warm clothes for cooler evenings.

Finally, remember to pack your favorite camp food and a chair. After a long day of paddling, a well-deserved meal is a must.



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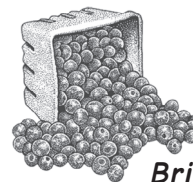
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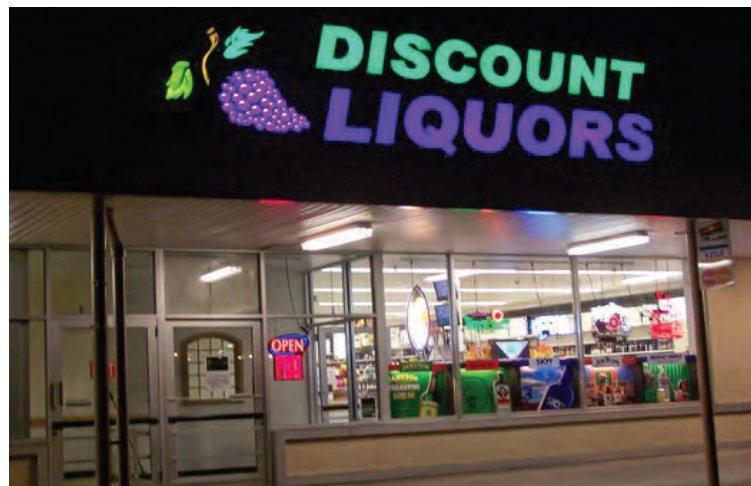
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