



Tips for Keeping Cool During Summer Rides

We don't get many warm and sunny days here in Washington state, so it comes as no surprise that summer is the best time for motorcyclists to hit the road and get in some good riding. One thing that we Pacific Northwest folks sometimes forget is just how hot it can get out there in that summer sunshine. Riders need to be prepared to deal with hot temperatures... especially if you are planning to be out riding for several hours or are taking a road trip for a few days. Here are some tips to help stay cool during your summer rides.

Staying hydrated. Think about what makes the most sense for your particular ride. This could mean using a hydration pack, bringing a water bottle, or making scheduled stops along the way to ensure you stay hydrated. Sports drinks that help restore electrolytes are another good choice. Being out in extreme heat will make you sweat, which can cause dehydration. If you become dehydrated you can experience headaches and dizziness,

which makes for dangerous riding conditions. Alcohol and caffeine can make you dehydrated so drink more water if you have either. It is also important to take snacks... you do not want to ride on an empty stomach in the heat.

Wear a cooling neck wrap or bandana. Not only does a cool neck wrap or wet bandana keep you cool, it can also protect your neck from the sun and getting burned. If it is hot out, these will dry quickly. Be sure to stop and soak your neck wraps in cold water as needed.

Wicking base layers. This special gear is a made of synthetic base layers, which "wicks" moisture away from your skin. This helps your body effectively evaporate sweat and keep cool. This type of gear also offers a bit of compression, which can increase circulation and reduce fatigue. Even if it is hot out, it is best for riders to wear full body clothing to protect yourself from accidents, injuries, dehydration and sunburns. Invest in well ventilated

riding gear and look for something in lighter colors for better cooling effect.

Take rest breaks. When it's hot it is important to stop more often. Be sure to have a snack and drink some water. Dumping cold water on your head and finding a shady place to sit for a bit will also really help cool the body down.

Be alert. It doesn't take long for heat exhaustion to kick in, which can quickly lead to heat stroke. If you are starting to feel a headache, cramps, lightheaded, dizzy or clammy, you may be overheating. It's time to quickly cool down if you experience these symptoms. Pull over and take off your helmet and get some cold water on your head and around your neck. If you can find a place that has air-conditioning all the better. Drink water immediately. If you are near a river, a lake, or a swimming pool, jump in! Do what you need to in order to give your body a chance to cool down. If that doesn't work, call 911.

Use your common sense and make sure you are prepared before heading out on a ride in the summer heat. Summer rides are a lot of fun but be prepared so you get through the whole trip no matter what you encounter.

Have fun and safe riding!

MaxPower Law welcomes New Team Members



Morgan Hess joined the MPL team in February as our Office Administrator.

She is the first face you will see when entering our office and is always ready to greet you with a smile!

Morgan came to us after spending a few years as a stay at home mom. She has three great kids named Paislee, Kaiden, and Alaina as well as two kitties Saphira and Princess Fiona. When she has free time, Morgan likes to pull out her camera and find herself lost in the woods or on the beach snapping photos of the scenery, wildlife, and her kids.

She also enjoys trying new recipes, baking, and doing art projects with her kids. The outdoors is her favorite place to be and she spends the majority of her summer with family hiking, fishing, and camping as much as possible.



Lisa Cummings joined Max Meyers Law in February of 2020 as a Paralegal.

She received her Paralegal Certification three years ago, and prior to joining us, owned and operated her own business as a freelance paralegal and legal investigator.

Lisa and her husband grew up and raised their three daughters in Kirkland and now have the joy of their four grandchildren.

They love travel and spending time with their family. Lisa is an avid tennis player and has been playing for six years on a United States Tennis Association team.

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JULY Events Calendar

We continue to monitor our events calendar as we move into the next "phases" of COVID-19.

The MaxPower Law team had a bunch of local motorcycle events we planned to be at this year, but we are still seeing everything getting canceled due to the CORONAVIRUS.

Check our website www.maxpowerlaw.com and our Facebook page www.facebook.com/maxpowerlaw/ as we receive updates about local events over the next few months.



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