

Volume 35 issue 405

July 2023

LAKE SHORE HOGTM

Monthly Newsletter



Whats Happening

Annual Picnic

July 16, 2023

12 Noon

Nippersink Forest Preserve

Upcoming Rides and Activities

July 1- Ride to Phils Rivet- Milwaukee- Multiple RCs

July 2- Brunch at Charcoal Grill Burlington- Doug W/ Scott

July 8- Doyles Pub- Manny/ George

July 9- Cooper Bottom Bar& Grill New RC Ride- Dave Mills

July 12- WWDC#7 Saylow Mick's Pizza & Pub- Dave J

July 14- Ride to 120th Anniversary- Dawn/ Bob

July 16- Annual Teddy Bear Ride- Multiple RCs

July 22- Shakers Cigar Bar Milwaukee- Doug C/ Doug W

July 23- Waterfront Warehouse Racine- Manny

July 27-30 Chapter Trip to Hayward

[Click here for more information on upcoming rides and activities](#)



Heather Johnston

Director

I am so glad that the weather has been getting warmer and that our awesome road captains have had a variety of rides for us to enjoy so far this season. I look forward to many more warm, sunny days and cool evenings riding with you all.

It's hard to believe it but the Teddy Bear Picnic is just around the corner. Do you have your tie dye ready? I'm excited to see how y'all "Turn up" in tie dye for this ! :-)

As always, keep your eye on the chalkboard at the dealership and on the calendar on our website for updated ride & event information.

Our "H.O.G. Heydays in Hayward" Chapter trip is just a few weeks away and we have over 40 members signed up. Woohoo! It's gonna be a fun time for sure.

Until next time, I wish you & yours a very Happy Independence Day & safe riding!

Heather "Bling" Johnston
Director
director@lakeshorehog.com
217-317-0384



Doug Wrobel

Assistant Director

Well, Hello again. As I'm sitting here writing this the Mid-American H.O.G. Rally, Rally by the River is winding down. If any chapter members were able to attend, I hope they had a great time. It looked like they had a great showing by the Pic's that were posted on Facebook.

The next chapter is the 120th Anniversary of Harley Davidson and 40th Anniversary of H.O.G. the 13th – 16th of July. There will be a Chapter led ride up to Milwaukee on the 14th from at dealership at 11:00, led by Dawn Cherry. Hope everyone has a good time. Roz and I will be back in Western New York for a family reunion. Don't forget that the 16th is the Chapter Picnic and Teddy Bear ride.

On a not so good note, I've noticed an uptick in Motorcycle accidents in Lake and McHenry County. I even get the Sheriff's report from back home in Western New York and the number of Motorcycle accidents back there too. Most of the accidents are from cagers turning left in front of the motorcycle. They just had one on 176 about a half mile east of the dealership today. I know that as a chapter we ride safe. But it just takes that one person not paying attention to the road in front of them to ruin our day. So, for now, everyone ride safe and enjoy your ride.



Rick Cruz

Treasurer

Summer is here and the weather does seem to be cooperating, with summer comes the opportunities to ride and enjoy the many roads and scenery.

What better way to enjoy that ride than with the company of your fellow H.O.G. brothers and sisters, We at Lake Shore H.O.G. are happy to welcome any and all who want to join our chapter. Please let your friends and family know who we are and what we're all about! The more members we have the more miles we can rack up on Ride365 and enjoy the planned events like our upcoming picnic in July and the Holiday party in December, I hear there are plans in the making to ensure both of these events are fun filled, entertaining and memorable. Understand that you can sponsor a friend or family member as an associate member, with your full National H.O.G. membership, or if they ride and have their own full National H.O.G. membership they can easily join our chapter so long as their National H.O.G. membership is active.

If you have any questions, Roz Wrobel our Membership Officer can help. Send her an email, or talk to her at one of the meetings.

You may wonder what your annual membership dues go towards, and I can tell you they help your chapter manage things like the annual Bike Blessing, the many activities throughout the riding season, the annual mileage winner plaques and Road Captain of the Year that hang in our H.O.G. corner at the dealership, the picnic in July and they help to offset costs for the Holiday Party in December. All your dollars are accounted for and tracked monthly which I can say I am honored to manage. If you have any questions or would like to see where your dollars are, I have this information with me at all the monthly meetings and am more than happy to share it with you.

Happy 4th of July and I look forward to seeing you at the Annual Picnic.

For now, Let's Ride!

Rick Cruz
Treasurer/Road Captain
treasurer@lakeshorehog.com





Colleen Hancock

Secretary

Nothing to share this month



Nita Cruz & Sammie Sweeney Activities



Howdy folks,

Summer is here and that means picnic time! Our annual Teddy Bear picnic this year is July 16, and as of this writing we have 44 signed up, though there is room for more! There is a ten dollar cover charge to reserve your space which will be returned at the picnic. We need your completed form and money (Checks should be made out to Lake Shore H.O.G.) mailed to **Nita Cruz 9321 Champion Ct, Spring Grove IL 60081** no later than July 10th, so we know how many will be attending to ensure there is enough food etc.. for everyone. If you have seen the flyer, you know our theme this year is Tie-dye and we have a couple of contests, which are the Most Outrageous Tie-Dye and the Most Creative Tie-Dye. These will be judged at the picnic grounds at the Nippersink Forest Preserve. We will have our Annual Teddy Bear Ride from the dealership to the picnic leaving at 10:30AM, with lunch served at noon. To go on the ride and get your free rocker, bring new stuffed animals and/or Hot Wheels® cars and this year we've added socks and underwear from toddler to teenager per the request from our friends at NICASA.

Along with the contest we will have our Biker Games with prizes for the winners, and other games just for fun! So come on out and join us at our picnic which will count as our Monthly Meeting for Perfect Attendance, there will be a sign-in sheet and someone to initial your activity card.



Nita Cruz
Sammie Sweeney
Co-Activities

activites_nita@lakeshorehog.com

activites_sammie@lakeshorehog.com



Roz Wrobel

Membership

Happy July from Membership!

We are a family of 170 strong and growing. Love seeing all the new faces and everyone at the events and rides that our chapter has planned and all the exciting events coming. Our chapter seems to always out do itself with them! If you have not been on a ride or event, you do not know what you are missing.

We have 2 new members this month so please join me in welcoming, Landon Cruz and Anne Gavin. We also have a returning member, Troy Cruz. Welcome to the family.

Please remember to keep your national H.O.G. current. If it should expire, your membership with the chapter becomes inactive until your national H.O.G. is current. This can be easily done by logging on www.hog.com. I will also send an email or text if no email if it has expired. I check several times a month, please make sure that I have your current email address.



Roz Wrobel
aka" Muffin"
Membership Officer/Volunteer Coordinator
membership@lakeshorehog.com



John R. Sweeney Jr

Head Road Captain/ Webmaster

Howdy everyone,

I would like to welcome our two newest Road Captains to our ranks, Christine Quill and Coti Miles. They both completed the RC program and did their first chapter ride on June 17th and they did a great job. Congratulations to the both of you. We also have two other candidates that are more than halfway through the program and should be finishing soon. You'll see their rides on the ride calendar and when you do, come on out and give them some support. They all do this for the members.

We are in the prime part of the riding season and our ride calendar is full, so there is no excuse to not find some kind of ride on every weekend. And there are some weekday rides and even more are starting to pop up. So get out there and enjoy the variety of rides that the RC's have put together for you and ride, ride, RIDE!!!

On Saturday, July 1st we are having our memorial ride to view Phil Seils's rivet up at the Harley Museum. It leaves Lake Shore's parking lot at 10:00am. We will view his rivet, do the last rev and share some memories of Phil. Friends and family members are welcome to join us at the museum for the viewing. We should be there between 12:30 and 1:00pm.

For those members that are going on our annual chapter weekend trip "Heydays in Hayward", have a safe and fun trip. It's beautiful country up there and some great riding areas. You'll love it...And for those not going, keep an eye on the calendar and I'll see if we can get a couple of rides locally for those that might still want to get out.

Till next month...

John R. Sweeney Jr.

aka (Motor Mouth)

"Remember, shiny side up and rubber side down..."

Head Road Captain

HeadRoadCaptain@lakeshorehog.com

(847) 651-4469 (Cell) — (847) 882-0187 (Home)



Teddy Bear Corner

Howdy folks,

Hope you all are enjoying the 2023 riding season. Remember “Shiny side up and rubber side down”. Our annual Teddy Bear Ride to the chapter picnic is July 16th, so stock up on stuffed animals, Hot Wheels cars and new this year, socks and undies (for sizes toddler through teens). All these items will be donated to NICASA for families in need. Bring any and as many of these items that you want to the picnic and get your yearly rocker.

We would love to see you at the picnic, but for some reason if you can't make it and you still want to donate, you can bring your items to the drop-off bin in our H.O.G. Corner at the dealership. Anything donated is appreciated and these families are very grateful for our help. On behalf of all of them, thank you so very, very much...

Hope to see you all at the picnic and till then always ride safe.

Till next time,
Sammie Sweeney
Teddy Bear Coordinator
jr.sweeney@comcast.net
(847) 882-0187



Joe Murglin

Safety Officer

Motorcycle Rider Fatigue:

The abundance of fresh air, easy curving roads, engine noise, can all lead to drowsiness while riding your motorcycle. It's more common than you might think for riders to fall asleep at the handlebars only to awaken when they realize their bike is on the shoulder or worse, have a close call with another vehicle.

Here's some things to do to help you avoid drowsiness:

- Set your bike up so it fits you. Handlebar adjustment, front brake and clutch lever positioning, foot peg adjustment (if you don't have floorboards), and maybe a custom seat. Typically, a wider firmer seat with a rigid seat pan will provide much more support.
- Obviously, alcohol should be avoided all together, caffeine is only a temporary solution. Rest is best!
- Just as important as staying hydrated, extra sleep for a few days before a long multi-day ride will definitely help.
- Sleep experts say that you'll feel the most tired between 3:00 and 5:00 pm, so try to schedule your arrival around then.
- Other factors that add to fatigue are noise and dehydration (see the June article for more info on dehydration). An easy way to address noise fatigue on a long trip is with earplugs. There are companies that make ear plugs geared for riders that tune out the unnecessary loud noises but still allow the rider to be aware of what's going on around them.

Hopefully this will help you stay alert and safe on any long trips that you may take this summer. Stop and rest when you're feeling tired, and most importantly, have fun!



Sherrie Bransky

Ladies of Harley

Nothing to share this month

Sherrie Bransky
Ladies of Harley

loh_sherrie@lakeshorehog.com



George Lang

Historian

A Little H.O.G. History

Submitted By Corey A. Johnston

This year marks the 40th anniversary of National H.O.G. Harley Davidson developed the idea in 1983, a subject I already covered in a previous article. Just five short years after H.O.G. was created Lake Shore H.O.G. came into existence in 1988 in Waukegan Illinois. The dealership at that time was much closer to the actual lake shore, located at Belvidere and Glenrock road in Waukegan. We still have one of our charter members in the chapter, you probably all know JC, the wizard of custom motorcycle building. As we all know the dealership moved to its new location and the chapter moved along with it. We have lasted through many dealership buy outs and transitions. Our chapter number has changed many times but we are still the same awesome group. Throughout the years our membership numbers have greatly changed from years with over 400 members to our current group of less than 200. Over the years we have seen many directors, officers, and members come and go. One central idea that has never changed is our mission of riding and having fun. No matter what changes we see different owners, managers, global pandemics, etc we still have fun and ride. I have to say I am very proud to call myself part of the chapter history as the youngest director ever and I am proud to say Heather is our first ever lady director. I would like to encourage all of you to continue to make memories with this chapter and add as much as you can to it's rich history.

Historian

George Lang

Historian@LakeShoreHOG.com



Bob Morrison

Photographer

Hello sisters and brothers,

Here are some pictures from June with many of the pictures taken by our members. Hope you enjoy some of the memories this month.

Memories from our June meeting:





WWDC #6(23) -Stone Creek Grill



National Motorcycle Museum (23)



Check out the new Road Captains Duo-Rides!



The Bunker!





Misc. pictures from our members:





Hope you enjoyed the memories from this month.

Bob Morrison
Photographer
photographer@lakeshorehog.com



Corey A. Johnston

Editor

Time for another addition of

Tales From the Trail

I have had a lot of members ask me about Iron Butt and endurance challenge rides over the years so this month I am just going to write about them in general and a few of my personal rides. For those that are interested in doing an “official” Iron Butt Association ride visit

[Iron Butt Association](#) for all the official rules. The classic that most people simply call the “Iron Butt” is officially known as the SaddleSore 1000, this ride requires a rider to complete 1000 or more miles in a 24 hour period. With all IBA rides the rider must log a receipt and their odometer at the beginning of the ride along with the time stamp and geographical location. Along the ride at each stop the rider must record the same information. At the end of the ride they must submit photos of each receipt along with a route map that shows the details of your travels and any stops over 30 minutes. This information is submitted along with a fee to the IBA and if everything checks out you receive a patch, pin, and certificate of completion. There are many different IBA rides such as the great lakes series where you ride around a specific great lake in under 24 hours, stacking mileage runs like 2000 miles in two days, 3000 in three days and the crazy 10 for 10 (10,000 miles in 10 days) and the Dirty 30 (30,000 miles in 30 days) They also have ultimate coast to coast challenges and many more. All of the challenges require a rider to complete a SaddleSore 1000 ride before attempting any longer or more difficult challenges. My first ever IBA ride was a lunch ride to Jacks BBQ in Nashville TN, I had a great 1060 mile round trip. I took a fairly easy ride and took an hour break for lunch. I made the round trip in a fairly easy 19 hours. My second official IBA ride was the Lake Michigan 24, riding around lake Michigan along side roads and all the way up to Sault Ste Marie in order to gain 1000 miles of riding. This ride was considerably more time consuming due to the two lane highways and slow town traffic, it took me 21 hours to complete. One of my favorite IBA series of rides was on my trip out West in 2020. I left early in the morning heading for Drummond MT. My goal was a BunBurner Gold (1500 miles in 24 hours) sometimes we don't reach those hard goals. I rode 1400 miles into Montana and decided to call it quits due to

Abundant wildlife along the side of the road and increasingly difficult mountainous terrain changes in the pitch black night. I stopped for a few hours in a rest area and slept on a concrete picnic table trying to avoid any issues with rattle snakes. I must say not very restful sleep as all the trash cans were bear boxes, there were rattlesnake warning signs everywhere, and you could hear wolves howling throughout the night. After a bit of “rest” as the sun began to peak through the sky I set off to finish my 1500 miles. I arrived in Drummond MT (1500) in 29 hours with all my stops. As I rode that last 100 miles I was very glad that I had stopped when I did the terrain would not have been safe under the poor visibility conditions and fatigue. I didn't get the BunBurner Gold but did achieve the BunBurner Silver for 1500 miles in under 30 hours. I then kept riding on to Bremerton Washington for a total of 2200 miles in around 45 hours of nearly continuous riding. Definitely an adventure I will never forget. If you plan to attempt any long distance endurance ride I suggest you build up to it in increments, start building to 500 miles, then 750 and work from there with your comfort level. Many people find that after about 750 miles they no longer find the idea of 1000 appealing. Bring layers of clothing and gear, plenty of hydration, snacks, maps, extra cell phone charger packs. I also strongly recommend challenging yourself to see how long you can ride between stops to prepare for the long haul. When attempting most of these rides riders will often ride nearly tank to tank (for me about 220 miles between stops) this method is used to minimize the time off the road eaten by frequent stops. Most stops are also only 10-15 minutes long. Move around on your bike, stand up, stretch your legs do what you need to do to not get fatigued along the road. I also strongly recommend planning your route out very carefully beforehand with each gas stop and ensure the stations are 24 hour stations. My biggest advice is NEVER push yourself too far. If you feel like you cant make it any further stop earlier or more often and if you need to end the ride and get a hotel there is nothing wrong with that. Again if anyone wants to chat about long distance endurance riding I would be happy to share any other pointers, tips, or suggestions. Please remember these types of rides are not for everyone, or for most riders for that matter. Train for most of the season and attempt your ride later in the riding season when weather is cooler. If you decide to try an IBA ride I wish you the best of luck, safe travels and enjoy making a unique memory and experience that you will be able to share with a small group of individuals across the globe.

Corey (Rain Man) Johnston
"Listen to the wind, it talks..."

Editor/RC

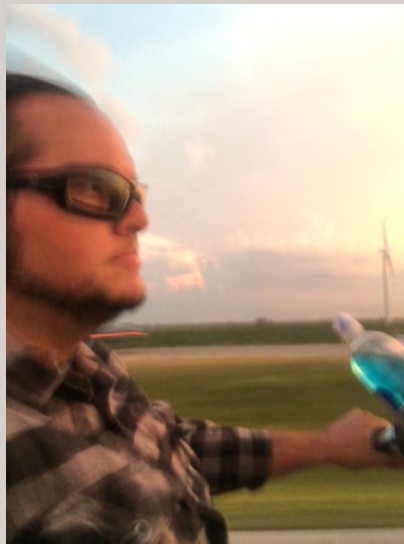
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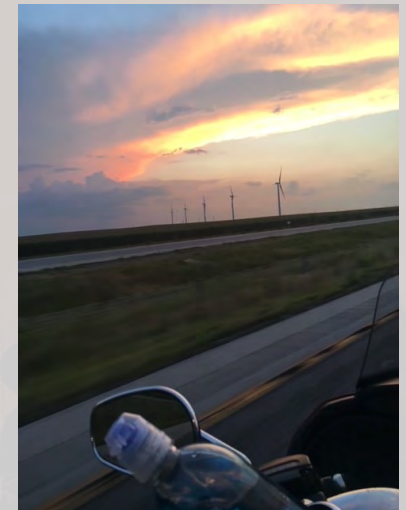
Example of Document of Mileage , location, and time



BBQ Lunch Stop



Ride home from Nashville and my first official certificate



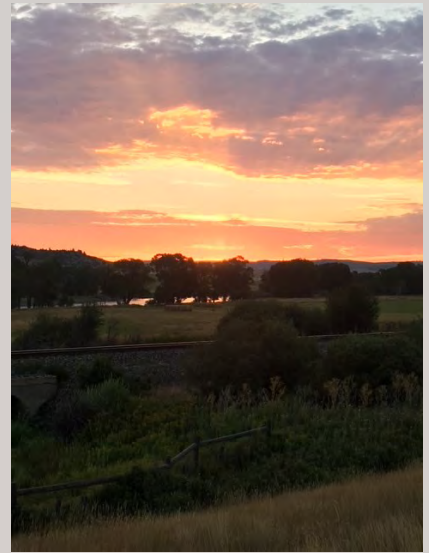
Another lunch ride up to Sault Ste Marie for our chapter

Hot Dog Competition and a Lake Michigan 24 challenge run





Beautiful
Montana
Scenery



1500 Miles at
Drummond MT an
amazing 29 hour
experience



Primary Officers



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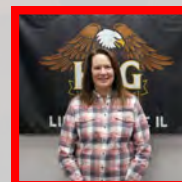
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Membership

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Officer at Large

Rich Faber

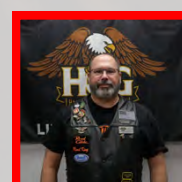
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Safety Officer

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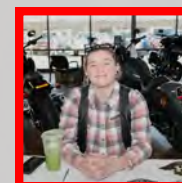
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