



Bike Blessing 2019

The H.O.G. Insider

L A K E S H O R E H . O . G . C H A P T E R # 3 5 2 2

September 20, 2020 — Member's Meeting

at Lake Shore Harley parking lot at 10am

50/50 and raffle tickets sold before meeting

LSHOG Rides/Events

9/12—Galena, IL—KSU 8:00 am from Rt 45 & Peterson Rd. Gas Station

9/13—Fred's Burgers—KSU 9:30 am from McDonalds @Rt12 & 120 in Volo

9/19—Machine Shed—KSU 9:45 am from dealership

9/20—After meeting ride to Bullseye Axe Throwing—see flier in this newsletter

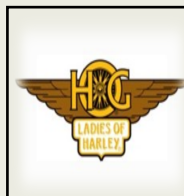
9/26—Super Dawg—KSU 5:00 pm from dealership

<http://lakeshorehog.com/calendar/>



Let's Ride

CHAPTER RIDE HOT LINE 847-281-3141



Corey Johnston – Director



September greetings fellow chapter members.

I'm happy to say our outdoor meeting went well last month and we plan to continue for the next two months. **10 am at the dealership**, once again you can come early and purchase 50/50 and raffle tickets and you will be signed in by Roz.

I have had many questions about how the upcoming election will work. Here is a brief insight into the process. We will still be having live nominations at our **October** meeting. For those not able to attend, the nominations can be submitted via email to the board. Once the nominations are made we will give each candidate a chance to publish an article in the November newsletter. All members will be able cast a vote via email. Again this is a brief overview. We will have full details in an eblast and on the website soon.

In the last few weeks I have been blessed to spend a fair amount of time in the saddle traveling from coast to coast. I have been reminded why we all bought our bikes, to have fun. That may mean riding 50 miles in a weekend with friends, running 1500 miles in a day or a combination there of. All that matters is that you are enjoying what you do. Now throw your leg over the seat, make memories and have fun.

Corey (Rain Man) Johnston
"Listen to the wind, it talks..."
Director/RC
director@lakeshorehog.com

Roz Wrobel—Membership



Well hello September! It was so nice to see everyone at the August meeting even if we were far apart from each other.

I see that we have been riding from all the pictures that have been posted. That is great. But you know what else is great? We are growing. We are at 213 members and it so wonderful that we have this friendship that everyone wants to be a part of. I know that this year has presented some challenges and disappointments but we are going to come out of this stronger and we will be together soon.

Please welcome new members **Brian Nettleton, Rob Pet, Hector Salgado, Chet Brewer, Leo Potetti, Jeremy Carter, Vince Cuchetto, Michael Navarre, and Roger Remblake**. If you see them at the meetings, at the dealership or rides and events, please say Hi.

Just a reminder on keeping your National H.O.G. membership active. If you should let your National H.O.G. membership expire, your membership with Lake Shore H.O.G. is inactive until you renew your National H.O.G. This can be easily accomplished by logging onto www.hog.com.

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

John R Sweeney Jr **HEAD ROAD CAPTAIN**



Howdy everyone,

Can't believe it is already September. The summer is flying by and for us, summer started in June, so its going by even faster. I hope you are all able to take advantage of the weather and are getting out there and riding. If you can't make a chapter ride, go solo, but get the heck out there. Before you know it, there will be falling leaves and then snow... YIKES!!!

Seriously though, we have had some great rides this year and the good times are not over yet. Check out the calendar and go have some fun, catch up with your brothers and sisters and enjoy the great outdoors and explore some new back roads.

Just a reminder that our Chapter Mileage Contest will end on October 18th at our Chapter meeting. That is the deadline date, but you can check-in earlier if you are putting your bike in storage or don't think you will make the meeting. You can either check-in with me or Kory at the dealership. Since Ride365 runs all year, you can check-in on that one with Kory only, sometime between now and Dec. 31, 2020. That one runs Jan 1st to Dec 31st, ours runs October Chapter meeting to October chapter meeting.

I want to thank all of our Road Captains for putting on some great rides this year, even though it has been a troublesome year. They are doing a great job. Thank you, one and all... Let's all keep our fingers crossed that next year is a little more sane, but until then, please be safe, respect each others space and most of all have fun and ride....

We took up a collection to purchase a rivet up at the Harley Museum for Mike Scaramella. I will do that one more time at our September meeting. If you can't make that meeting, but would like to participate you can send me a check, I'll be ordering the rivet.

Make the check out to me and you can mail it to:

John R Sweeney Jr.
945 Washington Blvd.
Hoffman Estates, IL 60169

Thank you in advance.....

John R Sweeney Jr
aka (Motor Mouth)
"Shiny side UP, rubber side DOWN"
Head Road Captain
Lake Shore H.O.G Chapter
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(847) 882-0187

Rick Cruz—Safety Officer



Wow, it's September already and the weather has been great! A bit warm at times which brings me to the context of this month's article. Pulled from Dairyland Insurance <https://www.dairylandinsurance.com/motorcycle/on-the-road/safety/tips-to-avoid-dehydration-while-motorcycle-riding> 5 tips to avoid dehydration this motorcycle riding season Added August 15, 2019 Some of the hottest days of summer are at the end of the season right before fall. Still, there's plenty of time for a long road tour or ride to a distant motorcycle rally. Even if you stay close to home, you can spend many hours riding. Racking up all of those miles in the sun does pre-

sent some safety challenges—namely dehydration. There are ways to avoid dehydration, but it's important to understand why it's dangerous and some of the ways to identify if you're reaching dangerous levels of dehydration.

Understanding dehydration Dehydration occurs when we lose more water than we're taking in. Along with water, we also lose essential salts known as electrolytes. When we're fully hydrated, our bodies maintain a delicate balance of essential salts and fluids in our cells, organs, muscles, and bloodstream. We consistently lose water and electrolytes through normal bodily functions, such as sweating and using the bathroom.

Identifying the dangers of dehydration *By the time you feel thirsty while riding, you're likely starting to become dehydrated* and your ability to concentrate and physical skills could also be declining. All can lead to several dangers on the road:

- Reduced visual scanning for hazards
- Impaired judgment
- Reduced fine muscle control
- Increased reaction time
- Diminished balance
- Numbness and loss of sensitivity in hands and feet
- Severe muscle cramping in arms and legs
- Lapses in attention to traffic and road conditions
- Faintness

There are some dehydration warning signs you can watch for when riding this summer. Bear in mind that these signs and symptoms can be mild at first, and it's important to recognize them before they harm you. Here's what to watch for:

- Dry mouth
- Dry eyes
- Increased thirst or an unusual lack of thirst
- No need to urinate
- Headache
- Anxiety
- Irritability
- Fatigue
- Sleepiness
- Lightheadedness
- Dizziness
- Confusion
- Muscle cramps

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Tips to avoid dehydration The best way to avoid dehydration is to maintain a good fluid balance that includes the vital salts and electrolytes you need. ***Here are 5 tips to help you stay hydrated during your motorcycle adventures:***

- **Drink plenty of water:** Building water breaks into your road stop routine will help you make sure you stay hydrated all day long. Try drinking half of a 16-ounce water bottle before donning your helmet at the end of the first fuel stop of the day. Then store the bottle on the motorcycle. At the next fuel stop, finish the bottle of water and then follow your fuel and rest stop routine. End each road stop with another half bottle of water before resuming riding. This should help you reach the goal of **EIGHT** (8-ounce glasses of water a day).
- **Keep water on your motorcycle:** Consider buying a water bladder that'll allow you to drink without removing your helmet. Water bladders with drinking tubes are great for full-face helmets, allowing you to have a drink when you're idling at a long traffic light or stuck in stopped traffic.
- **Replenish your electrolyte balance wisely:** Water is only part of the solution to staying hydrated. Many sports drinks will provide you with electrolytes and minerals—including powders you can mix into bottled water. Just remember to avoid too much sugar or caffeine.
- **Eat fruits and vegetables:** We all like to grab a quick snack at gas stops. A good plan is to choose water-rich foods like fruits and vegetables instead of chips. Some foods like bananas and oranges also provide a natural source of needed nutrients and vitamins. Salad and vegetables are also good choices at mealtime and will help you maintain your hydration.
- **Avoid alcohol:** We all know to never drink and ride. However, drinking at the motel after the bikes are parked and locked for the night can affect your hydration on tomorrow's ride. So, when you celebrate with your riding buddies at the end of the day, moderation will serve you well the next morning.

Safely riding a motorcycle requires mental skills, alertness, and concentration. By taking the time to maintain your fluid levels, you'll ride at your best and have the motorcycle riding adventure you're looking for.

Till next time, ride safe!

On another note: How do your Tires look? Remember these are what keep your bike connected to the road not only while you are going straight but in the curves as well. I had a friend blow out a rear tire at 60 MPH and I can tell you it was not good! He had a passenger and she was thrown from the bike, he tried to ride it out and broke his left ankle, the bone came through the skin and was worn down about 1.5 inches. He checked the tire pressure before leaving for the day, they rode from Illinois to the Dells for brunch and on the way home, due to being worn the rear tire could not take the heat and friction and blew. Luckily they were both wearing helmets which helped, she ended up with a lot of road rash and the need for some therapy on her foot, and he is still waiting to see what will be done with his ankle; looks like a possible fusion which will impact his ability to walk and flex his ankle. **Please Remember to:** not only check the pressure in your tires but the overall condition as well!!!

What's on your mind? Let me know what safety questions you have or information you would like to see? You can send your questions etc. to safety@lakeshorehog.com

Rick Cruz

Safety Officer/Road Captain

SafetyOfficer@lakeshorehog.com



Come toss an ax with us!

After September's meet we will head out through the beautiful back roads of Barrington and end up at Bullseye Axe Lounge.

Reservations are set for an afternoon of hurling a sharp, powerful object at a target!

Bring out your inner lumberjack. \$34.95 includes instructions and 90 minutes of friendly competition. (\$24.95 for 60 minutes)

Plenty of restaurants nearby to grab a bite afterwards.

Please let Dawn know if you'd like to come.
(224) 302-2411

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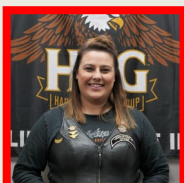
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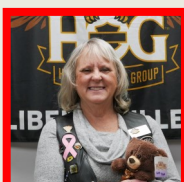
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