

HOG STREET JOURNAL

OKC HOG CHAPTER #4029

21st Edition

July 2020

Rider Courses

Forty-five states and all branches of the U.S. military use the Motorcycle Safety Foundation's Basic RiderCourse (BRC) curriculum for their motorcycle safety and education programs. The BRC is MSF's primary learn-to-ride curriculum for traditional two-wheel and three-wheel motorcycles, involving approximately 3 hours of online instruction, 5 hours of classroom activities, and 10 hours of hands-on skills development on a paved lot. More than 8 million motorcyclists have enrolled in MSF RiderCourses since 1974. More than 400,000 students now take the course annually, at nearly 2,700 sites, with 9,900 MSF-certified RiderCoaches available to guide them.

Course graduates are often eligible for insurance discounts and incentives from motorcycle distributors for course tuition or fees. In many cases, they can obtain a waiver for the riding skill test and/or written knowledge test portion of their state's license exam requirements.

The Basic RiderCourse provides the fundamentals of safe, responsible riding and is intended to be a first step in lifelong learning. The goal, as always, is to produce riders of good character who prioritize safety by employing risk-management strategies. Rider Coaches are the vital link that brings the BRC to life and brings out the best in students through your skills and encouragement.

During riding exercises, students will experience more realistic traffic scenarios as they hone their skills in areas such as manipulation of basic controls, turning and cornering maneuvers, rider perception, and handling emergencies. Self-reflection is encouraged to help students make wiser choices that result in safer, more enjoyable ride interaction, self-assessment, and decision-making.

***Learn more and sign up for classes at:
www.harleydavidsonworld.com/schedule-a-class--learn-to-ride***

H-D Response to COVID-19

The choices we make about how and where we ride are more important now than ever. The health and safety of our entire H-D family is our primary focus during this unprecedented time. The following updates are precautionary measures we're putting in place as we respond to the coronavirus (COVID-19) situation.

To Our Riders

We all need to do our part to help flatten the curve. Many local and federal governments have issued stay at home or shelter-in-place directives. We encourage you to act responsibly and stay up-to-date on U.S. Centers for Disease Prevention and Control (CDC), World Health Organization (WHO) and other regional guidelines. Dealership operations and hours are at the discretion of each dealership. Home Delivery is available for a limited time through participating dealers.

Posted on www.harley-davidson.com



Chapter Director

Hello Fellow Chapter Members,

I have been pretty busy the last month or so with the Riding Academy filling classes and the other hats I wear have been busy as well.

We have been having some great rides and I have been able to make a couple. The ride to The Vietnam Memorial Wall at the Woodring Wall of Honor was awesome.

You should add this to your todo list if you have not been there, thanks to RC's Kelly Ford and Dave Wilcox.

Just got back from the Baker's Pizza ride with some leftovers for Carla, thanks for a good ride Kelly Ford and Art Trujillo!

Be sure to watch for the HOG Happenings emails, Facebook posts, and tweets as we are adding activities to the schedule.

Looking forward to seeing and spending time with my OKC Chapter family and friends!

Let's Ride!



Steve Tellier

Assistant Director

Hello, everybody.

I hope you are doing well. I'm so glad we are able to get back together at the meetings and of course riding.

We have had some good turnouts on rides. The road captains have been doing a wonderful job on their rides and had some good places to eat. I just want to give out a big thank you.

The weather is getting hotter, so make sure you drink lots of water. Make sure to use sunscreen and dress for the ride. Staying safe is the only way to enjoy the ride.

Well, there is no real news on the rallies from National, but start thinking about "The Poteau Rally." It's coming up Oct.8-10. We are working on blocking a hotel and a route going to the rally so keep looking for information.

We have a lot of rides coming up, so keep an eye on the calendar and Facebook.

Hope to see everybody on some rides. Until then Ride Safe and Have Fun.

James Payton



Activities Director

Hello Friends,

It's nice to see all the great pictures of all the great rides we've been having. Please remember to email them to okcchapter@gmail.com and I will make sure to post them on Facebook. Thank you to everyone who has sent in pictures.

The days are getting hot out there, so please be careful and drink lots of water. Stay safe!

Don't forget to reserve your room for the fall two nighter. It's going to be a great time!
Call Michelle @ 580-931-0100
September 11&12

Ride safe,



Stephanie Childers

Head Road Captain

I want to wish everyone a belated "Happy Leon Day"!

We made 100% of the group rides for the month of June! Hopefully we can keep it up in July and August.

There are 6 rides already planned. Keep your eye on email, Facebook, and other media outlets for additional rides.

A BIG THANK YOU to all the Road Captains for putting rides together.

Remember as the weather gets hotter – hydrate hydrate hydrate! BEFORE you start the ride and during the ride.

Finally, it is not too late to become a Road Captain. If you are interested please contact me or one of the other Road Captains.

Kelly Ford



It's time to ride.

Summer's here—make the most of it on your Harley®.



Editor

Greetings!

This is an open invitation to all to send in your photos, short stories, jokes, memes and such, to help fill our newsletter.

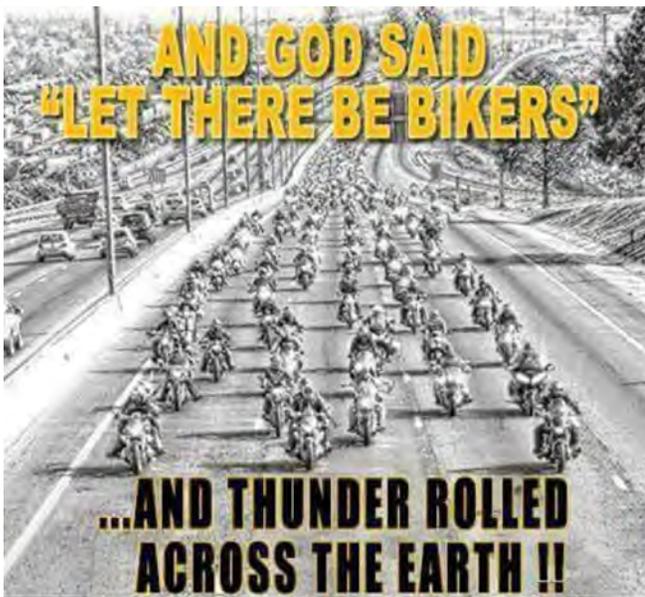
Please remember, the only real rule we have (aside from common decency) is we are not allowed to publish any photos of minors, whatsoever.

We did manage to get a couple of "extra" curricular photos for this month's issue, thank you!!

Send to editor@okchogchapter.com



Dave Wilcox



Secretary

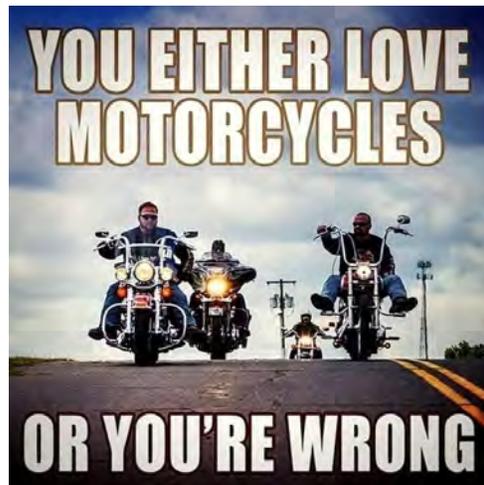
It has been great getting out and riding again. We are still trying to "stay safe." Even though it is normal to hug when we get together, we all understand that we are not all comfortable with hugging or shaking hands. Please don't let that stop you from joining the rides. It is great just getting the opportunity to see some friendly faces and hear the joking around again. The Pignic has been rescheduled for October 4. I will have the signup sheet at HOT night. There is a \$10 deposit due when you sign up, but that will be reimbursed to all chapter members (not guests) at the Pignic. If you are unable to be at the meeting and would like to sign up, please get in touch with me at secretary@okchogchapter.com

Did you know.....?



All chapter members should have a HOG card from the national part of Harley Davidson. You can see me to get a sticker to add to this card to show that you are a current member of our chapter. You never know when this might come in handy.

Brenda Payton



10 Tips To Beat Dehydration This Summer

Summer is a great time to ride, but the heat can be dangerous and it's time to think about the hazards of dehydration.

Road riders tend to be a bit blasé about dehydration. Maybe it's because riding doesn't take a huge amount of effort. However, we are quite vulnerable to dehydration because of the drying effect of the wind and our constant exposure to the elements.

The dangers of becoming dehydrated are headaches, disorientation, heat stroke, muscle cramps, loss of concentration, drowsiness and nausea, each of which can cause crashes.

And the problem is that once any of these symptoms becomes evident, it is already too late to do anything about it, so it's time to park the bike.

Tips to avoid dehydration this summer:

1. Don't drink too much alcohol the night before a ride. It has a diuretic effect which means it causes you to urinate more water than you take in which means you are losing fluid. And you can't counteract that by drinking lots of water because most of it will go out in your urine. Obviously, don't drink alcohol while you are riding!
2. Start drinking water as soon as you wake and keep sipping water right up until you get on your bike. It takes about half an hour for water to reach your muscles. Guzzling water just before a ride is not good as it can make your stomach to cramp. The Royal Flying Doctor Service which has attended dehydrated riders in the Outback, recommends carrying 10 litres of water per day! Read their Outback riding tips [here](#).
3. Wear ventilated motorcycle clothing. Leathers may protect you better in a crash, but they create a "microclimate" which impairs your ability to lose heat. As a result you will produce more sweat to decrease your core temp. Instead, wear a flow-through jacket. There are heaps of options on the market. Make sure they have vents in the back so the air flows through. Also, loosen the sleeves so you get plenty of air on your wrists which have a lot of blood vessels close to the skin to effectively cool you down. However, be aware that a flow-through jacket cools you down because it is drying the sweat off your skin which can lead to dehydration. A set of Ventz up your sleeve will also keep you cool as air flows up your arms. However, don't be fooled by your level of coolness as ventilation can also cause you to lose more water, So you still need to keep drinking plenty of water.
4. Don't be tempted to remove your jacket in the heat! Exposed skin may feel cooler, but that's because the sweat is evaporating quicker, but that is just making you more dehydrated. And while your skin feels cool, you'll be tricked into staying in the sun longer which leads to sunburn. That also leads to dehydration because your body needs water to repair and renew damaged skin.
5. Get a Camelbak or other brand of water-dispensing unit so you can continue to take small sips of water while you are riding. I've seen riders on GoldWings and other big tourers with cup holders so they can take slurps from a water bottle. That's obviously not as safe as the hands-free Camelback option, but anything is better than nothing. Some people don't like Camelbaks because the water gets hot, but the temperature of the water doesn't affect dehydration.

6. Stop more often than usual and hang out in the shade or in an air-conditioned cafe. Since you are drinking lots of fluids, you will probably need to stop anyway.
7. While you're stopped, have a coffee, but take it easy. No need to swear off your favourite caramel latte, but avoid excess coffee. That also goes for caffeinated drinks such as Red Bull. High levels of caffeine have a diuretic effect just like alcohol.
8. While having a coffee break, avoid having too many sweet cakes, donuts and muffins. Sugar can dehydrate you if it gets to very high levels in your blood. This can happen if you are a diabetic, take certain medications or have an infection or some organ diseases. Sugar causes your kidneys to produce more urine to eliminate the sugar, leading to dehydration. Likewise, don't drink too many sugary drinks. Best to stick to plain water, real fruit juices with no added sugar or drinks such as Gatorade that replace salts and minerals lost in sweat.
9. We've talked a lot about urine and it's important that you monitor the colour. It should be a straw colour. If it's too dark, you are dehydrated.
10. Sweat also depletes your body of sodium and if it becomes too low, it can cause many of the same symptoms as dehydration. The average diet probably has enough sodium, but it's good to have a little bit of salt on your meals or drink sports drinks that have a sodium supplement.
11. However, beware of sports drinks with caffeine and sugar.
Ok, I know I said there were only 10 tips, but dehydration doesn't just occur in the heat of summer. In winter, the cold can shut off the body's thirst mechanism and trick you into thinking you're not sweating. Meanwhile, your body is losing fluids as the air passes over your body.

***Posted on 30th November, 2016 by Mark Hinchliffe
Motorbikerider.com***



June Rides



6 June: Tall Paul's Meatball Company
Rocky, OK.
Met at OnCue, Mustang OK.
RC's: Art Trujillo and Dave Wilcox



**13 June: Vietnam Memorial Wall and
Napoli's Italian Restaurant**
Enid, OK.
Met at HDW
RC's: Kelly Ford and Dave Wilcox



20 June: Catfish Roundup
Seminole, OK.
Met at Iron Nation
RC's: Valerie Smith and Schawn Talbert



27 June: Baker's Pizza
Maysville, OK.
Met at Love's, Newcastle
RC's: Kelly Ford and Art Trujillo





Member Escapes Before Lock-Down!!!

I went to California for vacation in mid-March to visit family and friends. I had no idea about the virus. A couple days after I got there everything started closing down. I didn't get to see most of my family or visit many friends. But I did get to ride. That is the Queen Mary in the background.

- Will George

Pet Peeve of Mine

NEVER, EVER shoot grass into the road or street when you mow.

The motorcyclist you kill might be me or someone you love! It causes a very slick, ice like surface.

Spread the word!

- Editor





Follow us on



OKC HOG Chapter #4029
facebook.com/okchogchapter



@OKCHOG4029
twitter.com/OKCHOG4029



OKCHOGChapter.com

Please make sure we have your current email address and mobile number



HARLEY-DAVIDSON



Officers

Director Steve Tellier
director@okchogchapter.com
(405) 823-6329

Assistant Director James Payton
asstdirector@okchogchapter.com
(405) 200-9038

Secretary Brenda Payton
secretary@okchogchapter.com
(405) 200-8845

Treasurer Virginia Woolever
treasurer@okchogchapter.com
(405) 401-5788

Activities Stephanie Childers
activities@okchogchapter.com
(405) 412-6270

Head Road Captain Kelly Ford
headroadcaptain@okchogchapter.com
(405) 834-3630

Safety Vacant
safety@okchogchapter.com
(405)

Editor Dave Wilcox
editor@okchogchapter.com
(402) 996-0500

Historian Dale Woolever
historian@okchogchapter.com
(405) 401-0376

Membership Larry Bessinger
membership@okchogchapter.com
(405) 837-4942

Webmaster Charlie C. Childers
webmaster@okchogchapter.com
(405) 412-0165

Chaplain Hugh Langston

Photographer Vacant
photographer@okchogchapter.com

HOG Chapter Sponsors

Harley-Davidson World	<i>and</i>	Iron Nation Harley-Davidson
6904 West Reno Ave. Oklahoma City, OK 73127		3433 South Broadway Edmond, OK 73013
Phone: (405) 631-8680		Phone: (405) 478-4024
Fax: (405) 634-3042		Fax: (405) 478-4071

**Normal Hours of Operation at both
Locations: Mon - Sat: 9 am - 6 pm**

**Check with dealership for hours of
operation during health crisis**

Sun: Closed

Chapter Information

***Oklahoma City Harley Owners Group meetings are
on the first Wednesday of every month, at the
Midwest City Elks Lodge***

8635 SE 15th St. Midwest City, OK 73110

***Social Hour, Food and Drinks begins at 6pm
HOG Meeting begins at 7pm.***

***OKC HOG Chapter Website:
www.okchogchapter.com
OKC HOG Chapter #4029***

