



*Adirondack HOQ is sponsored by...*



Wishing everyone heading out to Sturgis safe travels!

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- Cindy's Safety Tips
- Ride 365 Chapter Challenge Update
- Club Minutes

## **From the Director's Desk**

After a slow start, our riding season is underway! But, we are still having to dodge the storms. This past weekend with some members riding over 800 miles down to the Catskills and then over to the New Hampshire coast. We still have a couple weekends of riding here at home before many of us head out to Sturgis, including Murphy's ride this upcoming weekend. As always please remember to log your miles with McDermott's so we can get an accurate amount for the club. If you have any ideas for rides this fall please pass them along as we will begin planning our fall riding schedule soon.

### **Upcoming Rides:**

- 7/20 Ride to Wilkins Harley Davidson
- 7/21 Meeting at 9:30 am and Murphy's ride to follow (ride leaves at 11am)
- 7/27 Billy Joe RibWorks
- 7/28 Tail of the Pup in Tupper Lake

Remember all rides are subject to change due to weather or road captain availability. Check out [adkhog.com](http://adkhog.com) under the events page for current schedule and daily updates.

**Ride Safe! Mike B.**

**Safety Officer, Cindy S**

**Safety Notes**

Hot weather motorcycle riding.  
As the mercury rises, so does the challenge of staying cool and safe while enjoying a motorcycle ride. Riding in high temperatures can pose significant risks to comfort but also to your safety.

**Risks of Riding In Hot Weather**

Motorcycle riding in extreme heat increases the risk of dehydration, heat exhaustion, and more severe conditions like heatstroke. These conditions can impair cognitive functions, affecting reaction times and decision-making abilities crucial for safe riding.

**When is it TOO Hot?**

The safety threshold for hot weather riding isn't a specific temperature but rather a combination of heat and your ability to manage it effectively through hydration, proper gear, and riding style. Always listen to your body's signals— if you feel overly fatigued, dizzy, or unwell, it's a sign to stop and cool down.

**Adjusting Your Ride**

On days when the temperature and humidity is high, consider modifying your riding habits:  
Timing: Ride during cooler parts of the day, typically early morning or late evening.  
Hydration: Increase fluid intake, focusing on water and electrolyte-replenishing beverages to prevent dehydration.  
Appropriate Gear: Wear ventilated riding gear that allows air circulation while still protecting you from the sun and potential road injuries.

**Knowing When to Stop**

It's necessary to listen to your body and recognize when conditions are becoming too harsh. If you start experiencing any symptoms of heat-related illnesses, it's essential to stop riding, seek shade, and hydrate. Ignoring these signs not only risks your health but also compromises safety on the road.

**Bottom Line**

Riding a motorcycle in hot weather demands careful consideration of your gear, hydration, and the time of day you choose to ride. By equipping yourself with the right knowledge and tools, you can enjoy your ride without compromising on safety or comfort. Always prioritize your health and safety by monitoring the heat and responding accordingly to your body's needs.

Stay cool and ride safe!  
Have fun!



## Social Media and Website, LouAnn B

Hi Everyone! Hope you are all enjoying your summer. Mike and I have enjoyed some after work rides and I'm finally getting my seat where I need it to be. So I thought it only appropriate to do a newsletter article on what? You guessed it "My ass!" just kidding let's call it Passenger Comfort instead. If for no better reason, I wanted to find out who actually reads these newsletters.

### Passenger Comfort

It's always exciting to get a new bike, but often times it comes with a period of experimentation. You have to design your bike to fit you and your passenger. What looks good, sounds good, feels good etc takes time. Whether it's new pipes for a louder sound, pinstriping to make you stand out, or even, you guessed it a new seat to help you ride those long rides. So here are a couple of tips to help reduce frustration.

If the seat is good for you, but your passenger is miserable try a couple of things first.

1. Adjust the shocks - for more information this is a good site  
[https://serviceinfo.harley-davidson.com/sip/service/procedure/1807545194457713013/BLAISE/1416450/en\\_US?nid=5360](https://serviceinfo.harley-davidson.com/sip/service/procedure/1807545194457713013/BLAISE/1416450/en_US?nid=5360)
2. Moving foot pegs or getting a foot peg that allows for easy passenger adjustments.
3. Gel pads, Air Ride, tend to work better than honeycomb pads.

If none of these options work, it might be time to think about trying a new seat. Unfortunately this can be an expensive phase of trial and error. If at all possible, find a dealer, like McDermott's that will let you try before you buy. Mustang seats still remain the market leader for comfort. Another alternative might be to have your seat redone by a professional.

If nothing else, stop every hour and a half whenever possible and let your passenger stretch. You will be happier and so will they!



## Ride 365 Chapter Challenge Update

We are currently ranked **21st** out of 97 Chapters in our Region.

We have 15 members showing mileage that have checked in at least twice.

Please check in with Kara. Remember, you can update your mileage with the dealer everytime you stop in!

1. Mike B - 6293
2. LouAnn B - 6293
3. Mike R - 4852
4. Wanda R - 4852
5. Mike S - 4752
6. Cindy W - 4405
7. Jeff H- 2910
8. Brad B - 2893
9. Dawn L - 2712
10. Chris L - 2712

The logo for RIDE 365, with "RIDE" in orange and "365" in black with a white outline.

### Happy Birthday!

Jerry H    James B  
Nora M    Dottie S  
Mickey S   Norm S



Check out the website for  
upcoming events!

<https://adkhog.com/chapter-events>

A poster for a ride event in memory of Murphy. It features a black background with colorful confetti and a photo of a golden retriever. The text includes: "In loving memory of our best boy, Murphy", "THIS ONE'S FOR MURPHY", "RIDE", "FOR LUCKY PUPPY RESCUE", "WE'LL BE ACCEPTING DONATIONS: MONETARY OR AN ITEM OFF LUCKY PUPPY'S AMAZON WISHLIST!", "Sunday, July 21", "Ride: 11am Get-together: 3pm-7pm", "Cruisin' Kitchen Food Truck", "Battlehill Brewing Company", "Live music by Brian Fitzgerald", "Lawn Games", "Rock Decorating", "Raffles", and logos for McDermott's Harley-Davidson and Battlehill Brewing Company.

In loving memory of  
our best boy, Murphy

**THIS ONE'S FOR  
MURPHY**

**RIDE**

**FOR LUCKY PUPPY RESCUE**

WE'LL BE ACCEPTING DONATIONS: MONETARY OR AN ITEM  
OFF LUCKY PUPPY'S AMAZON WISHLIST!

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Sunday, July 21

Ride: 11am Get-together: 3pm-7pm

Cruisin' Kitchen Food Truck  
Battlehill Brewing Company  
Live music by Brian Fitzgerald  
Lawn Games  
Rock Decorating

Raffles

McDermott's  
Harley-Davidson  
Battlehill Brewing Company



## ADIRONDACK HOG CHAPTER #3220

MAY 19, 2024

**Primary Officers in attendance:** Mike Bala, Director; Terry Fisher, Assistant Director; Tim Jones, Treasurer; Donella Fisher, Secretary



**Call to order:** 10:06am at McDermott's; Pledge of Allegiance

**Welcome to guests/new members in attendance:** n/a

### **Officer's reports:**

*Director, Head road captain-Mike Bala:* Milton Smith's service was very nice and thank you for all who came; Club mileage – we are ranked 15 th in our region and if we win Bruce Motta will come for a visit; Rolling to Remember coming up 9 members attending and Art was going to; Laconia June 8-16, Sturgis August 2-13.

*Assistant Director-Terry Fisher:* If anyone wants to bring a guest on a ride, they just must sign a waiver.

*Treasurer-Tim Jones:* Tim gave checking account balances.

*Secretary-Donella Fisher:* 55 current members. Tim Jones approved minutes from January & March.

*Safety Officer, Cindy Staalesen:* Will post all safety tips on the website.

*Ladies of Harley & Sunshine-Bethany Smith, Nora Mongon:* Bethany asked about making shirts.

*Newsletter & Webmaster: LouAnn Bala:* Explained Ride 365, monthly challenge -dealer check-ins, 50 rides one nation, 10 Rides for '24 HOG member challenge ride featuring 10 great rides where you get a coin from the destination.

*Historian-Andrew Stowell:* Absent

*Photographer-Bethany Smith:* No Report.

*McDermott's Rep-Alise McDermott:* Americade May 29-June 1st.

### **Old Business:**

Awards dinner January 25, 2025 – The Factory Ballston Spa, Mike will take deposit of \$200 down. Make a motion by Cindy Ward, Bill Nestuk 2 nd Tim Jones to purchase HOG board outside of door at McDermott's. In the case will be ride schedule, photo's, flyers, Hog membership, how to contact. Club mileage contest – January 1 st -December 15 th give Mike beginning & end mileage

National Ride 365 – give dealership mileage, you can give your mileage several times a year.

Club shirts are still available in all colors and sizes \$40 each.

**New Business:**

Code of Conduct – was discussed.

On ride calendar we will now be posting the description of the ride, twisty or highway, miles, leave time.

Next meeting July 21, 2024

**Adjourn:** 10:54am all in favor

No June meeting

Next meeting July 21, 2024 at **McDermott's HD**

We spoke after the meeting was adjourned regarding Cabin Fever and club to sell hot dogs, chips and soda and bake sale.