



We Ride!
APRIL 2005



THE HOG LOG

HARLEY OWNERS GROUP OF EL CAJON, CALIFORNIA



CHAPTER NUMBER 0211

Next Meeting:

April 1
7:00 P.M.

Meetings held the 1st Friday
of each month at the:

El Cajon Elks Lodge
1400 E. Washington

Please use the gate that
goes directly into the
patio area to enter the
meeting.



From the Director

Kyle Krall

Family and Friends



We have all talked about how our HOG Chapter is one big happy family. Recently that was never more relevant when one of our own (Mike Kennedy, our webmaster) went down in a single vehicle accident. There have been several theories on what, why and how it happened. However, we may never know the truth.

I saw a great deal of support, both in the aid and assistance of Mike. And it was much appreciated. Dave Rosenberg did an excellent job on locating, Mike's daughter Carol, who could be there to assist Mike in the Hospital. The assistance given Mike at the accident site, to all those who stopped and helped my thanks and gratitude go out to you. The support in getting Mike's bike returned the concerns,

prayers, and general interests in how Mike was doing. These are all things you see with a family or good friends. Again to all who have asked or assisted, I thank you and I am certain when I say that Mike appreciates all that was done.

Now for what's coming up, this month we have the El Cajon Harley Davidson Open House, April 2nd. This should be a great deal of fun and for all of the volunteers, thanks in advance. Then on the 3rd we have our first poker run of the year. The April Fools Run. Registration will be at the new clubhouse on Sunday morning. Then the next week we head out on our LA "X", to see Stan Bush and one of our sister Hog Chapters in Santa Maria. Lots of Fun planned for that. Then the next weekend (April 16th) up to LA Harley for their Open House, don't forget your Passport. April 17th we have a LOH dinner ride, 23rd Rider Zone, and the 24th Highway cleanup (Emmmmm PIE).

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Ladies of Harley



Tammy Armstrong

The rain has to abate at some point right? We had a great run set up for the March LOH Lunch Ride, but it got rained out again. But don't worry, you didn't miss it. We'll make that same run 64 miles through the back roads down to the coast in April. The folks at El Callejon Restaurant in Encinitas were very are looking forward to seeing us on Sunday, April 17th instead.

The LOH meetings have been very well attended considering the rain, change of place, and time. Speaking of which, the

LOH meetings are now on the 3rd Tuesday of each month at the new clubhouse down the street from the dealership at County Wide Property Management, the place with the green awning. If you haven't had the chance to make a meeting yet you should. We have lots of fun during our short and spirited meetings and an even better time afterward at dinner when we really cut loose.

We have nailed down a place for the May overnighter which has been affection-

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Future Rides

- 4/3: April Fool's Poker Run
- 4/7-10: ECETS
- 4/16: LA HD Open House Run
- 4/17: LOH Dinner Run
- 4/23: Rider Zone
- 4/24: Adopt-a-Highway Clean Up Run
- ALWAYS check the ride line for the latest details
619-464-6758







We'll be departing promptly from the ARCO STATION at the Deer Springs Road exit on I-15, just north of Escondido

Thursday April 7
7:00 a.m.

ECETS COUTURE!

Don't miss out on the 10th Anniversary ECETS Laughlin Alternative Commemorative Shirt and Pin set. On sale at this month's meeting for only \$25! Ride in style this ECETS.



Don't miss out on the 10th Anniversary ECETS Laughlin Alternative Commemorative Shirt and Pin set.



BY KATHLEEN McMANUS-ROAD CAPTAIN

Most of us didn't take up motorcycling so we could T-CLOCK (Tires, Controls, Lights, Oil, Chain, and Kickstand). It's not the sexiest part of riding, but it is the MOST important thing you can do to ensure a safe and fun ride. This month we focus on the "T" of T-CLOCK. There's a reason "T" stands alone.

Tires. Again, not the sexiest part of our bikes— or so you think. By the end of this article, you'll think tires are the greatest thing since sliced bread.

I'm guessing that you don't show up at the dealership before a meeting and make an impulse buy on a cool looking tire. And I can't recall Cliff doing a Harley-mercial about some new exciting tire. However, tires remain the single most important part of your bike. If your kickstand fails, your lights burn out, and you're running low on oil, you'll make it home. But if your tires fail, you're likely to ride home in an ambulance— if at all.

We've all heard of the Hurt Report and the new MAIDS study. What you might not know is that they both show the only equipment problem to be statistically significant as a factor in accidents is tire deflation or failure. WOW! Let that sink in. In these two studies, of all the mechanical things that can go wrong, the only thing that showed up enough to be statistically significant is tire problems. So what can you do to avoid being one of the statistics?

Care for your tires like they are your babies -- helpless and totally dependant on you for their every need. And don't be a cheap skate trying to get that last

millimeter of tread wear out of them. It's just not worth it. I've conducted a very unscientific study of my tires and have found that my Road King has about 18 square inches of rubber meeting the road. To put that in perspective, the page that this article is printed on is 93.5 square inches — more than five times the amount of rubber I have on the road! That's all you have to control your bike. The speediest engine, fanciest handlebars, loudest pipes, most comfortable seat, brightest lights, shiniest chrome, or coolest paint job, all mean nothing if your tires aren't in tip top shape.

I do T-CLOCK once a week, and not on a Saturday morning when I'm all amped up and in a hurry to hit the road. I do it some night during the week after work. I head out to the garage with an after dinner beverage -- it's quiet and peaceful, and I'm in no hurry so I don't skip things. In fact, I find myself doing extra stuff (like this past week, I found a motor mount bolt loose— are you checking your motor mounts in that dash to get out on Saturday morning? I didn't think so). It's nice quite time for you and your bike.

So what do we need to check on our tires? Well, obviously we need to check the pressure. Get a good gauge and check that it is accurate. Test it against some other gauges so you know you are getting an accurate reading. If your tire is down just a half a pound— add some air. My tires are always at the manufacturer recommended 36 psi. Not 35.5 and not 36.5 — 36 psi. That's not much air, and you have so little rubber on the road, there's no room for slop. And you don't need anything fancy to add the air— I use a bicycle hand pump. Some people will tell you that they like to run their tires with more or less air for some reason or another. Well you know what? Harley-Davidson has a lot of really high paid educated people who



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March Meeting Minutes

Jody Spear— Secretary



Kyle Krall, called the meeting to order at 7:04 pm. He started by asking that we all participate in the Pledge of Allegiance.

Kyle talked briefly about riding in the rain and the moved on to upcoming events for March.

The MAG Ride scheduled for March 5th is being postponed. March 12th Blue Angels Overnighter, March 19th LOH Lunch Ride, March 20th Skills Riding (for 20 riders) – sign ups will be at the next meeting, Ladies skills riding will start at 1:00 pm March 27th– Skills Riding

Kyle reported rider down (Mike Kennedy) on the return ride from Cliff's Ride Home to Brawley.

Kim Wallace talked briefly about the importance of checking tire pressure, then went on to talk about upcoming ECETS ride. Kim and Joanie modeled the new ECETS t-shirts. The shirts will be available with pin for \$25 at next meeting.

Kim pointed out that there would be a large group for the ECETS ride and is growing. There will be lots to do and see.

Robert Stoner reported he would be unable to attend which will make a room available if anyone is having trouble finding a room.

Events scheduled for April are: April 2nd Open House – volunteer sign ups are needed; April 3rd April Fools Poker Run; April ? Santa Maria Dealership Open House; April 16th Los Angeles Dealership Open House; April 17th LOH Dinner Ride; April 23rd Rider Zone; April 24th Highway Cleanup

LOH meetings have been changed to the third Tuesday of the month and officers meetings have been changed to take place on the fourth Tuesday.

Dave Rosenberg reported that he would fill in on website until someone can be found to take Mike's place while he is recovering. Dave reported on status of Mike's injuries and that he will continue to update members of Mike's condition but only when there are changes to report.

There was discussion of restarting a club blood bank and the need for an emergency contact database to enable information to be obtained quickly when needed in an emergency situation. It was suggested that information could be placed on back of driver's licenses or onto a small laminated card.

The treasurer's report was given: Balance is \$5,891.31. Members were reminded to pay their dues. Those who have not paid will no longer receive the H.O.G. Log.

Mongo reported that there will be a skills course on March 20. Contact Robert Stoner via e-mail to participate. Robert talked briefly about the course. There will be a session for the Ladies in the afternoon and possibly on March 27th.

Tammy reported that the LOH meetings will be at a new location down the street. LOH meetings will be the third Tuesday of the month, starting at 6:30 pm. The LOH Ride scheduled for March 19th will start at 9:30 am and be going to Moonlight Beach in Encinitas.

New members were introduced: Doc, Kevin McKaw, Mike Loren, Tim Calden, Dennis Wacker, Terry Loren, Ron Ginko, OJ Kaila Orange, Gary Eisno, Billy Layo, Vern Layo.

Vicki McIntye talked about the Rincon Indian Head Start Run Ride to Benefit Education on June 4th and 5th. Ride is from Petco Park to Harrah's Rincon Casino.

Matthew Downey spoke about the Annual Bikers for Education Ride & Rally being held April 9th and reported that 100% of funds donated go to children of fallen military personnel.

Greg Wakefield from Southcoast H-D spoke about the Iron Door Poker Run being held May 1st. Southcoast will also be holding a blood drive, bike blessing and BBQ the following week.

Jim Shelton spoke about upcoming AHDRA events. The first will be April 2-3 at Firebird Intl Raceway in Chandler, AZ. Other events can be found at www.ahdra.com.

Gilbert Ochoa from San Diego HOG spoke about the Luck of the Hog Poker Run being held March 12 to benefit three downed riders, from the San Diego Chapter, in the last three months He also spoke about the Hog Wild for Kids Ride scheduled for April 21-24 and going to Las Vegas. Anyone interested in riding/rallies in Mexico can contact Gilbert if interested.

Wendell Perry spoke about the Ride for the Cure that is held in conjunction with the Laughlin River Run and encouraged participation in this worthwhile event.

The Harleymercial followed, then the 50/50 drawing, and meeting was adjourned at 8:02 pm. 🐾

EMERGENCY CONTACT INFORMATION

By Kathleen McManus
Road Captain

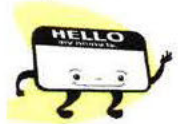


Right up there with tires as one of the most exciting things related to riding is emergency contact information. If something was to happen to you on a ride, would we know how to contact your loved ones? Recently, a couple of people from our club, a club member's neighbors, and the San Diego, El Cajon, and San Francisco police spent about four hours trying to determine if someone had some loved ones, and if so, who they were and how to get a hold of them (they did, and we found 'em). Let me tell you, as one of the people involved in this process, you **do not** want to have to do this (ask me about it if you have some doubts).

There are many ways to convey emergency information when you are unable to speak for yourself. You can put a sticker on the back of your driver license that has your emergency contact information. If the police find your wallet, they are sure to check out your driver license.

I ordered some dog tags that have my name as well as three different phone numbers to try (husband, mother, mother-in-law). I wear one dog tag around my neck— I leave it with my helmet so I don't forget it. The other dog tag is on my keys which are always attached to my pants. There are many web sites that sell custom dog tags, I got mine, in about four days, from dogtagsonline.com.

One of our members, Don Walker, has volunteered to create laminated emergency information cards. E-mail him at [REDACTED] with whatever information you'd like on the card. He'll make the card, have it laminated, and return it to you for placement in your wallet.



But think carefully about the information you provide, for any of these options. If you normally ride two up, it's o.k. to put your spouse's phone number on there, but think about the situation that has you both incapacitated — who should we call? Put several numbers on there and that way, you're loved ones will arrive at the hospital before you do. Don't make your fellow HOG members police detective in your house. 🐞

ECETS Group Riding Review



By Kathleen McManus - Road Captain



For many, ECETS is the only time you ride in a group. So before we head off to the wine country, it might be a good idea to review some of our group riding skills.

In the March/April edition of *Hog Tales*, there just so happens to be an excellent article (on page 32) about group riding. This will help you get mentally prepared for riding in a group, as well as provide a good review of hand signals and how we move in a formation. Group riding is very different from riding alone, and a quick review of the rules will help us all have a safe ride.



El Cajon Harley-Davidson
Open House
Saturday April 2
11-2
Free BBQ
Live Music

Get Great Passport Prizes

- * Get your passport stamped on April 2 at ECHD
- * Bring it with you on ECETS and get it stamped as we visit Santa Maria HD
- * Then join us for the LA HD run on April 16

Free gifts to the first 150!



(Continued from page 2)

determined the right tire pressure for your bike. So you make the call— who knows more?

Next, check your tread depth. You can buy a very inexpensive gauge that will do this. When you get down to about 2 millimeters, start making a plan to get a new tire— maybe you can safely ride it down to one millimeter, or less, but is it worth the risk?



If you don't ride a lot, look for dry rot— cracks in the side wall from old age. Look for nails in the tread. Look for an uneven wearing— if you normally ride in a straight line (commute on the freeway?) you might wear a flat spot down the middle of your tire.

When you hit the curves on the weekend, transitioning from that flat spot to the sidewall could cause you to have some rear wheel wobble.

Now I'm sure I have you convinced— tires are the sexist thing alive. If you take care of them, and they will take care of you. 

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Family and friends, people you can count on when the rest of the world seems to be against you. We have a great family here at El Cajon Hog and El Cajon Harley-Davidson. I cherish the friendships that I have made and the people who I wouldn't be ashamed to call family.




Remember it is not the destination, but the journey getting there. 

Kyle
EC Director 05

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ately dubbed, "Camping at the Ritz." We will be leaving the dealership on the morning of May 14th and riding through the hills to Yucca Valley and the Yucca Inn. We have a block of rooms reserved under the name El Cajon Ladies of Harley. Rooms are \$59.95 for up to four people per room. Call 800-989-7644 to make your reservations. You can check it out at www.yuccainn.com <<http://www.yuccainn.com/>>

Leather N Lace is in the beginning planning stages too. We have a couple of venues to consider and are ready to start making preparations for food, entertainment, ride stops, contest judges, etc. Come to the April LOH meeting to give input.

Remember: Whether you ride on the front or back, if you are a member or associate member of EC HOG — **COME JOIN IN THE FUN OF LOH!!** If you have questions, suggestions or just want to chat about anything LOH, send me an email to  or phone me at . Be sure to check the web site for updates on meetings and rides. 

April Fools Poker Run
April 3, 2005

Prizes
 50/50 Raffle
 Food

Registration: 10 to 11:30
 \$20.00 per hand




The typical motorcycle accident allows the motorcyclist just less than 2 seconds to complete all collision avoidance action.

Test Your Sun Savvy

By Kathleen McManus



TRUE OR FALSE?

1. Wearing a long sleeve shirt will fully protect your arms from the sun?
2. A white shirt is more effective at protecting you from the sun because it reflects the sun's rays better?
3. A good coating of sunscreen in the morning will protect you all day long?
4. Maintaining a "healthy tan" is a good way to protect your skin from the sun?

If you answered true to any of these questions, you are a sun savvy slacker!

Most of us grew up in a time when there were two kinds of sun tanning products: Coopertone and baby oil. We never heard of SPF, UPF, UV rays, Parsol 1789, or skin cancer. However, skin cancer is now as common as all other cancers combined, and the sun is the primary cause. It has become such an epidemic, that even OSHA has promulgated guidelines for employers to protect their workers from exposure to solar radiation.

The sun radiates three types of ultra-violet rays: UVA, UVB, & UVC. **UVA** rays are long rays that penetrate deep into the skin. UVA causes wrinkles, splotches, sagging, and premature aging.

UVB rays are short, powerful, harmful rays that affect the outer layers of the skin and cause sunburn. UVB damages DNA in the skin, thereby causing skin cancer. UVC is essentially filtered out by the ozone layer and for now is not a threat.

Sun damage is cumulative over our lives. An hour in the sun every day might not have adverse effects in the short run, but over time that exposure can take its toll. And a lot of our exposure to the sun is unintentional. When you're walking your dog or working in the yard, or even when driving, as car windows do not provide much protection against UV rays – it all adds up.

We need to think about UV rays 365 days a year. Clouds and haze only block about 20% of UV rays, and exposure doesn't just come from above. Snow, sand, water, and even cement can reflect UV rays. UV radiation increases at elevation as well.

So let's take a look at the answers to our four questions.

1.) A long sleeve shirt will protect you from the sun more than no shirt, but an average white t-shirt only has a UPF rating of 5. (Clothing is rated by UPF: Ultra-violet Protection Factor, which is about equivalent to the SPF ratings)

One way to increase the UPF of the clothes you own is to use a product called Sun Guard. Made by Rit, the clothing dye people, it's a powder that you toss in the wash cycle with your clothes. It can increase the UPF factor to 30, which will help block about 96% of the sun's harmful rays.

2.) Dark colors actually provide better protection from the sun. Color, tightness of the weave, and thickness all contribute to blocking the sun's rays.

3.) Sunscreen needs to be used liberally and often. It should be applied about 20 minutes before going out in the sun and needs to be re-applied about every two hours— more often if swimming or sweating. An SPF 30 is recommended.

A good way to carry and apply sun screen while riding is a new product called Sun Swipes -- a one foot square towelette that contains sunscreen. It comes in a resealable foil pouch that will fit in your pocket and has enough sunscreen to last you all day. No more goopy bottles or slimy sunscreen on your handgrips! You can get more information on this cool product at <http://www.sun-swipe.com/Merchant/sunswipe/sfp30.htm>

4.) The medical community is unanimous on this one. There is no such thing as a "healthy tan". A tan is the body's response to the sun's damaging rays. And a sun burn is your body screaming to get it out of the sun. 🐷

This article originally appeared in the June 2004 HOG Log



MOTORCLOTHES® MERCHANDISE

THE 1ST FRIDAY OF THE MONTH

- ♦ Gifts
- ♦ T-shirts
- ♦ Riding Gear
- ♦ Clothes



STOP IN BEFORE THE MEETING AND SAVE

ONLY AT EL CAJON HARLEY DAVIDSON!

Upcoming Events



Ride Lines

EC HOG: 619-464-6758

San Diego: 858-616-6494

Oceanside (Biggs): 760-736-2920

Chula Vista: 619-425-4464

EL CAJON HOG MONTHLY MEETINGS:

General Meeting: 1st Friday, El Cajon Elks Club

Road Captain Meeting: 2nd Tuesday, 6:30, Clubhouse

LOH Meeting: 3rd Tuesday, 6:30, Clubhouse

Officer's Meeting: 4th Tuesday, 6:30, Clubhouse

OTHER CLUB'S GENERAL MEETINGS

San Diego HOG : 2nd Tuesday of every month


Oceanside (Biggs) HOG : 2nd Friday of every month

Chula Vista HOG : 1st Wednesday of every month


Temecula HOG General Meeting: 2nd Sunday of every month.

Rides



 APRIL 2005
1-10 AZ Bike Week
2 EC Harley Davidson Open House
3 April Fool's Poker Run, 9am, ECHD
7-10 ECETS Laughlin Alternative
9 Santa Maria HD Open House
16 LA HD Open House
17 LOH Lunch Ride
20-24 Laughlin River Run
23 Rider Zone
24 Adopt-a-Highway Clean Up Run

 MAY 2005
8 Rider Zone
14-15 LOH Overnighter
21 Full Moon Poker Run
29 Mount Signal Taco Run

 JUNE 2005
4 Mongo's Hawaiian Polar Bear Run
18 Rider Zone Skills Class
25 Leather & Lace Poker Run

GROUP RIDING STYLES

Blue	Spirited
Orange	Energetic
Green	Leisurely

