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Director — Amy G.

Wow, so hard to believe that summer is upon us. The "Harley Gras" summer picnic this year will be on June 22nd from 10am – 2pm @ Vacation Isle Park in Mission Bay. In case you are not familiar with that part of Mission Bay, it's located right next to

Paradise Point Resort, off of Ingram. Entry is \$5.00 per person prior to that date, please see me for the sign-up sheet. Marty & Maggie R. have generously volunteered to cook up some Chicken, Tri-Tip, Corn and other goodies. Rick S. will be making some red beans and rice. Terrie E. has a bunch of fun games lined up for us and Lulu and Gary will be leading a short ride down there from the dealer. It will be a fun and relaxing day on the bay. Watch the calendar for more info and times.

We also have a bunch of overnigher rides coming up during the summer, so check the calendar for info but also don't forget that we have a special "Overnighter" section on our web site (www.elcajonhog.com) It's the second menu pick on the top of the screen says "Overnighters"; you can't miss it. There you will find all the hotel info and dates that you need. It's always best to book your room well ahead of time and then cancel if you can't make it. Our group rates usually have a deadline, and if you wait till the last minute ... you'll either miss out because it's sold out, or you'll be paying a lot more!!!

Let's Ride.





El Cajon H.O.G. Log | June 2019, Issue 6, Page 2

El Cajon Harley-Davidson

June Rides and Events

June 2019

- June 7th **Chapter Meeting**, VFW Lakeside, **6:30 PM** - Join us to hear about upcoming rides, fun 50/50 raffles, safety tips and more! After the meeting, join one of the groups going out to eat. It's a great Friday night! **US4520194**
- June 8th **Ride For Life, Registration 9:00 AM - LBO 11:00 AM** at the dealership. This is a Poker Run for a great cause. Plus there is an After Party starting at noon with music, food and vendors.
- June 8th **LOH Dinner Ride, KSU 3:30 - PM** at the dealership. Amy G will lead us on a scenic coastal ride Torrey Pines, Rancho Santa Fe and Elfin Forest on our way to some yummy BBQ in Escondido.
- June 13th **Fergie's Ditch Day Ride, KSU 10:00 AM** at the dealership. Spend Thursday morning getting some Wind Therapy!
- June 15th **Jacumba Overnighter, KSU 10 AM** at the dealership. Ride for a little "stay-cation" at the Jacumba Hot Springs Hotel. They have wonderful mineral pools, a nice bar and restaurant on location. We'll ride out and get there in time for a little lunch provide by the chapter, and some relaxing time at the pool. If you don't want to stay over night, just come ride out for the day!
- June 20th **Officers Meeting**, VFW Lakeside, **6:30 PM**
- June 21st **MDA Camp Ride, KSU 8:30 AM** starting at the dealership. All bikes welcome and trikes give rides to kids at the Camp.
- June 22nd **El Cajon HOG Annual Picnic, 10:00 AM at 2:00 PM**, at the park on Vacation Isle West on Mission Bay. It's Harley Gras Time! Fabulous food, fun and games, only \$5 per person. There will be a ride leaving the Dealership KSU 9:30 AM. Sign up now!
- June 25th **Road Captains Meeting**, VFW Lakeside, **6:30 PM**
- June 27th **Twisty Taco Ditch Day Ride 2.0, KSU 9:30** at the dealership. Thursday is Taco Day!! Join us for a nice ride with your El Cajon HOG friends.
- June 29th **Yahtzee Ride, Registration 9:00 AM to 10:00 AM - LBO 10:00 AM** at the dealership. A new twist on the multiple stop ride... roll dice at the stops to earn points!
- June 30th **Jon's Twisty Freeway Ride, KSU 8:30 AM** at the dealership. Up the coast and wind back down to the dealership - a perfect Sunday morning ride of about 180 miles.
- July 2nd **Chapter Meeting**, VFW Lakeside, **6:30 PM** - Join us to hear about upcoming rides, fun 50/50 raffles, safety tips and more! After the meeting, join one of the groups going out to eat.

Check out the H.O.G. Calendar for June on-line!



Assistant Director - Ron H.



Hello Everyone,

June is finally here, with a lot of good rides coming up. Always check the website at www.elcajonhog.com, go to the top of the page and click on "Events". This will open the calendar to let you know of all upcoming events.

Something new I will be doing for the Ride 365 is recognizing our high mileage earners. Beginning this quarter, I will keep track of the high mileage earners that are reporting to Ride365 and reward the top earner with a gift card. High Mile earners can only receive one gift card a year. So, we have three quarters left in this year to end up with three separate winners. I will also be posting in the newsletter monthly and on Facebook, who the top three mileage earners are for the previous month.

Now, let's all get out and ride and earn miles for a possibility of a gift card. If you are not enrolled in the mileage program or Ride365, just be sure to see Amy G. or myself and we will take care of it for you.

Ride 365 Top Mileage Earners for April

- 1st Place – Mike H. with 2808 Miles**
- 2nd Place – Phil & Shirley S. with 2491 Miles**
- 3rd Place – Jack & Gerry S. with 2088 Miles**



All miles are calculated based on miles submitted to the Assistant Director at the chapter meeting of each month. This Months miles are a difference of miles reported at the April Meeting and the May Meeting. If no miles were reported to the Assistant Director at either one of those two then no calculation exists. Based on these criteria, there were only 15 entries for consideration.

Starting with April, we will be tracking all Ride365 Miles for each month and awarding a gift card to the mileage leader for each quarter beginning with the 2nd quarter (April, May & June), Remember, only one gift card available per person per year.

It is very important to report miles every month and if you have not started to earn Ride365 Miles, see the Assistant Director to get started!



El Cajon H.O.G. Log | May 2019, Issue 5, Page 4

El Cajon Harley-Davidson

Membership Officer – Denise H.



Greeting H.O.G. Family!

It was a cool day when we left for the May Ride/Biggs Chapter Challenge, but a lot of our members showed up. Unfortunately we came up a little short, but it was interesting and informative to a part of the Biggs get together. Hopefully next year we can have more participation!

Speaking of El Cajon H.O.G. members, our new number is now **179!**

I must mention that to become a member, the most important rule of all is that you **must be a National H.O.G. member first**. All you need to do is go to members.hog.com and register. This is for those that bought a bike independently or have had a bike for years.

If you bought a bike at El Cajon Harley-Davidson, you get a free year of national membership and can join in on the local level. You will just need to keep up with your dues at the National level every year, so you can join in on the fun at the local level every year.

Ladies, if you don't have your own bike, you can join in too by buying an Associate membership on your spouses National membership. Costs less and you can have all the same benefits at the El Cajon H.O.G. Chapter!! So much fun you will have, riding with other folks with Harleys. It is a great experience.

Should there be any changes, like addresses, or last names, just give National H.O.G. a call at 1-800-ClubHog. They will help you out quickly.

Let me know if you are not getting your eblasts from Raul, and I will get that corrected A.S.A.P., so you can get the latest news of rides, events, or meetings.

Also if you want a name patch on your vest, just come see me. I will hook you up.

Enough Talk! LET'S RIDE!!



El Cajon H.O.G. Log | June 2019, Issue 6, Page 5

El Cajon Harley-Davidson

Head Road Captain — Paul R.



First of all, I would like to welcome Marty on becoming a Road Captain! It took a while as he had to cancel a ride or two due to that water falling from the sky. Great job Marty!

The rain has stopped for now and summer is here. However, with this crazy weather, who knows? With that said, let's go over some HOT Weather Riding Safety Items.

Watch very carefully for signs of Heat Exhaustion and Heat Stroke. Your body will send you signals that it's having trouble with the heat, which can include cramps, nausea, headaches, extreme fatigue, flushed or pale skin, dizziness, and heavy sweating. Left unchecked, you can develop Heat Exhaustion, which is a form of mild shock. If you're feeling these symptoms, it's time to pull over, rehydrate, rest and

recover for as long as it takes. Don't be in a rush to get back on the bike – sometimes a rider doesn't want to inconvenience their friends by holding things up. But consider, how long do you think a trip to the hospital will hold up a ride?

If Heat Exhaustion is allowed to develop into Heat Stroke, you're in big trouble. Your cooling system shuts down and body temperature can rise to as high as 105 degrees. Brain damage is possible and at the very least, you'll likely have an erratic pulse and trouble breathing. People with Heat Stroke often pass out – not something you want to happen when you're riding. For more tips on avoiding and recognizing Heat Exhaustion and Heat Stroke, **visiting the American Red Cross website. Please start to Hydrate the day before a Ride.**

Include stops on your route where you can cool off. One of the best ways to rejuvenate yourself is by getting out of the heat and into a cooler environment. You can meet interesting people in rural convenience stores and talk to other riders and ask how they are doing and where they are headed. A quick stop can enable you to ride another 45 minutes even in the worst heat. So try to plan your ride along roads that have services and conveniences no more than 1/2 hour apart. If it's in the 100's and you've got a two hour ride before your next stop, you're putting yourself through unnecessary misery and risk.

Dress properly and keep your skin covered. Seems like simple advice, but it's amazing how many people don't follow it. Any areas of skin that are exposed will be much harder to cool as the sweat will evaporate from the air rushing over it at cruising speeds. This means you'll dehydrate faster. It may seem counterintuitive to cover yourself with clothes in the heat. Of course, on a motorcycle, you need to wear abrasion and impact resistant gear, which can be heavy. I wear a mesh ventilated textile riding suit, some riders wear a leather jacket, based on our personal preferences, but we're always covered. In our experience, the people who are effected most by the heat are those who don't cover themselves properly.





Head Road Captain - Continued

Wear a cooling vest. When temperatures rise over 90 degrees, a cooling vest is worth its weight in gold. Basically, it's a vest that is filled with tiny beads that retain water. This is a much better solution than soaking your t-shirt as cotton doesn't retain the water and it evaporates quickly. You soak the vest, shake off extra water, and then put



it on under your riding jacket. The moisture forms a cooling layer next to your skin, and you feel much more comfortable. Cooling vests are as cheap as \$30 and run up to \$100. The more expensive vests are better quality garments and usually don't bloat up as much with the retained water. The Dealership has them. Also, a cooling neck band helps a great deal. It's filled with tiny beads that retain water, like the vest. If you start your ride in the morning, "freeze the items and then place them in a zip lock bag next to your cold Gatorade type drink with electrolytes!"



Check Your Ride This is a must. Look it over from front wheel to back wheel and everything in between. It's the small items that seem to go when you are out riding and you have to call for a tow truck. Things break, get loose, go MIA, and just ware out. I know firsthand as I had a battery go dead on a ride and the tip of the muffler go flying off on interstate 8, bouncing off into a ditch never to be seen again. Also, the CB antenna flew off somewhere on 8 East before El Centro. So, check EVERYTHING!

Are you ready to Ride? June Rides: June 1st is Skills Practice; 2nd Back Roads Madness; 8th LOH Dinner Ride "Note KSU 3:30 PM; 13th Ditch Day; 15 and 16 is the Jacumba Overnighter; 21st MDA Camp is here and we need all the Trikes and three wheels bikes we can round up. Also, we need helpers to help assist the riders getting on and off the bikes; 22nd HOG Picnic KSU 9AM; 27th Ditch Day is here again; 29th is Yahtzee Ride and that's going to be fun! Registration starts at 9AM and the last bike out at 10AM; and on the 30th we end June with the Twisty Freeway Ride.

Looking Down the Road July 6th Back Country Twisty Mayhem "Brody's Burgers"; 11th Ditch Day; 13th LOH Dinner Ride; 20th Borrego Overnighter; and 27th The Bubba Ride "Richie's Real American".

GEO Cache HOG Style Stamp Cards are still available for the Summer of Fun Hide. This Hide runs all Summer long! So look for Paul G., Rick S. or I, and we will get you fixed up with Stamp Cards.

Fill the tank, burn some gas and get some Wind Therapy!



Three Feathers



El Cajon H.O.G. Log | June 2019, Issue 6, Page 7

El Cajon Harley-Davidson

LOH — Terrie E. and Susan



Hello Everyone!



Thanks for joining us for our first El Cajon Hog Rock Painting night. We have some great artists in our group. I hid my first rock on our May Ride. Hope to find one of yours somewhere.



AMY'S LOH DINNER RIDE—JUNE 8TH

KSU at ECHD 3:30 pm



Come out and join us. Thanks Terrie and Susan



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El Cajon Harley-Davidson

Ride Pictures



Road Captain Skills Practice - keeping our members safe through practice and commitment.



Progressive Lunch Ride..
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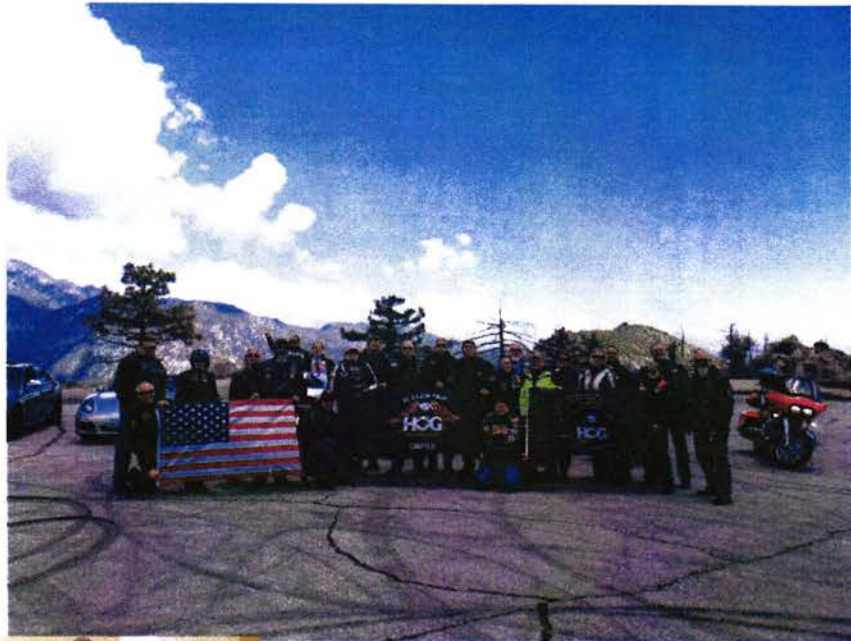




El Cajon Harley-Davidson

Ride Pictures

Angeles Crest
Overnighter...



Sharing a meal...



REALLY sharing...



El Cajon Harley-Davidson

Upcoming HOG Events and Rides

SUPPORT SURVIVORS OF SUICIDE LOSS SAN DIEGO

4th ANNUAL

SATURDAY JUNE 8, 2019

SUICIDE PREVENTION

RIDE FOR LIFE SAN DIEGO

POKER RUN & AFTER PARTY



RIDER REGISTRATION:

9:00 AM – 10:00 AM
AT EL CAJON HARLEY DAVIDSON
K.S.U. AT 10:15 AM LAST RIDER OUT 11AM

EVENT AFTER PARTY

12:00 PM to 3:00 PM
AT EL CAJON HARLEY DAVIDSON
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TICKETS AVAILABLE AT: www.Rideforlife.net





Upcoming HOG Events and Rides



Overnighter Jacumba Hot Springs



Ride for a little "stay-cation" at the Jacumba Hot Springs Hotel. They have wonderful mineral pools, a nice bar and restaurant on location. We'll ride out and get there in time for a little lunch provide by the chapter, and some relax time at the pool. If you don't want to stay, just come ride out for the day!

Make your reservations now before they are gone. Don't forget your bathing suit!

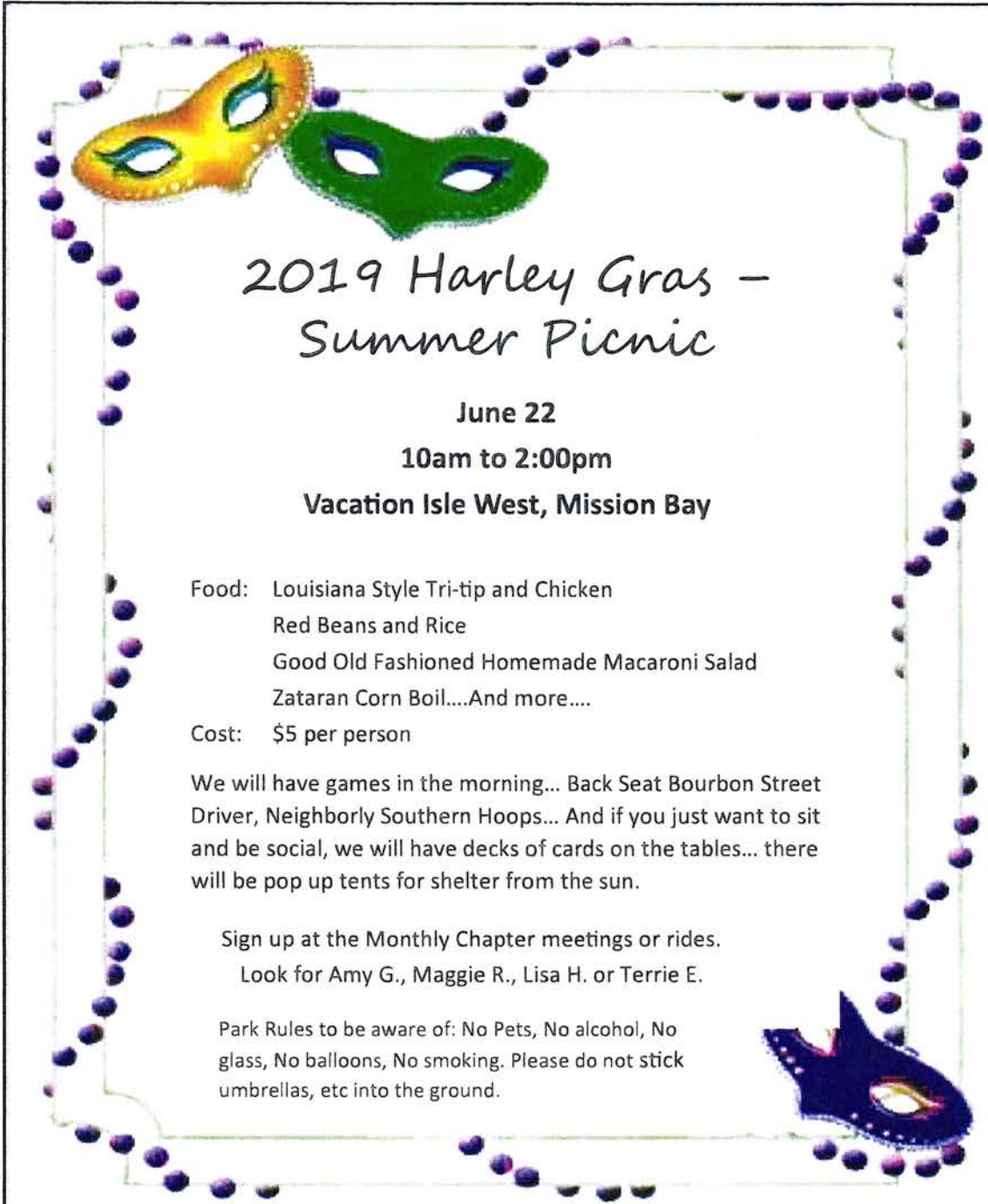
When: Saturday June 15th – Sunday June 16th
Time to leave is TBD – Check the Web Site

Hotel: Jacumba Hot Springs Resort
44500 Old Hwy 80
Jacumba, CA 91934
(619)766-4333
Group Reservation is under: Tom Vacala
Have them switch it from his name to your name.

Rates are: \$99.00 per night + Tax



Upcoming HOG Events and Rides



*2019 Harley Gras –
Summer Picnic*

June 22
10am to 2:00pm
Vacation Isle West, Mission Bay

Food: Louisiana Style Tri-tip and Chicken
Red Beans and Rice
Good Old Fashioned Homemade Macaroni Salad
Zataran Corn Boil....And more....

Cost: \$5 per person

We will have games in the morning... Back Seat Bourbon Street Driver, Neighborly Southern Hoops... And if you just want to sit and be social, we will have decks of cards on the tables... there will be pop up tents for shelter from the sun.

Sign up at the Monthly Chapter meetings or rides.
Look for Amy G., Maggie R., Lisa H. or Terrie E.

Park Rules to be aware of: No Pets, No alcohol, No glass, No balloons, No smoking. Please do not stick umbrellas, etc into the ground.



Upcoming HOG Events and Rides

**“OVERNIGHTER”
Saturday July 20th**

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El Cajon Harley-Davidson

National Event

ROUTE 66
WESTERN H.O.G. RALLY
VICTORVILLE, CA
2019

FACTORY DEMO RIDE
VICTORVILLE HARLEY-DAVIDSON

SEPTEMBER
12, 13 & 14TH

REGISTER AT
HOG.COM
Click EVENTS
then RALLY

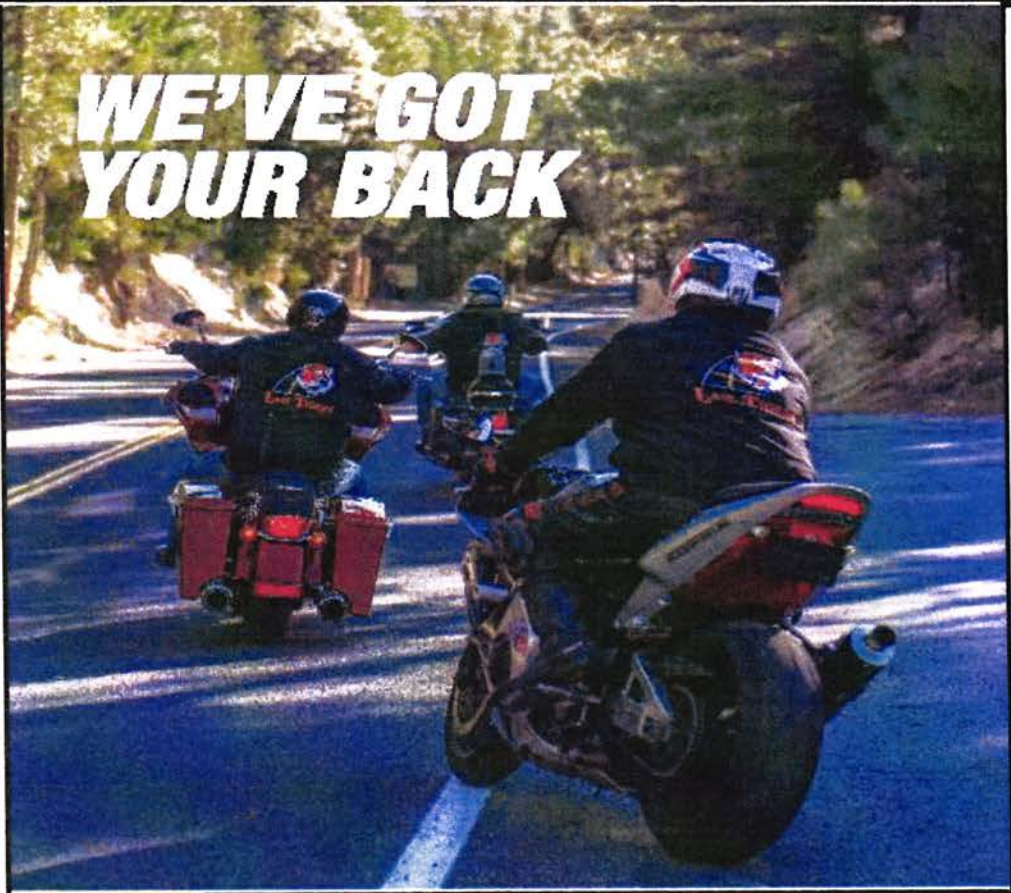
Thursday
MERLETTALICA

GARTH JENKINS
WITH SOUTHERN SPIRIT
Friday




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Our Mission Statement:

“To introduce Jesus Christ to the world
of motorcycle riders, for the purpose of
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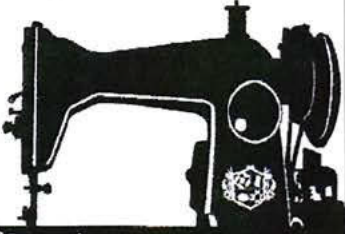
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