



RIDING HEALTH BENEFITS

- Sean "Ole' Ticker" Branham - Director
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We all hear about, and have knowledge of, the risk of riding motorcycles. There are a lot of studies that show riding can have great health benefits as well. It is each of our responsibilities to be safe, but it is also good to know the positive impacts it has in our life, outside of just pure enjoyment. Here are some of those benefits:

Reduces stress

Being on your bike, going through the beautiful scenery within the back roads of the Ozarks, and feeling the wind as you cruise along can take your mind off all life's hustle and lets you disconnect and just enjoy the ride. This calms you down and lets the stress and pressures fade away.

Improves brain health

It is all eyes and ears on the road when you're riding a motorcycle. This sensory focus means that riders are more alert to what is going on around them, increasing brain activity. Riding a bike increases alertness that is similar to drinking a cup of coffee.

Body benefits

On average, a motorcyclist can burn up to 600 calories per hour depending on the terrain and body type. Your body is working hard to maintain balance, keep you steady against wind forces and supple enough to maneuver. Riding a bike can be like doing a form of low-impact exercise. Apart from this, riding a bike also helps your posture and improves your core muscles over the long term.

Part of a community

Riding a bike offers the best of both worlds: solo time and being part of a larger biking community. Most avid motorcyclists are part of a larger community, like HOG, and this can boost happiness levels and improve mental health.

We hear about people taking Mental Health Days off work or away from their normal routines. Riding your motorcycle sounds like the benefits qualify for a Mental Health Day, so take off to go Ride and Have Fun.



Account Update

- Sarah "Flip-Flop" Jackson - Treasurer
treasurer@pigtrailhog.com

Pig Trail H.O.G. Chapter #2075
Account Balance as of
April 15, 2023

\$1954.37

save the date...
4:00pm at Troy Adams house
Cost \$10 per person to cover cost
Burgers & Hotdogs prior to heading out for the HUNT
See Facebook event for address and more details...

Scavenger Hunt

MAY 20



Visit our website
pigtrailhog.com



Follow CDC Guidelines
for COVID-19 Concerns



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Ride Your Own Ride: A Guide to Group Riding

- Jeffrey "Sleepy" Bushey - Assistant Director
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Group rides are a great way to share your passion for motorcycling with others. Whether it's a short trip or a long adventure, riding with others can be both challenging and rewarding. However, it's important to remember that when you're riding with a group, you should always ride your own ride with comfort and diligence. Here are some tips to help you make the most of your next group ride.

When riding in a group, it's important to use a staggered formation. This allows each bike to effectively have their own lane, and it also gives you enough space to react to any sudden changes in traffic. The distance between bikes is up to you, but keep in mind that leaving too much space can be problematic. Other drivers may see large gaps as opportunities to cut in and split you from the group. To avoid this, try to maintain a consistent distance between yourself and the bike in front of you.

Communication is crucial when riding in a group. Before you set out, make sure you have a clear understanding of the route, the rest stops, and the pace of the ride. If you're not comfortable with any of these factors, speak up and let the ride captain know. They may be able to offer suggestions or make adjustments to accommodate your needs.

It's easy to get caught up in the excitement of a group ride, but it's important to stay focused on the road ahead. Keep your eyes on the road at all times, and be aware of your surroundings. Look for potential hazards, such as potholes, gravel, or debris, and signal your intentions to other riders when necessary.

Don't let other riders intimidate you into doing something you're not comfortable with. Remember, it's your ride, and you should always ride at a pace that feels safe and comfortable to you. If you feel like you're falling behind or getting separated from the group, don't panic. The ride leader and sweep rider are there to help you rejoin the group if necessary.

Group rides can be an amazing way to explore new places, meet new people, and make lasting memories. By following these tips and riding your own ride, you can ensure a safe and enjoyable experience for everyone involved. Keep an eye out for upcoming rides in your area, and don't be afraid to ask questions or voice your concerns. Happy riding!



FRESH BEGINNINGS OF SUMMER

Casey "Charmer" Conway
- Ladies of Harley loh@pigtrailhog.com

With the chapter and dealership schedules, there's A LOT going on. There is something for everyone! Come out and support our amazing chapter and dealership.

Come out for our May 6th LOH ride to the Botanical Garden, remember to pack a lunch.
May 28th Miniature golf.
Follow Facebook for more specific details.



RIDING SAFE

- Troy "Big Shot" Adams - Head Road Captain
roadcaptain@pigtrailhog.com

The best riding season is upon us, and we have had a few accidents already from our group. This being said, please give everyone room to ride their own ride, but keep close enough that people can not get in the line of bikes.

Please watch out for animals and cagers not watching for you. Let's have a great riding season and stay safe!!!



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SAFELY RIDING THROUGH CURVES

- Mike Phillips - Riding Academy Instructor

The most common places for motorcycle crashes to occur are in curves and intersections. The majority of crashes in curves involve a single vehicle, meaning the crash is the fault of the rider. These crashes are preventable. The Motorcycle Safety Foundation teaches a four step process to ride through any curve. The steps are: slow before the curve, look through the curve, press the handle bars to initiate the lean, and roll the throttle to maintain a steady speed in the curve. The most common mistake in curves is entering too fast.

The speed you ride a curve will be different for each rider. Riders can always speed up but slowing down in a curve usually leads to a crash. If you feel the need to slow down in a curve, you entered too fast. When the front brake is applied in a curve with the bike leaned over, the bike wants to fall to the inside of the curve then slide off the road. When the rear brake is used in a curve it causes the bike to stand up, making the turning radius larger, forcing the bike to run off the road. Neither option is good, either one can lead to a crash.

To prevent this, enter the curve slower than you think you need. Think fat man in swim fins running in the sand. Speed limit signs are a good indicator of the speed you should ride. The suggested speed of a sharp curve is another sign you should follow. Don't try to keep up with anyone else, just ride at a speed you are comfortable with.

If you are going too fast in a curve the best thing to do is counter steer more. When going left, press the left handle bar to make the bike lean more. Lean your body into the curve, not outside the curve. Pro racers lean into curves far enough to drag their knees and elbows and bike frames on the ground. I do not want you to drag parts on the ground, but your bike will lean a long way before anything drags and easily recovers as you exit the curve with a little roll on the throttle.

Riding curvy roads is the most fun part of riding a bike. Don't spoil the fun by going so fast you cause undue stress or even a crash. I never heard anyone say "the reason I crashed in that curve was because I was riding too slow". Don't be afraid to ride slow. Don't be pressured to ride fast. Ride your own speed and stay safe.



MEDICAL TRANSPORT COVERAGE

- Sheila "Casper" Branham - Secretary

secretary@pigtrailhog.com

This month's meeting we will welcome two very important companies: Mercy Life Line Air Medical Service and AirMedCare. These companies will be speaking about the importance of having helicopter medical transport coverage for us motorcyclists, even if you have health insurance.

Mercy Life Line has one-year memberships for \$59, or 3-year memberships for \$160. They cover a good portion of our local riding area. Coverage Area is portions of Missouri, Arkansas and Oklahoma. The four base locations are: Branson West, MO; St. Robert, MO; Fort Smith, AR; Rogers, AR. The area covers 30 minutes time from the center of these areas.

AirMedCare offers one-year memberships at \$99, 3-year for \$249, and 5-year for \$399 with discounts for those over the age of 60. They are the largest in the country with over 320 locations in 38 states.

Keep these memberships and costs in mind for the May chapter meeting. The representatives will be here to discuss everything they offer and how you can take advantage of the coverage that your health insurance may not. Please know these prices are from their websites and are always subject to change.



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HAVE YOU MET DAVE?

- Toni DeAnda - Membership
membership@pigtrailhog.com

For May's member spotlight I would like to introduce you to Dave Wilson. You may have met Dave at the April Chapter meeting where he took on the challenge coin to visit Grand Falls, MO. If not, keep your eye out for Dave, he rides a 2014 ultra limited in whiskey and silver. Dave got his first sportster in 1975 after getting out of the Navy and has been riding on and off since then. Thank you for your service, Dave! He recently moved from Colorado to Arkansas after reigniting an old high school flame. Dave still has houses in the Littleton and Pueblo West areas of Colorado, so if you need any suggestions in that area, you know who to talk to.

Sparks of love brought Dave to Arkansas and the sounds of potato-potato-potato-potato brought Dave to the Pig Trail HOG Chapter. Not only did Dave meet the waterfall challenge but as family does, he brought along another member for the ride, Lonnie Gayer. After hearing about this interesting guy, you might want to ride with him too.



Welcome New Members: Keith Bennett, Mars Magee, Patrick O'Neal, Rusty Thrugmorton



RIDING SEASON IS HERE

- Polly & Bruce Ingerson - Volunteer Coordinators
volunteers@pigtrailhog.com

Yes, riding season is here! We see that as volunteer season. It includes volunteering as Road Captains and Sweeps, volunteering as Ladies of Harley, volunteering to sell water and volunteering to help PTHD, our dealership, when they ask the chapter to do so.

As you read this, we have completed one of the annual PTHD events - Spring Fling. We asked members to volunteer to sell bottled water at their Eureka Springs site. We appreciate all the members who volunteered to do so.

We have had a meeting with Teresa Hurst who is the Events Coordinator for PTHD. She outlined the events that our dealership needs volunteers for during this riding season, and we expect she will possibly add more exciting events during the year. We want to thank all of you in advance for all you do to help our chapter as well our wonderful dealership (one of the top in the nation) that once again does so much for us during the year. Lets ride, have fun, and help when needed to make ours the best chapter.

Watch for volunteer sign-up sheets on clipboards that we will have at the chapter meetings.

One last thing, please legibly print your name and other requested information on the sign-up sheets. This cuts down the need to contact a psychic to contact you. 😊



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H-D app, what is it? What features does it have?

- Michael "Tip-Toe" Douglas - Webmaster
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Have you downloaded the H-D App? Have you checked out the recommended rides? Have you participated in any of the monthly challenges? Have you earned your digital coin(s)? If not, then download the H-D App from your iTunes or Google Play Store. It's free to download. Create an account or use your existing H-D account to log into the app. Once logged in, the first item you want to make sure to accomplish is to update your profile with your National HOG Member number and bike(s) information.

What are the monthly challenges? They consist of riding a certain amount of miles and a number of dealer check-ins, for that specific month only. Challenges do not carry over to the following month. For the May challenge, it consist of riding 450 miles and 5 dealer check-ins. You will be able to keep track of your monthly miles and check-ins via the app (this does not update Ride365 miles). Finally, you can see where you rank among all the other H-D riders participating in the monthly challenge.

Some of the other cool features of the app are that you can see recommended rides based on your current location (GPS will need to be enabled). Also, you can see upcoming H-D events based on your current location. You can send destinations and rides from the app to your boom-box, or access the rides using your boom-box from your phone. Finally, the app provides an easy way to access the following content: schedule a test ride, find a dealer, events, rent a bike, museum, etc.

Join us this month at our chapter meeting as I will walk everyone through the process of joining the challenges and how to get those miles and dealer check-ins recorded within the app. Remember to ride and have fun while completing these monthly challenges.



ROLLING ON THE RIVER

- Becky & Scott Fite - Activities
activities@pigtrailhog.com

Greetings HOG Chapter!

The Topeka trip is over and in the books. I will say it was worth the trip. Mr. Knievel was quite the character and lived his life to the fullest, broken body and all. You missed a good adventure.

For the next big adventure, we will attempt to float down the Illinois River on a raft. If you think you would like to attempt this grand expedition, here are the details:

Date: June 16-18 - KSU Time: 3:00 pm on June 16th - KSU Location: PTHD

This is a weekend trip but if you want to come just for one day or two that is good too.

Hotel Information: Best Western - 101 Reazor St - Tahlequah, OK - Phone: 918-431-0600

King 119.99 + tax - Double Queen 129.99 + tax

Camping available also at War Eagle Resort - 13020 N Highway 10 - Tahlequah, OK - Phone: 918-456-6272
30 and 50 amp spaces for 36' RV

I have reserved rafts for the floating. You will need to bring a picnic lunch for Saturday. There will be a weinie roast with s'mores Saturday after our day of floating.

Sign up sheet will be at the meeting in May and June. Please sign up so I can get an accurate count to see how many rafts we will need. If you can't make it and have signed up, please let me know.

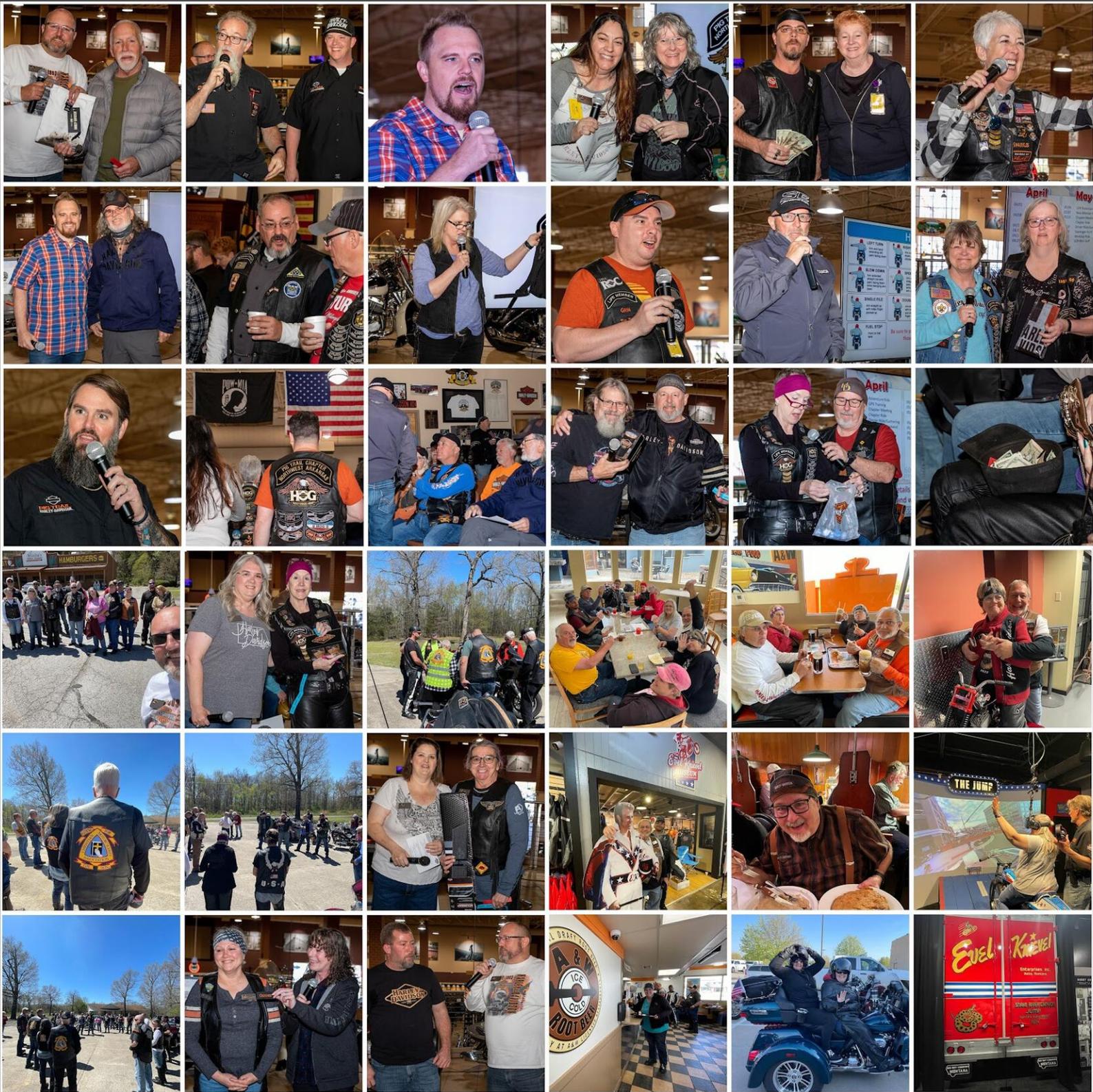


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