



CLUB # 4870

May

2011



CRUISIN' TIMES

The Monthly Newsletter of the Jerseypine Cruisers Motorcycle Touring Club

Prez Czyz Says

Well, April will go down as one of the coldest and wettest Aprils in the last 50 years, at least as the Chicago Tribune says. But at least we got in a few good rides this month. April 3, the first Sunday we had the "April Fools" ride. After all we couldn't let Hermin have all the fun. Five bikes went out into the cold, and four of us made it to Genoa. That's an acceptable loss ratio. (Actually Bob had a previous engagement at the house, and had to break off). Russ, who hadn't planned on coming actually did, and was happy to be able to do a break-in ride on his new trike. After all, he has to get it all ready for the love of his life. Granted it was a bit windy and blustery that morning. I guess the April fool's joke was on those that didn't go that morning. April 10, the second Sunday, we actually had two breakfasts to attend, and the group split in two, one group went to Burlington to the fireman's breakfast, and the second group went to Wood Dale for the Boy Scout's breakfast (I wound up there), and I will say, that it really feels nice to be welcomed by name, and appreciated for coming to that breakfast event. Afterwards, most of this group went home to do errands, while a small group of us went on to the Indian head at that state park that I forgot the name of. I remember the brisk winds that day too. Definitely got our arms exercised. But we enjoyed ourselves as usual. On April 17, I wound up having some errands to take care of, not counting the fact it was quite cold and blustery also. But I know that the big boys were out that day, and I do hope that they had a great ride. We know that Joe's Drive-2-Dine ride on Good Friday was canceled on account

of rain, boy did it rain, but he did reschedule for Saturday, a "Pickup Ride", which I hear turned out to be a very nice ride that day too. I unfortunately had a POSSE meeting to attend that Saturday morning, at which I had the distinct honor of representing our club at the meeting. That was a very interesting group of bikers, also representing their various clubs. I did feel right at home with them. And of course George was there representing the AMA, so I wasn't totally alone either. The idea of the POSSE is to coordinate ride events, and share information and cooperation with the various local Biker Clubs. In these times, that's a valuable asset to all clubs. Easter Sunday, we had about 10 to 12 bikes show up. We decided to eat first, as we figured that the restaurants would fill up quickly if we waited too long. Then we went on a ride led by Ken, going somewhere north-northwest. Turned out to be a very beautiful day to go for a ride, unfortunately almost all of us had dinners and parties to attend that afternoon, and we slowly started losing bikes along the way. I dropped off around 11:15 and barely made it home to get ready for Easter dinner at the relatives. (Why does one have to get relatives when one marries? There should be a law against it.) I'm



sure the same was occurring with the remainder of the bikes. That really, really was a very nice day for a ride. Let's hope that's it for the rain, at least a while. I know the Spring Campout is coming up shortly. If you haven't done so, get your reservations, make your plans, and attend. The spring campout has usually been one of my favorite events. But don't get too close to the campfire when George is feeding and stoking it. Rubber soles too, have a melting point. (By the way, if you happen to see a Goldwing CB antenna on route 72 between Des Plaines and Genoa, feel free to pick it up and return it to Russ, seems his dropped off during one of the shakedown rides. I told you to use Loctite. All kidding aside, you really weren't the first, and you sure won't be the last, trust me.)

The monthly meeting fortunately was uneventful. The jokes could have been better

(Right Don? Right Mike? Right Steve? [Oh, that's Me.]), and I'll try to do better on the 50/50 announcements. No, I won't guarantee short meetings every time, sorry. Also, Membership Dues are due, so if you haven't contributed this year, it's time to. Let's get it over with.

Hope to have some of my in-laws/relatives ride with us soon, be on the lookout for a HD, and an Indian (MC), Ralph and Mark. They're relatives, what can I say?

In conclusion: ride often, ride safe, and be sure to avoid the potholes, and those crazy cagers! (Of course, the last names have been omitted to protect the guilty.)

Stephen CZYZ
Silver One

Reminder

Dues are to be paid by June 1, 2011

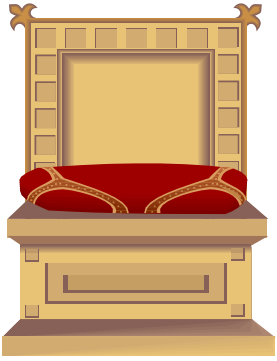


Browncards	\$10.00
Associate Members	\$35.00
Regular Members ..	\$35.00
Life Members	1,000,000.00 cash only

Mail Payment to:
JerseyPine Cruisers
C/o G W Barrington
410 S Michigan Ave.
Villa Park, IL 60181

Or Pay me at any meeting or breakfast run

From the High Chair



Well the weatherman says that it is supposed to get up to 71 degrees tomorrow so I think I'll head up to Willow Creek Church and get my bike blessed. Anyone that has ridden behind me over the past year will agree that the bike needs all the help from the Lord it can get.

I showed up at the Old Farts coffee on Tuesday morning. It appears to be an aptly named event. I am fairly sure I was the youngest attendee. But the coffee was good and the coffee cake was excellent. Thanks to whoever brought it. It was a nice gathering. The weather was damp so there were only a couple of brave bike riders there. But as the weather warms up and dries out I understand that there will be a ride after coffee. I recommend the event to everyone.

There are only 19 days and a wake up until spring campout. The long range forecast has no mention of snow in it. That is a blessing. I understand that there will be a fair sized crowd going up early on Thursday. I plan to ditch work and go up early myself. It seems like this has been a very long winter. I'm ready to ride.

I was struck on Tuesday night by the number of events we have coming up including four

campouts, a couple of overnights, and the occasional pick-up ride. And of course there is always Sunday morning. I particularly enjoy the all you can eat pancake breakfasts.

For those of you who missed the meeting on Tuesday, Joe Hill has increased our treasure by a couple of grand, all three VPs had little to say and slept for most of the meeting, and Sandy came up with what has to be the most bizarre name for an event on record. She promised to provide an explanation later in the newsletter. I'll leave you to judge for yourself.

It is fortunate that there were no vegetables or spoiled fruit within reach of the crowd on Tuesday. The humor provided at the beginning of the meeting was a bit weak. Actually calling it humor is probably a stretch. I promise that I will once again apply myself at future meetings. But even Johnny Carson had bad nights.

Please remember that dues are due. George is looking for more contributions to his chrome fund. See you all at Brodhead.

As always, ride often, ride safe.
Harley One
Mike O'Malley, COB

**Congratulations
Russ McManus on
your new trike**



"HOLA" From the Desert Southwest

It's another beautiful, sunny day as usual. I ride with a group here on Thursday and Sunday. On Thursday we usually go play in the mountains of California. and Sunday the flat desert of Arizona, but always with some mountains in view even along the Colorado River where there are some hills and twisties. I average 500 to 600 miles a week.

Last month a few of us wanted to see the ocean (Pacific), so we took the "super slab" awhile before heading northwest to higher elevation. However there was a flashing yellow caution sign saying 25 mph-chains required. Not a good sign when you're on 2 wheels and already cold. It was 42 degrees and we were about 3,000 feet, so we opted for Plan B which was going straight to Alpine/El Cajon then north to Oceanside, CA. We walked along the beach for awhile, then back to the bikes and rode along the ocean road and looked at the water and very expensive homes with a gorgeous view. At night we walked to a restaurant that had 2 for 1 pizzas and a live blues band from Chicago.

The next day as we went back up the mountains we saw the flowers all in bloom, even in the high desert the wildflowers are yellow and bright purple. The Ocotillo (cactus) was blooming a vivid orange. When we got to about 4500 feet it was quite apparent the snow was still around, about 6 inches on the side of the road and even more at 6,000 ft. The roads were mostly dry except for the melting runoff. The signs were still up warning travelers not to

run into snowplows. We were still in California, so that explains it.

Sunday several of us, 11 bikes and 14 people went to Borrego Springs, CA for lunch. (we ride to eat here too). It's in the lower mountains about 3,000 ft. with lots of turns and twists. After lunch we went through the Badlands of California. It actually is badlands because the sign says so and if you look real hard you can see the Lone Ranger and his trusted sidekick Tonto trotting through the gullies.

Things are starting to slow down in Yuma as people are heading back North especially the Canadians who can only spend 183 days out of their country. Half of the 80,000 "snowbirds" here are from Canada.

The activities in the RV Resort I'm in are ending, such as computer club (lost cause for me, right Steve), clogging which is like tap dancing only with double taps and a lot of fast moves and Zumba which is a dancing exercise with a whole lot of shaking. Zumba is three times a week all year. There are also all kinds of community events here just about every week that are open to everyone.

It's really neat to ride around on the bike and see all the different crops that are grown in the area. Ninety-five percent of all winter lettuce for the country is grown in Yuma County as well as every green vegetable you can think of plus some cotton. In the next county over in California, it is carrot harvest time. Sunday we saw about 30 huge trucks lined up for weighing at the special carrot station at Salton Sea (inland salt water huge lake) as we rode past. In late January and February when we go West we see the "Blue Angels" practice at their winter base in El Centro, CA. But one of the very best sights here are the amazing and colorful sunsets and even the sunrise over the mountains.

See you in May or June.
Just Betty



Upcoming Events

May 7 – Epic Memorial Ride

52 mile escorted ride and distraction awareness rally. Starts in Lake Delavan, WI and rally is in Lake Zurich. For details visit www.epicmemorialride.com

May 7 - Fox Valley HOG Slide Into Spring Ride

A ride with five stops, food and music starting in Lisle. For details visit www.fvhog.com

May 7 – 4th Annual Autism Poker Run

Poker Run in Rockford. For details visit: www.ironskullsmma.com

May 15 - 24th Annual Little Angels Pledge Run

An 80 mile pledge ride benefiting Little Angels starting in Woodstock. For details visit: www.lapedgerun.com

May 21 -Mooseheart Bike Blessing & Run

Bike blessing at Mooseheart and then a 65 mile ride to Indian Motorcycles of Chicago in South Elgin. For details visit: www.mooseheart.org

May 22 - Blue Knights Illinois XII, Annual Challenge Run "Helping Our Heroes"

This benefit ride starts in Palatine and ends in Prospect Heights. For details visit: www.blueknightsilxii.org/

June 4 - Frogs For Freedom Midwest Run 2011

This police escorted ride through northern Illinois starts in and returns to Gurnee. Ride benefits the Navy Seal Foundation. For details visit: www.nswfoundation.org

June 5 - One Unforgettable Ride

A 75 mile ride benefitting the Alzheimer's Association starting in Morton Grove. For details visit: www.oneunforgettableride.com

May						
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May 20-22 – Spring Campout

May 24 – Board & Membership Meeting

May 24 – Old Farts Coffee

June						
SU	M	T	W	TH	F	SA
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June 24-26 – Hodag & Porcupine Tour

June 28 – Board & Membership Meeting

June 28 – Old Farts Coffee

5th Annual Spring Benefit POKER RUN

Hosted by: **KC'S Cabins**
Est. 1994 WORLD FAMOUS BURGERS

Corner of Rt. 173 & Wilmot Rd., Spring Grove, IL

Sunday, June 26th
\$20 per person

♦ Sign-in from 9 to 11am... Last bike in at 5pm

♣ LIVE MUSIC BY **WISCONSIN PLOWBOYS**
 Dinner Buffet 4pm www.wisconsinplowboys.com

♠ Proceeds to Benefit Pediatric Brain Tumor Research

95 WILL ROCK

For more info, call Kat 847-276-0646

THIS IS YOUR TREASURER BY JOE HILL

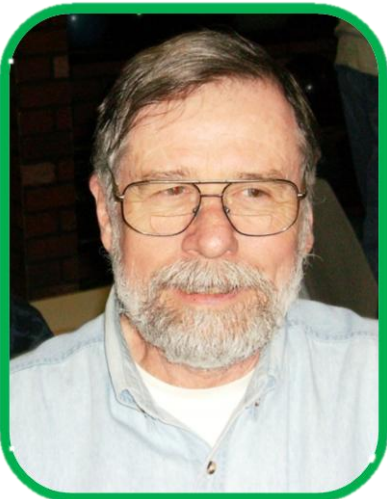
Sandy asked for a profile of me to include in our award winning newsletter, so I sent her a profile (picture) of me that had been taken some time back. I must say that it appeared rather Hitchcockian. As it turned out, however, that is not what she had in mind; but rather some verbiage explaining why I am the way I am.

Before I get too far in let me say that names have been changed to protect the innocent, or not so innocent as the case might be.

I first started riding motorcycles in college. One of my roommates had a Honda 50 that I used to borrow and ride the snot out of around our small college town in Minnesota. I would even pick up girls on the back of this little 50 and we would ride around. I would tell them to lean with me when we went around a curve, but one of them didn't believe me and leaned the other way thinking that we were going to fall over. The little 50 straightened up and we went off the road into a farmer's field. I kept it upright, though, and got it turned around and back on the road.

This little town had a dealer that sold Triumph and BSA motorcycles and I would be down there all the time looking at a BSA Lightening that I wanted badly. Never did end up getting it though. One of life's missed opportunities.

After college I ended up buying a Harley Sportster XLH. It was a 1000CC model and was the model that had electric start. Actually, it was an AMF as this was the time that they owned Harley.



That bike was the most brutal, unrefined, raw motorcycle out there. It had an "automatic" chain oiler that consisted of a small tube that came out the back of the engine and

hung over the chain and dripped oil on it. All it really accomplished was to spread oil all over the rear tire and wheel. You had to clean it off once in a while or risk the tire sliding out from under you on a curve. It also had a breathing tube in the front of the engine that every so often would spew great gobs of 50W oil.



It did, however, have an abundance of torque. You could use it to pull tree stumps. One time I was winding it up to leave a light and accidentally lost my grip on the clutch and it popped out. Well, that thing took off leaving very little weight on the front tire and I almost did a Rollie Free thing hanging off the handle bars like a flag before I got the throttle backed off and got the thing back under control.

After about four years I sold the thing for what I had paid for it because I needed money to put a roof on the house. It had pretty much shook itself to death by then anyway. It also had a clutch cable that stretched continuously. I was forever adjusting the thing.

After selling the Harley I was without a bike for quite a while. It was during that time that I saw a news report one evening about a Midnight Ride that left O'Hare with thousands and thousands of riders. They showed film of the event. I thought that looked like a lot of fun and if I ever got a bike again I was going to do that.

In September of 1995 I bought another bike; a 750CC Yamaha Virago. I didn't want to jump right back into the Harleys. I rode the thing around during 1996 and signed up for a rider course at Great Lakes in 1997. In 1997 I saw an ad in the Tribune inviting me to come and "ride with 5000 of your closest friends." The ad copy was evidently by Gary Cooper. The event was on a weekend I had my rider course at Great Lakes. I was to spend all day there Saturday and come back Sunday morning for more. I was desperately trying to figure out how I could attend the course, do the

Midnight Ride, and be back there again at 7:00 Sunday morning. Alas, I never did get it completely figured out and decided to complete the rider course that year and look for the Midnight Ride again the next year.

And lo and behold, there was the ad again the next year for the Midnight Ride. Nothing could stop me now. The ride was in June and it was a very cool evening. I bought a pair of heavier gloves from a vendor at the ride and was glad I did as they were very useful. That evening I also stopped at the membership tent and picked up some information on the Jersey Pine Cruisers. I really did enjoy the ride after waiting all those years.

Afterwards I came over to a membership meeting to see what the Cruisers were about, signed up, and the rest is history. I rode that Virago around for another couple of years and then traded it in on my current ride, a Kawasaki Nomad.

I met any number of wonderful people in the Cruisers and worked every event that workers were needed for, attended others (Installation Dinner, Anniversary Party, Holiday Party, etc.) and went to board meetings. In 1999 then President Leon Glowacki named me Spark of the Year.

Over the years I served as a Vice President a couple of times and Treasurer. In 2005 there was a great clamor that I become President, and so I did. I would never have imagined watching the report of the Midnight Ride on the news those many years ago that someday I would be President of the organization that put it on. I was somewhat intimidated by that thought.

So, here I am again as Treasurer. Rest assured; our funds are in good hands. My motto has always been "I will spend no dime before its time".

That's pretty much it about me in a nutshell. There are other more sordid details that I have left out of this narrative; after all, this is a family club.

Web Surfing Monkey

[Motorcycles: a Method to Save on Gas](#)

[2011 Virtual Bike Show](#)

[Motorcycles Out of Watch Parts](#)

["Can You See Me Now?" Motorcyclists Ask](#)

[Police Watch For Motorcycles](#)

[Wheelie Video](#)

[Riding on Water](#)

[Ride the Hoh Rain Forest](#)

[Harley Davidson & WDOT Offer Unique Opportunity to WI Motorists](#)

[Ride on Rt 1 in Moscow](#)

[Patriot Guard Documentary](#)

[World's Fastest Electric Motorcycle](#)

[Start Seeing Motorcycles](#)

[Motorcycles Excluded From CPSIA's Lead Law](#)

[News From the Year You Were Born](#)

[Some Grow Weary of Fun Runs](#)

[Motorcycle Riders Take Over Mall](#)

[Ray Ban Motorcycle](#)

May Birthdays

Joni Brandt May 9th

Tom Pahl May 11th

Betty Swoverland May 13th

Hugh Brandt May 25th



From the Bleachers

It's early Friday morning and I'm sitting in front of my keyboard typing this out, but I must admit that my heart is not in it. I can see from the window that the sun is shining brightly and, after five days of rainy weather I am anxious to get the bike out and go for a long ride. I promised Sandy that I would get an item to her by today and this is my attempt at same.

Last Saturday, I along with ten others met at the McDonalds on the Southwest corner (Ha! Ha!) of Higgins Road and Governors Lane to partake in Mr. Fiedler's lunch run to Burlington, Wisconsin. He laid out a nice route and we ended at a very nice restaurant called the Charcoal Grill. We did however have two dropouts along the way. Al Large with an electrical problem, and we lost Bob Wagner due to reasons unknown to me. After a long and satisfying lunch we enjoyed a leisurely ride back to Illinois. Thanks Joe for coming up with a pleasant ride that I know was thrown together on short notice because Friday's lunch run to Galena and Chestnut Mountain Resort was cancelled because of the inclement weather.

I can tell the riding season is headed our way and that we have a lot of good rides planned. Thus I have started to make reservations at campgrounds and motels for some of our upcoming events. I currently have a campsite reserved at Crazy Horse for the JPC Spring Campout; Waffle Farms for the Autumn in the Irish Hills campout; and the Coho Motel for the Lakeshore Overnight Run. As this is my first full year as a retiree I am hoping to attend every campout and overnight event, so there will be more reservations to come as I work out my schedule for the rest of the year. There are some planned overnight rides to interesting places and I don't plan on missing any of them.

If you mix in miscellaneous Saturday rides, dinner runs and the weekly Sunday breakfast rides you come up with a full riding season of events. Don't forget we want and need your participation and input. Please come on out, participate in the rides, volunteer to plan or lead a ride, provide info on a restaurant or suggest other destinations. Ride with us and help the Cruisers' be everything you want it

to be. Thanks to all the chairpersons for volunteering to plan and put on these events for my (and your) pleasure.

Cruiser Saturday Lunch Runs: (A tradition for almost a week now) If you know a restaurant that you think we might enjoy taking a ride to please forward this information to Joe Fielder, If you can recommend a route to the restaurant and are willing to volunteer to lead the ride that would be even better.

Don't forget to join us for the first campout of the JPC riding season, the JPC Spring Campout at the Crazy Horse Campground from May 20th to 22nd located in Brodhead, Wisconsin.

Ride safe and I'll see you all there.

Steve Penczak



For flyers of club events, click on the event name below:

May 20-22 - [Spring Campout](#)

July 8-10 - [Summer Campout](#)

August 5-7-[House on the Rock](#)

Every Sunday- [Breakfast Rides](#)

4th Tuesday of the Month - [Old Farts Coffee](#)

Year long event - [The Traveler](#)

Crazy or Too Close to Home?



The non-biker community just doesn't get it - classic car owners, snowmobilers, race car drivers, and others who enjoy the bonding with their machine, most likely do.

Every time I walk into the garage I say "hello"... "how R U"... "miss U"...or better yet... "soon baby soon". Admitting to displaying that type of behavior will cause strange looks from some people, a 911 call from others, maybe even one of those coats that make you hug yourself and get you placed in a padded room\cell.

Like a bear hibernating for the winter the bike gets covered, pampered, and given just enough power to keep her heart beating for those long, cold, damp days of winter. If I had the opportunity I would make a ramp into the house and keep the bike there for the winter...but alas I am sure that the township and my house insurance company might have a thing or two to say about that idea.

So, after the first good rain, and gambling the snow was not coming back, I brought her home from her winter cave. At the first window of somewhat warm weather out came the buckets, towels, and soap to give my girl the first of many to come showers as quickly as I could. As I slowly caressed her frame with my hands rinsing, soaping, and rinsing again, and then at the peak of cleanliness I gently towed her off...I swear I heard a moan or two. Finishing just in time to fire her up and put back in the garage to sit for another day...her pipes were smoking as I headed back into the house....exhausted\spent from the fruits of my labor.

Over the days to follow as I would pull the SUV out to go to work every day I'd call..."Good morning sweetie how ru?"... "soon baby soon" and "missed ya today sweetie" when arriving home. Occasionally, I would touch the handlebars, or pet the Naugahyde of the seat like a loyal dog.

The process of getting her ready for the next riding season involves the usual new rubber,

replacing fresh fluids, a new set of plugs, and new pads so she can stop on a dime. All the while making note of all the spots I need to go back and clean more before the final coat of the highest carnauba wax to make her coat shine in the sunlight. All of this is so that my sweetie will turn heads as she prances down the road.

I have one of those co-workers that when the blizzard hit this year would say as I walked in the office "Did you ride your bike today?" Resisting the urge to smack him, I took the high road one morning. I calmly tried to explain these feelings to my coworkers one day and the only reaction I got from them was... **"Are you crazy it's a machine not a puppy"**.

Author's name withheld to protect his/her identity

Club Directories are Available

E-mail me at

George@JerseypineCruisers.org

Call me at (630) 927-4810

Or see me at a meeting

Request it in Excel or Rich Text Format

I will E-mail it to you.

Please do not ask at a Breakfast Run

I am old and will forget by the time I get home



View From the Side

Preparing for a riding event can be quite eventful! Since the Hodag and Porcupine Tour is new this year, we decided to do our first pre-ride by car on April 1-3. It turned out to be a very wise decision not to take the motorcycles. While we hadn't seen snow on the ground in the Chicago land area for weeks, Rhinelander had a 15 inch snowfall the previous week. When I called my sister who lives in Rhinelander to say we were coming for the weekend, she said to me, "you know snow is predicted, right?" That should have served as a warning.

We left Friday morning ready for an adventure. Ken had the route planned out including alternates. Rick, the co-chair was in the passenger seat with the route sheets and Flo and I were in the back ready to watch for gas stops and restaurants. Ken already knew where he expected to stop for gas but I always note gas stations in the towns we go through so we have alternatives. One never knows if Plan B is needed due to a sudden storm or mechanical problem on the day of the event. Besides noting gas stations, my other job is to look for restaurant choices. Ken had planned on using Oshkosh as the lunch stop so I had googled some possibilities. I chose some for the names and some for the cuisine. As we found the various restaurants on my list, we assessed the size of the parking lot, the condition of the parking lot (paved or gravel) and the size of the restaurant and whether it would be able to accommodate a group. As we eliminated all of the choices I found on the Internet, we decided to try a family restaurant we had passed. After determining that we liked the food, we checked to see if they would accommodate us. We continued checking the route into Rhinelander and drove through the town checking out the options.

I had known that Rhinelander is the "Home of the Hodag" but did not know the story. The city of Rhinelander was a supply point for many logging camps in Northern Wisconsin and Upper Michigan during the late 1800s. A "Hodag" is originally a logging term for hoe or maddock. The hodag is a fabled creature created by Eugene Shepard, a known prankster, who showed a horrifying picture

to his unsuspecting friends. Shepard reportedly led a party of loggers to a cave where they captured the monster after putting it to sleep with a chloroform-soaked sponge tied to a pole. It's said the pit where the beast was kept when it wasn't prowling the countryside devouring its favorite food – white bulldogs- is still visible. The Hodag still roams the Rhinelander area today and the frequent sightings are logged at the official Hodag website. The Hodag is the mascot of Rhinelander. Thus we have the Hodag part of the tour.



On Saturday we headed up to the Upper Peninsula. We had two routes planned as we were not sure if the federal forest roads were paved (they are). When we drove into the Porcupine Mountain area, the one road was closed. They use it for snowmobiles and cross country skiing in the winter and do not plow it. Therefore it was not accessible as it was still winter in the UP. We'll have to ride that road on the next pre-ride and then we'll have the porcupine part of the tour.

On Sunday we woke to big, beautiful, fluffy snowflakes falling. We were glad we hadn't taken the bikes as we may have been stranded in Rhinelander for a day. We started homeward following plan B. We were just out of town when a car coming from the other direction lost control and came careening across our lane and buried it in the ditch. Luckily Ken was able to stop the car before a new front end would have been required on our car. We headed back into Rhinelander and came up with plan C until the road conditions were better.

Our next pre ride is Memorial Day weekend on the bikes. Hopefully, we'll be able to follow our planned routes and the snow will be gone! Hopefully we will be able to complete the entire Hodag and Porcupine Tour before the actual event in June. I'm sure it will be another adventure.

Touring Tip: Getting Your Body Ready To Tour

Much has been written and said about preparing a rider's motorcycle for a new touring season, but relatively little is ever said about preparing a rider's body for long motorcycle rides. As all serious riders know, it takes much more mental focus and physical stamina to ride a motorcycle all day long than it does to drive a comparable number of hours in a car. The motorcycle requires more strength to maneuver it, and the rider's body is in almost constant motion in the saddle, especially on curvy roads. Weather conditions and the other on-the-road elements a rider experiences may also help to deplete his or her energy.

When a body becomes fatigued, reaction times lengthen, rider and bike agility suffers, and the ability to make sound, quick decisions in challenging riding situations can be seriously degraded. And, of course, falling asleep or suffering a heart attack, while on a moving motorcycle, portend even more serious outcomes than if those same things happen in a car. The logical course of action to help prevent these calamities is to prepare your body for the rigors of the road. Your physical conditioning regimen can include many dimensions, but should have at least three main areas of focus: flexibility, endurance and core strengthening.



Getting and Staying Flexible:

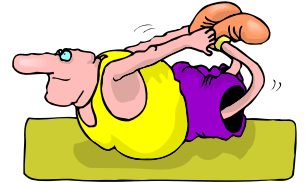
Lack of flexibility in the body can result in a litany of physical problems and general discomfort. These often include sore muscles, lower back pain, impaired muscle coordination, increased risk of injury and

more. The best way to improve and retain flexibility is through daily stretching exercises. For motorcycle riding, the most important areas to stretch are the back, neck, thighs and hamstrings. Although numerous books and videos on stretching are available, there are a few important things to keep in mind, particularly if you're just beginning a stretching program:

1. Warm up for at least five to 10 minutes by doing some type of aerobic activity, like walking or riding a bicycle. Muscles are more supple, easier to stretch and less prone to injury when they're warm.
2. Be sure to follow the proper form demonstrated for doing the stretch. Inappropriate body position may cause an injury.

3. Do not overstretch because that also can trigger an injury.
4. Be consistent. It's better to do a little stretching every day than a lot of stretching a couple of times a week.
5. Stay committed. It took a long time for you to lose flexibility, and it won't return overnight.

Attending a stretching class at a health club or working with a physical therapist, at least initially, may be a good way to learn how to do the stretches you need most and to make sure that you're performing them correctly.



Increasing Endurance: Aerobic, cardiovascular exercises are an excellent way of increasing a motorcyclist's endurance and alertness for a long ride. By improving the fitness of your heart and lungs, the flow of oxygen and nutrients to your muscles is increased, and your body can perform at a higher level for a longer period of time. Some of the best aerobic exercises include: walking, swimming, running and bicycling. In addition, health clubs offer a number of machines that focus on improving aerobic capacity, including the elliptical exercise machines.

There's a rule of thumb metric that can be used in cardio fitness training. Subtract your age from 220 to find your maximum heart rate. Your pulse rate should be in the range of 65% to 85% of that number. As with any new exercise program, you should start slow and build up your stamina. Start out at around 65% of your maximum heart rate and gradually work up to between 75% and 85% of your maximum. Heart rate monitors are available at many retail outlets and on the Internet. Minimum aerobic training should be for about 30 minutes three times per week. If you haven't been physically active recently, it's always wise to consult with a physician before beginning a cardiovascular program.

Gaining and Maintaining Core Body Strength: Many of us, mistakenly, equate physical conditioning with the bulging muscles of a body builder. Instead, our main focus should be on building what's called core body strength. The muscles in question are those deep in the abdominal area and the back muscles that attach to the

pelvis or spine. These are the muscles that originate motion and keep your body stabilized and balanced. They are fundamental to riding a motorcycle.

Although abdominal crunches are a component of a core body-strengthening program, there are other important ones as well. Some examples of these



exercises are demonstrated in photos by Mayo Clinic staff members at: [Slides and Instructions](#) Other sources of core body strength training are Yoga and Pilates classes.

Getting your body in shape to ride long distances not only makes your touring trips more enjoyable, it also makes your everyday life healthier and more pleasurable as well. What are you waiting for?

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Candi Wenzon's parents recently returned home from an Honor Flight. Her parents served in the Navy during World War II. Candi would like to thank everyone who wrote letters to her parents thanking them for their service.



Big Boy's Toys
Photo sent courtesy of George Barrington

**Wow! Twelve pages!
Thanks to everyone who submitted
content this month.
Don't expect 12 pages every
month! Keep sending photos and
articles.**

The Editor