

APRIL 2024

PITTSBURGH H.O.G GAZETTE

Official Newsletter of the Pittsburgh HOG 2224

SPONSORED BY: THREE RIVERS HARLEY-DAVIDSON, 1463 GLENN AVENUE, GLENSHAW, PA 15116; 412-487-3377



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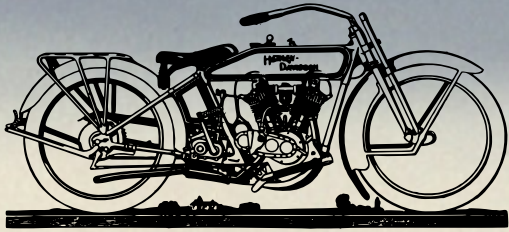
Science Proves
Riding A Motorcycle
Is Good For You.

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APRIL RIDES



Blessing of the Bikes - Stoneridge Church
Sunday April 21st, **11:00 a.m. (New Time)**

Getgo - Glenshaw (by 3RHD)

Bill Huwe - Road Captain

Open Ride - Invite All Your Friends



Red Belt Ride

Saturday April 27th, 9:00 a.m.

Sheetz - Mt. Nebo

Mux - Road Captain

Closed Ride - 1 Guest Per Member

Ride Ends at 3RHD for their Spring Open House

2024 Ride Schedule					
Date	Road Captain	Destination	Departure Location	Open/Closed	Start Time
Sunday, April 21, 2024	Bill Huwe	Blessing of the Bikes, Stoneridge Church	GetGo Glenshaw (by TRH)	Open	11:30
Saturday, April 27, 2024	Mux	Red Belt Ride - TRH Spring Open House	Sheetz Mt. Nebo	Closed	9:00
Sunday, April 28, 2024					
Saturday, May 4, 2024	Rhonda Diercks	Cheesy Rider	GetGo Gibsonia	Open	9:00
Sunday, May 5, 2024					
Saturday, May 11, 2024		TRH Demo Day - Pgh HOG Cooking Hot Dogs			
Sunday, May 12, 2024	Rhonda Diercks	Let's Swing	GetGo Gibsonia	Open	9:00
Saturday, May 18, 2024	Mux	Road Kill Ride	Sheetz Cemetery Lane	Open	9:00
Sunday, May 19, 2024					
Saturday, May 25, 2024	Mike Booth	Roscoe Village	GetGo Steubenville Pike	Open	9:00
Sunday, May 26, 2024					
Saturday, June 1, 2024					
Sunday, June 2, 2024	Bill McCarrier	Emlenton Brew Haus	GetGo Gibsonia	Open	10:00
Saturday, June 8, 2024					
Sunday, June 9, 2024					
Saturday, June 15, 2024					
Sunday, June 16, 2024					
Saturday, June 22, 2024	Rob Loehr	Bull Penn	Giant Eagle Marketplace Wexford	Open	10:00
Sunday, June 23, 2024	Tim Caliguiri	Rumble in the Valley	Sheetz 4723 Wm Penn Hwy	Open	9:30
June 28-30, 2024 - Fri-Sun (3 days)	Bill Kerr	WV R&R	Sheetz Mt. Nebo	Open	9:00
Saturday, June 29, 2024					
Sunday, June 30, 2024					
Saturday, July 6, 2024	Bill McCarrier	Riverside Brewing	GetoGo Gibsonia	Open	9:00
Sunday, July 7, 2024					
Saturday, July 13, 2024	Bill Huwe	Moundsville Prison	Sheetz Mt. Nebo	Open	9:00
Sunday, July 14, 2024					
Saturday, July 20, 2024	Mike Booth	Ohio Pyle	GetGo Steubenville Pike	Open	10:00
Sunday, July 21, 2024	Bill Huwe	North Ride	GetGo Gibsonia	Open	9:00
July 27-28, Sat-Sun (2 Days)	Duane Eagan	PA Grand Canyon	Sheetz Mt. Nebo	Closed	8:00
Saturday, July 27, 2024					
Sunday, July 28, 2024					
Saturday, August 3, 2024	Loehr's, Varasse's, & McCarrier's	Progressive Ride	Loehr's Residence	Closed	TBD
Sunday, August 4, 2024	Tim Caliguiri	Moraine State Park Regatta	GetoGo Glenshaw (by TRH)	Open	10:00
Saturday, August 10, 2024	Vince Gavin	The Farmer's Inn	GetGo Gibsonia	Closed	9:00
Sunday, August 11, 2024					
Saturday, August 17, 2024	Russ Walker	Shaw Memorial Ride 7	Sheetz Kittanning	Open	9:00
Sunday, August 18, 2024					
Saturday, August 24, 2024	Russ Walker	Thank A Vet Ride Kinzua Dam	Sheetz Kittanning	Open	8:15

2024 Ride Schedule

Continued

Saturday, August 24, 2024		Chapter Picnic			
Sunday, August 25, 2024					
Saturday, August 31, 2024	Charlie Blatz	Foxburg	GetGo Gibsonia	Closed	9:00
Sunday, September 1, 2024					
Saturday, September 7, 2024	Duane Eagan	JJ Memorial Ride	Three Rivers Harley	Closed	10:00
Sunday, September 8, 2024					
Saturday, September 14, 2024		TRH Pig Roast Fall Open House			
Sunday, September 15, 2024					
Saturday, September 21, 2024	Russ Walker	Horseshoe Curve	Sheetz Kittanning	Open	10:00
Sunday, September 22, 2024					
Saturday, September 28, 2024	Bill McCarrier	Richfield Brewing	GetGo Gibsonia	Open	9:00
Sunday, September 29, 2024					
Saturday, October 5, 2024	Russ Walker	Zippo Museum	Sheetz Kittanning	Open	8:30
Sunday, October 6, 2024					
Saturday, October 12, 2024	Rhonda Diercks	Fall Foliage Ride	GetGo Gibsonia	Open	9:00
Sunday, October 13, 2024					
Saturday, October 19, 2024					
Sunday, October 20, 2024					
Saturday, October 26, 2024	Rhonda Diercks	Costume Ride - TRH	GetGo Gibsonia	Closed	10:00 a.m.
Sunday, October 27, 2024					



HAPPY BIRTHDAY

Victor Jason - Apr 1st

Carol McDonald - Apr 10th

Larry Szramowski - Apr 12th

Will Demshar - Apr 12th

Thomas Alfonsi - Apr 19th

Gayle Loehr - Apr 20th

Rober Daley - Apr 29th



Ed and Jan Varasse

April 24, 1976

48 Years!!!!



**Happy
Anniversary
Ed & Jan**

3RHD News and Events

April Events

THREE RIVERS HARLEY-DAVIDSON'S
SPRING OPEN HOUSE
SATURDAY, APRIL 27, 2024
11AM-3PM



Science Proves Riding A Motorcycle Is Good For You. Seriously.

Because science.



Jan 18, 2019 at 3:41pm ET

By: Sabrina Giacomini

We've all felt it before: this uncontrollable need to smile, breathing in the air of freedom, feeling the interior peace and weightlessness that comes with being on the road and sharing a moment alone with yourself to the sound of a mix of exhaust note and wind. This might all sound a little sappy and over-poeticized, but you know exactly the feeling I'm describing and also know that very little can compare. Apparently, it's not just a "feeling"—riding actually is good for us.

It would make perfect sense for Harley-Davidson to fund a research about the physical benefits of riding considering the brand's notoriety for making ride-friendly bikes, right? Well, that's exactly what the Milwaukee company has done. In collaboration with the UCLA's Semel Institute for Neuroscience and Human Behavior, a study among over 50 experienced riders was conducted to determine the effects of a motorcycle ride on the brain.

All the riders studied were hooked up to a mobile electroencephalogram (EEG), a sort of shower cap-like device covered in electrodes that detect the brain's electrical activity. They were then set loose on their bikes. The subjects' brain activity and hormones were also monitored before the ride, while they were driving a car, and while they were resting in order to establish comparables.

What the researchers observed is that the ride decreased the participants' level of stress (28-percent decrease in stress biomarkers), that it slightly increased their heartbeat (a 20-minute ride increased heartbeat by 11 percent), their adrenaline levels (by 27-percent) as well as their focus and alertness.

This means the next time you are sitting at your computer feeling sluggish or that you get home after a long a stressful day, the answer to getting back on track or relieving some of the tension could be as simple as going out for a ride. You know, in case you needed another good reason to throw on your jacket and helmet and head out. Now go out and ride, doctor's order.

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2024 HOG 2224

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BIKER'S PRAYER FOR TODAY

***DEAR LORD,
PLEASE WATCH OVER ME AS I RIDE ON THIS ROAD,
KEEP ME SAFE FROM THE DANGERS AND THE FOES,
BLESS MY BIKE AND ITS PARTS WITH YOUR GRACE,
LET IT RUN SMOOTHLY AND AT A STEADY PACE,
GRANT ME WISDOM AND COURAGE TO FACE ANY CHALLENGE,
HELP ME TO ENJOY THE JOURNEY AND THE SCENERY,
THANK YOU FOR THE GIFT OF FREEDOM AND ADVENTURE,
AND FOR THE FELLOWSHIP OF OTHER BIKERS,
AMEN.***

WRITTEN BY BING AI



EDITOR;

Josh Sutton

Please note! Events listed in the calendar are subject to change. All information contained in this newsletter, calendar, or website is accurate and complete at the time of publication. Information is subject to change at any time for a variety of reasons it is recommended, that you check your e-mail account frequently especially prior to leaving your home to participate in a Chapter Ride. If you do not have an e-mail account, information may also be verified by contacting the Road Captain for that Chapter Ride

If you are looking for good people to ride with and good times, join our chapter! We welcome you!