

# **PITTSBURGH H.O.G. GAZETTE**

**THE OFFICIAL PUBLICATION  
OF H.O.G CHAPTER 2224**

**AUGUST 2024  
EDITION**

**“Live to Ride, Ride to Eat,”**



## **Table of Contents**

**Page 2 - July Ride Recap**

**Page 3 - August Chapter Rides**

**Page 4 - August Birthdays**

**Page 5 - August Anniversaries**

**Page 6 - 3RHD News and Events**

**Pages 7 - 10 Part 4 of 4 Parts - 17 Benefits of Riding a Motorcycle**

**Page 11 - Chapter Officers**

**Page 12 - Biker Prayer**

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# ***JULY H.O.G 2224***

## ***RIDE RECAP***



**RIVERSIDE BREWING - JULY 6**  
**ROAD CPT - BILL MCCARRIER**  
**14 RIDERS/ 4 PASSENGERS**



**MOUNDSVILLE PENITENTIARY -**  
**JULY 13**

**ROSCOE VILLAGE - JULY 20**  
**ROAD CPT - MIKE BOOTH**  
**4 RIDERS/ 3 PASSENGERS**



**NORTH RIDE - JULY 21**  
**ROAD CPT - BILL HUWE**



**PA GRAND CANYON - JULY 27-28**  
**ROAD CPT - DUANE EAGAN**  
**10 RIDERS/ 2 PASSENGERS/ 2 IN CAR**



# AUGUST H.O.G 2224 RIDES



SHAW MEMORIAL RIDE  
AUGUST 17TH @ 0900  
ROAD CPT - RUSS WALKER  
SHEETZ - KITTANNING  
OPEN RIDE



THANK A VET RIDE/ KINZUA DAM  
AUGUST 24TH @ 0815  
ROAD CPT - RUSS WALKER  
SHEETZ - KITTANNING  
OPEN RIDE



FOXBURG  
AUGUST 31ST @ 0900  
ROAD CPT - CHARLIE BLATZ  
GETGO - GIBSONIA  
CLOSED RIDE

# August Birthdays

Mary Burt

August 1st

Rob Peck

August 7th

Todd Harekotte

August 10th

Tom Moore

August 12th

Ruth McCarrier

August 16th

D Anthony Durnio August 18th

Christie Alcorn

August 23rd

Chris Persic

August 26th



# August Anniversaries

Bill Hurve and Rhonda Diercks

August 3rd  
"1 Year"

John and Sara West

August 10th  
"24 Years"

Rob and Gail Daley

August 30th





# 3RHD EVENTS AND NEWS



## AUGUST EVENTS

7TH ANNUAL

# KUSTOM MOTORSICKLE SHOW

SAT AUG 24, 2024  
11AM-3PM



CHOPPER/BOBBER    XL    BIG TWIN    TOURING  
3-WHEEL    VINTAGE ('96 AND OLDER)    BEST IN SHOW





# Part 4 of a 4 Part Article

Original Article Can Be Found at <https://motorcyclehabit.com/17-benefits-of-riding-a-motorcycle-that-no-one-talks->

[about/#:~:text=17%20Benefits%20Of%20Riding%20A%20Motorcycle%20That%20No,...%208%20Easy%20to%20Customize%20...%20More%20items">about/#:~:text=17%20Benefits%20Of%20Riding%20A%20Motorcycle%20That%20No,...%208%20Easy%20to%20Customize%20...%20More%20items](#)



## 17 Benefits Of Riding A Motorcycle That No One Talks About

### You'll Save Money

Taking care of your motorcycle doesn't cost near as much as it does for cars or other vehicles. There are many ways you can save money by riding a motorcycle, but we'll highlight the most important ones.

Motorcycles get excellent gas mileage. Motorcycles get much better gas mileage than most commuter cars, in fact they get about double the miles per gallon.

**Most street bikes get between 30 and 60 miles per gallon, and that goes for a lot of the older bikes as well. I owned an old heavy Yamaha XS850 that got around 45 miles per gallon.**

**Maintenance on a motorcycle costs much less, too. Because motorcycles are much simpler machines (well, most of them anyway), you can usually do the maintenance work yourself which that in itself saves you a ton of money.**

**Most people assume that motorcycle insurance is expensive. Many first time owners don't realize how much cheaper motorcycle insurance costs per month compared to car insurance. Here's an example: in 2019 I paid \$17 per month for my 1969 Triumph insurance and at the same time paid \$62 per month for my 2006 Jeep Grand Cherokee auto insurance, and each one was worth about \$6,000.**

## **Helps Your Physical Health**

**You may not realize this, but riding a motorcycle is excellent for your physical health. Believe it or not, motorcyclists are performing low impact exercises while they're riding.**

**Your neck, core, arms and thighs are all engaged while you are riding a motorcycle. Consider wind into the equation and that causes your muscles to engage even more. You may notice that when you finish your motorcycle ride, you're a little sore, not just from stiffness. Over time your body gets used to sitting on your motorcycle because you have developed and strengthened those muscles necessary to keep you up.**



**Because you are engaging so much muscle use, you're burning more calories. Essentially, you burn more calories riding a motorcycle than you do a car.**

**With the right handlebar and seat settings, riding a motorcycle can help with posture. Most of this is because your neck muscles are strengthened wearing a helmet and can help develop neck muscles necessary to keep your vertebrae in alignment.**

## **Helps Your Mental Health**

**Alongside with assisting your physical health, riding a motorcycle can also help with your mental health. But this is something I don't need to preach to motorcycle riders because there's a reason they love it so much.**

**With the increased physical health mentioned previously, your engaged muscle exercises leads to increased mental health too. It's a simple fact that when you exercise, your body releases endorphins and enkephalins which are the body's natural feel-good hormones.**

**Being outside in the open can also have positive impacts on our mental health. According to [Heart.org](https://www.heart.org), spending time outside can help relieve stress and anxiety, improve your mood, and boost feelings of happiness and well being.**

**It also makes sense that motorcyclists increase their capability to engage their minds. The concentration required to drive a motorcycle can result in higher levels of brain functionality.**

# **You'll Be Safe From an Electrical Grid Attack**

**This may be a little out there, but hear me out. The military has stated that the most likely type of attack on the United States would be an attack on our electrical grid, with attacks being able to burn up all circuitry within a large range. This would fry all computers, including computers found inside most vehicles newer than the 90's.**

**But most motorcycles don't have computers! So there is nothing to fry, leaving you free to travel like nothing ever happened.**

**You might think this is a bit extreme and that I'm one of those doomsdayers. Most people might say this will never happen, which would be great. But if it does, then you have a source of transportation in a horrible crisis.**

## **Conclusion**

**People often overlook the benefits of riding a motorcycle. But as you can see, these benefits of riding are far more than the eye can see. There's a reason motorcycles exist – people just love riding and now we know why! Safe travels my fellow riders and keep spreading the riding goodness!**



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# **BIKER'S PRAYER**

**LORD OF THE OPEN ROADS,  
GUIDE US ON OUR JOURNEY AS WE THROTTLE FORWARD,  
BENEATH THE VAST SKY, WITH THE WIND AS OUR CHORUS.**

**BLESS OUR BIKES, THOSE STEEL STEEDS WE STRADDLE,  
KEEP OUR WHEELS TURNING, OUR SPIRITS UNSHACKLED.  
PROTECT US FROM HARM, IN THE SUNLIGHT OR MOON'S GLOW,  
AND WHEN THE ROAD TWISTS, SHOW US WHERE TO GO.**

**MAY OUR HEARTS BE AS OPEN AS THE PATHS WE ROAM,  
OUR MINDS AS FREE AS THE PLACES WE CALL HOME.  
LET CAMARADERIE BIND US, NOT JUST LEATHER AND CHROME,  
AND EVERY MILE WE CONQUER, CLOSER TO YOU WE'VE GROWN.**

**FOR EVERY RIDER BESIDE US, FOR EVERY ENGINE'S SONG,  
WE PRAY FOR SAFE PASSAGE, WHERE THE ROAD IS LONG.  
IN YOUR GRACE, WE RIDE, IN YOUR STRENGTH, WE RELY,  
WITH GRATITUDE, WE ROAR BENEATH YOUR WATCHFUL SKY. 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 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!