



ROAR

April, 2026

Volume 26, Issue 4

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Time to Ride!
Where to?
See the Calendar!

Upcoming Events

APRIL

- 7 GENERAL MEETING
- 14 BOARD MEETING
- 19 GRASS CLASS
- 26 KICKOFF RIDE

MAY

- 5 GENERAL MEETING
- 12 BOARD MEETING
- 15-18 DELLS
- 23 BBQ RIDE

The Official
Publication
Of Top Cats
Illinois

Talk to Greg Smith and Jim Wiseman and get your Ideas on the Calendar!





And Now a Word from your President...

Hello, Top Cats!!

Well, great weather is finally here!! Let's get out and ride!!

Well the weather is not totally great, but as expected for spring. 75 today, 40 tomorrow and everything between for a little while longer... So we'll be complaining about the heat and a nice cool rain will feel nice.

I hope all is well with you and yours and you are getting out when you can.

We have a busy summer coming, so make sure to keep on top of the blasts and calendar. A little secret you may not know (though you should) is that club activities are also posted in the ROAR. AND, we review them at every general meeting, so there is no saying you didn't know... Lots of opportunities to be in the know if you take them. Do it...!

Activities from March...

Mar 1) G.R.A.S.S. (Group Riding and Safety Seminar) – Mike Bradbury. This class was **re-scheduled** and is **now** taking place **April 19th**. Check the club calendar for more details

Mar 14) Windy City HD tour - Gene R. We met at WCHD and toured the facility, meeting the GM Rene and staff along the way and talking about their capabilities. We made our way to lunch nearby.

Mar 21) Harley Davidson Museum and Lunch Run - Greg Smith. Good weather allowed a group to ride up and others drove. We had a group of 12 folks meet up for a nice lunch and after some made their way out to the Harley Museum and some off to the gift shops... It was a good time.

Activities for April...

Apr 19) G.R.A.S.S. (Group Riding and Safety Seminar) – Mike Bradbury.

Apr 26) Kick-off ride - Mike Bradbury. Mike has arranged our KO ride again and is planning to head back out to Crandell's with multiple route options based on riding conditions. I hope you RSVP'd so he knows who to contact should the conditions change.

Preview for May and beyond...

May 1 - 18) Wisconsin Dells Ride - Pat Theilen - Pat (with some assistance) is putting together a long weekend ride up to the Dells area. Information has been sent out in a blast. Please review and get back to Pat ASAP as he is looking to work on getting the best rate with the lodging folks and getting feedback on ideas of things people want to do while up there, hoping for a good trip for all.

May 23) BBQ ride – Mike Bradbury. For 2026, this is the 1st ride on our BBQ Tour to a barbeque restaurant for lunch. The tour will consist of (5) lunch rides to barbeque restaurants both near and far(ther). While short and sweet clocking in at 43 miles long and an hour and 15 minutes long, the ride affords us some neat scenic views with local motorcycle friendly roads and route.

This is a destination ride. All are invited to ride with me along my route home to Mundelein and break off where it is convenient.

Come join me and your fellow sizzle squad of Top Cat members and enjoy some “que” for lunch.

Beyond...)

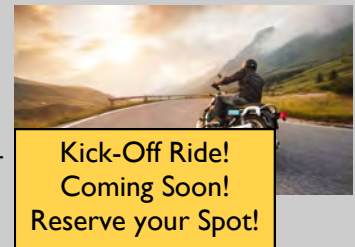
Jun 14) Ride for Dreams - Mary K. Please get this date on your calendar now, and plan to attend.

Jun 20) BBQ ride - Mike Bradbury. BBQ ride #2. Details to come

Jun 26-28) Mineral Point, WI - Rigsby. Head out on Friday making our way to Mineral Point. Will go for a day ride on Saturday to see some of the area attractions and an easy ride home on Sunday. Details to come

Jul 11) Top Cats 30 year picnic - Mike, Bozena. As mentioned some time ago, planning is underway to celebrate the Top Cats 30th year, and we have a date set for a picnic (Thanks Mike). More details to come.

(Continued on page 16)





KAUTION KORNER



“Can WE count on you...?”

By: Gene Rigsby
President and Senior. Road Captain, Top Cats Illinois

With Spring in bloom and temps rising, I can believe that you, like me, are chomping at the bit to get out on the road (on the road more, maybe... as I hope you have already been out).

Of course this is a great time to take care of getting your equipment and yourself physically ready for when riding season starts. That in mind, I want to cover an aspect of our riding season we wish to never experience, but when we do, the actions of EVERYONE involved (including you) can be critical in all our safety, so the more we ALL review and plan for when taking action in an accident scene is needed, the more able we will be.

I'm talking about Accident Scene Management as we train in the Top Cats G.R.A.S.S. class.

G.R.A.S.S. is a great safety program that WE, as members, have a great advantage to getting the most out of, because WE develop, manage and train this program several times per year and your attendance as often as possible can help to make us all safer. In addition, your feedback could help to reshape and improve the way we train and manage an accident scene in the future.

Unlike other modules in our G.R.A.S.S. presentation, which are also very important, Accident Scene Management is vital to performing the best we can at a critical time.

When presenting/teaching we add levity to the G.R.A.S.S. presentation saying that YOU should make sure YOU have an adequately stocked and up to date first-aid kit on your bike, as that is the kit we will use to treat you. This really is likely true, as your first-aid kit would likely be the closest to you when YOU need it. I have a first-aid decal on my right side saddle bag to indicate where my first-aid kit is, hoping that whomever can help me can find it quickly. I also have other emergency supplies in this saddlebag, like road lights, glow sticks, vinyl gloves, heat packs, cold packs, emergency blankets, and more... This may be a future Kaution Korner article topic...

Second most important to having a first-aid kit at the

ready is that the person who could help you when you are in need, being capable of using this equipment and also helping to support or manage an active accident scene until first responders arrive. I need to be prepared to help you so I train in Accident Scene Management, CPR and first-aid

often and I would expect and appreciate the same from you, at least to some level. This is one reason why ALL members attending G.R.A.S.S. class as often as possible is so vital to keeping our group safe and being prepared should we need to take action.

Understandably, not everyone is capable or comfortable enough to rush to provide first-aid, and that's OK. But, there is so much more to providing help, which you can discover when attending G.R.A.S.S. Even if you discover you can volunteer to call 911 as others attend to someone in need or you understand traffic control and can arrange and coordinate traffic control points to keep the scene safe from speeding traffic, or even help to help guide others in the group away from the scene. Attending G.R.A.S.S. will provide you at the very least, a level of understanding what will happen, so when you see it happening, you know how to react which in itself can be a great benefit. All it takes is a bit of your time to make this all possible and keep you and our Top Cat family safer.

Unfortunately we have had instances where we have had to use this training and in all I have been part of, I could see how this training has had a huge benefit and made what could have been a worse very manageable.

On the next page are the slides from our GRASS presentation. This is only a “bite” of all the information that is provided when you attend. Read through and bring your questions and suggestions to our next meeting on April 7th!





KK , Continued...

TOP CATS ILLINOIS GROUP RIDING AND SAFETY SEMINAR

Top Cats' Accident Scene Response

- > Respond to Victims
- > Organize the Scene for Safe, Calm Area
 - > First Aid
 - > Traffic Control
 - > Crowd Control
- > Manage the Scene
- > Post - Accident Activities



TOP CATS ILLINOIS GROUP RIDING AND SAFETY SEMINAR

Respond to Victims

- > Victims First priority. CALL 911
- > Stay Calm, Keep Victim & Scene Calm
- > CPR, First Aid, EMT Medical Personnel attend to Victims
- > On, Perform 1st Aid
 - > Clear the Airway
 - > Stop the Bleeding
 - > Protect the Wounds
 - > Treat for Shock
- > Helmet On / Off?
- > Find NOK Card, Meds, Allergies, Alerts
- > Pass all Info to Medics



TOP CATS ILLINOIS GROUP RIDING AND SAFETY SEMINAR

Organize The Scene

- > Make It Safe
- > Preserve the Scene
- > Aggressively Control Traffic Both Directions
- > Send Away Unnecessary Personnel
- > Illuminate at Night or Inclement Weather



TOP CATS ILLINOIS GROUP RIDING AND SAFETY SEMINAR

Manage The Scene

- > Verify 911 - Call and Location
- > Clear the road for Emergency Vehicles
- > Identify Witnesses
- > Secure Personal belongings
- > Meet / Brief Police
- > Determine Bike Evac Location
- > Key Contact information



TOP CATS ILLINOIS GROUP RIDING AND SAFETY SEMINAR

Post - Accident Activities

- > Determine Injuries
- > Determine Hospital
- > Designate Escort to Hospital
- > Determine Police Contact
- > Determine Citations
- > Get All Accident Information
- > Check Safety of Motorcycle
- > Notify NOK
- > Designate Club Sponsor
- > Rejoin Group - Update Group





Oil Spots

By Traveler



well-being, physical health, and practical advantages like cost-efficiency and a strong sense of community.

Gloves? Who needs Gloves!



Motorcycle riders wear abrasion-resistant gloves made of leather (durable, molds to hands) or high-strength synthetics like Kevlar. Key features include CE-certified hard knuckle protection,

palm sliders, secure velcro closures, and proper fit (snug but not restricting) to ensure safety and control.

Key Recommendations:

Best Materials. Leather is the gold standard for riding due to its durability. Synthetic materials or textile-leather mixes are good for flexibility.

Protection Features. Look for integrated knuckle armor (carbon fiber or hard plastic) and palm sliders to protect against impact and abrasion.

Summer. Perforated, breathable, and vented gloves.

Winter/Rain. Waterproof membranes and insulation.

Fit. Gloves should fit tightly without restricting movement, as loose gloves can come off during a crash.

Gauntlet. Long cuffs that cover the wrist/sleeve for maximum protection.

Short Cuff. Offer better airflow for casual or hot weather riding.

Adventure/Touring. Versatile, durable, and suited for long-distance riding.

It is highly recommended to choose gloves with CE-certified armor (EN 13594) to ensure they meet safety standards.

Therapeutic Riding.

If anyone ever asks why you ride you can pass on the info below and explain, "It's for my health and wellbeing."

Riding a motorcycle offers a range of benefits, encompassing mental

Mental and Emotional Benefits

- **Stress Reduction:** A 2021 UCLA study funded by Harley-Davidson found that a 20-minute motorcycle ride can decrease cortisol (stress hormone) levels by 28%, a result comparable to light exercise or meditation.
- **Improved Focus and Alertness:** The need for constant awareness and split-second decision-making on a motorcycle demands full attention, which creates a "flow" state, blocks out anxiety, and enhances sensory focus and brain activity.
- **Sense of Freedom and Empowerment:** Riders often describe a unique sense of liberation and adventure from hitting the open road, which can build confidence and help them feel more in control of their lives.
- **Mood Boost:** Riding increases adrenaline and endorphin levels, leading to an improved mood and a feeling of happiness and fulfillment.

Physical Health Benefits

- **Core and Muscle Strength:** Maintaining balance and posture on a moving bike engages the core muscles, legs, and neck, providing a low-impact workout that builds strength and stability over time.
- **Calorie Burning:** The physical effort required to steer and manage a motorcycle can burn up to 200 calories per hour, contributing to a more active lifestyle.
- **Cardiovascular Health:** The physical exertion and adrenaline rush can increase heart rate, improving cardiovascular function similar to light exercise.

April on Two Wheels: The First Rides of the Season



April is the month we have been waiting for. The days are longer, the sun feels warmer, and the first true riding opportunities of the year finally arrive.

But early-season riding requires a little patience and awareness. Here's how to make your April miles smooth, safe, and unforgettable:

(Continued on pg 8)

Oil Spots, continued...

Take It Slow on the First Ride

Even experienced riders need a few miles to shake off winter rust. Start with a short, familiar route. Focus on smooth throttle control, gentle braking, and relaxed cornering. Let your confidence rebuild naturally.

Check Road Conditions Carefully

April roads can be unpredictable. Watch for sand, gravel, potholes, and leftover winter debris—especially in corners and intersections. Cold pavement also means reduced tire grip in the mornings.

Recheck Tire Pressure and Fluids

Temperature swings affect tire pressure, so double-check before every ride. Make sure oil levels, brake fluid, and coolant are all where they should be. A quick pre-ride inspection becomes even more important this time of year.

Layer for Changing Weather

April can bring sunshine one minute and chilly winds and rain the next. Dress in layers and carry an extra pair of gloves if needed. Staying comfortable keeps you focused.

Refresh your Defensive Riding Habits

Drivers may not be expecting motorcycles back on the road yet. Increase your following distance, stay visible, and assume others don't see you. A defensive mindset is your best early-season protection.

GRASS

Attend a refresher GRASS seminar. Regardless of how many times you have attended a GRASS session in the past, smart riders know that they can always learn something.

April is about rediscovery The feeling of leaning into your first curve, the sound of your engine echoing down an open road, and the reminder of why you ride in the first place.'

The season is officially underway. Take it easy, ride smart, and enjoy every mile. Welcome back to the road.

Construction Alert



The construction season has started. Some local work starts just north of Woodstock HD and runs to north of 120 on the north side of town. More Details are in the link at tend of the message.

Crews will start with lane prep, temporary signals, and

erosion control, paving the way for new water, sewer, and storm systems.

Expect weekday and some Saturday lane closures (7 AM–5 PM). All planned work is weather dependent. Allow extra travel time and drive with caution. Route 47 businesses will remain open!

Life Saving Helmet technology



A revolutionary crash detection system, said to measure over 5000 data points every single second, is now being integrated into a number of main-

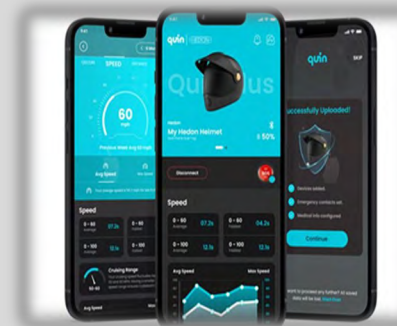
stream motorcycle helmet designs for 2026.

Quin helmet technology can alert the emergency services of an accident and share vital impact data.

Called Quin, it's the brainchild of CEO Ani Surabhi, who founded the project in 2017 following his friend's involvement in a life-changing motorcycle accident.

No subscription is required for the base set-up, with the system able to pinpoint the location of an accident, alert three emergency contacts, and even inform medical responders of key rider and impact information – saving precious moments during initial treatment.

The small devices, known as Quin Pods, are only slightly larger than a piece



of chewing gum and slot into specifically designed and approved pouches in a helmet's EPS lining – syncing with the rider's phone via Bluetooth and a specialist Quin app to measure real-time data.

The device has two accelerometers, a gyroscope, and a temperature sensor.

The latest helmet partnership to feature Quin technology is Italian brand Nolan, starting first with their X-904 Ultra Carbon touring design. It joins previous partnerships with O'Neal, and Fly Racing – plus protective headwear from a number of different disciplines and industries.

(Continued on pg 7)



Oil Spots, continued...

DON'T DO THIS!



You always hear how to clean and what to use when cleaning your bike. But, did you ever wonder what you shouldn't do? Here are some tips on what not to do.

Avoid using high-pressure washers, harsh dish soaps, abrasive sponges, and hot-water washing on a hot engine to prevent damage to your motorcycle. Never spray water directly into electronics, bearings, or exhaust pipes, and avoid using heavy degreasers on chain o-rings to prevent corrosion and premature wear.

What NOT to Use/Do When Cleaning a Motorcycle:

Pressure Washers: High-pressure water can push grease out of bearings, damage seals, destroy speaker

systems, and force water into electrical components.

Dish Soap/Harsh Cleaners: Household detergents (e.g., Dawn) are designed to strip grease, which also removes necessary protective wax and can lead to dull paint or corrosion.

Abrasive Tools: Steel wool, stiff brushes, and coarse sponges will scratch paint, polished metal, and plastic surfaces.

Cleaning a Hot Engine: Washing a hot bike with cold water can crack metal parts and cause burns.

Direct Water Spray: Avoid spraying directly into the exhaust pipe, air intakes, electrical switches, and axle/wheel bearings to prevent rust, and bearing failure.

Degreasers on the Chain: While good for the engine, some harsh degreasers can ruin the O-rings inside the chain.

Key Tips:

Wait for the engine to cool down completely before washing.

Use specialized motorcycle cleaner and microfiber towels.

Start the engine when done washing to blow out any water that might have gotten into the exhaust pipes.

Lubricate the chain immediately after cleaning and drying to prevent rust.

To eliminate surface rust on chrome parts, lightly use # 0000 steel wool pads.



"You forgot another item? This is the 15th time you're going back to the store. I'm starting to think you're just looking for a reason to ride your new motorcycle."



TOPCATS.org



Sunday June 14, 2026

\$25 per Bike • \$5 per Passenger

Includes: pre-ride coffee & pastries at Woodstock Harley Davidson.



DREAMS



Ride STARTS:
Woodstock Harley Davidson
2235 S. Eastwood Dr.
Woodstock, IL 60098
woodstockharley-dav.com

- ✦ Registration 9:00 am
- ✦ Ride Brief 10:15 am
- ✦ Kick-Stands Up 10:30 am

Ride ENDS:
Kingston Lanes
1330 S. Eastwood Dr.
Woodstock, IL 60098
kingstonlanes.com

Food, bowling
and other activities
will be available.



All proceeds benefit: nisra.org



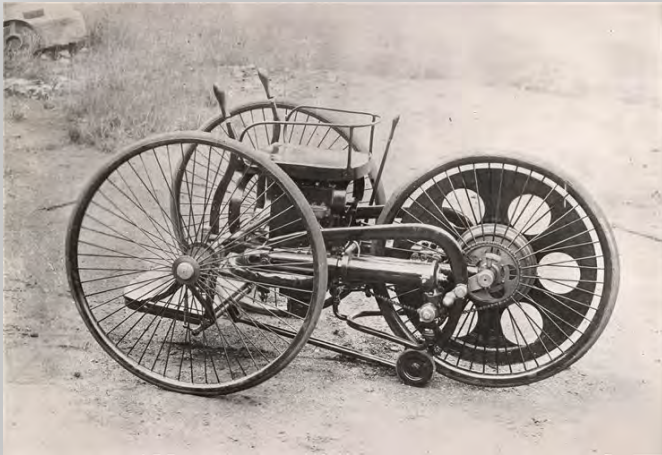
The Northern Illinois Special Recreation Association provides year-round recreation activities for people with disabilities. Since 1976, children and adults of all ability levels have enjoyed socializing, building skills and having fun in hundreds of weekly programs, special events, camps and trips each year.

NISRA— enriching the lives of people with disabilities through meaningful recreation experiences.





Some Blasts from the Past!



"Yes, sonny, that's my bike. You can never be too old to be cool."

Sturgis! Information for You to Dream about Joining a Great Ride!

Submitted by Mary Kirkpatrick



So... you've been there before or you've never been there or you have no idea what Sturgis really is...

No matter what your position, hopefully these pictures will 'get your motor running' and push you to go west and discover the amazing roads and sights that make up STURGIS. For 11 months out of the year, Sturgis' population is just over 7,000. Neighboring towns of Deadwood and Spearfish have populations of 1,300 and 13,000 respectively. Totalling approximately 22,000 total.

Now... for one month out of the year, this area is visited by over 1/2 million people! The areas campsites, hotels and restaurants make all the money they will need for the rest of the year! It draws people from all of the 50 states and from countries around the world! Why? Well, there is a long history.. But here is a short version:



Started in 1938 by Clarence "Pappy" Hoel, the Sturgis, South Dakota, bike rally has grown from a handful of riders and spectators to a

week-long gathering attracting a half million visitors. The first Sturgis bike rally was held on August 14, 1938. Rally founder, "Pappy" Hoel, started the event after purchasing a motorcycle franchise and beginning the Jackpine Gypsies Motorcycle Club.

Rally length has grown from one day to one week. Today, more than a half million people attend the gathering every year.

- 1936 Clarence "Pappy" Hoel buys an Indian Motorcycle Franchise in Sturgis, South Dakota, and forms the Jackpine Gypsies Motorcycle Club which is still going strong today.
- 1937 Jackpine Gypsies receive an official American Motorcycle Association (AMA) charter.
- August 14,



1938 Sturgis bike rally tradition be-

gins. Known as the Black Hills Motor Classic, this first Sturgis motorcycle rally's main event is a half-mile race on a dirt track, comprising 9 contestants and a group of 200 onlookers. The initial focus of the rally is racing and stunts.

- 1942 The Sturgis rally is cancelled due to gas rationing in support of WWII efforts.
- 1961 Hill climbs and Motocross races are added to the event.
- 1964 City officials block off one section of Main Street to accommodate motorcycle parking for the 3-day rally.
- 1965 Due to its popularity, the Sturgis Rally lengthens to a 5-day event.
- 1975 The length of the Sturgis rally is once again stretched, this time to its present 7-day duration.
- 1979 The City of Sturgis, SD begins licensing temporary vendors for the gathering.
- 1988 In just 9 years since temporary vendor licensing, the vendor list grows from 9 to 117.
- 1989 "Pappy" Hoel passes away, 51 years after the initial rally.
- 1990 Rally attendance reaches 400,000.
- 1997 Celebrities featured at the rally include former NBA player, Dennis Rodman.
- 2000 Attendance reaches upwards of 600,000.
- 2002 The City of Sturgis designates an entire department to rally promotion and organization.
- *Present Day*
- Current rally attendance numbers reach well over a half million people, with 800 temporary licensed vendors descending on the small town during the gathering. Events include half-mile races, hill climbs, short-track races, area attraction tours, music and live entertainment and much more.
- And... finally, the scenery brings people back year after year! It is a beautiful area filled with MANY wonderful roads for Motorcycling! You GOTTA SEE IT!



5 Steps to Getting your Bike out of Storage!

By: Traveler



The snow is receding, rain is washing

salt from the roads, the sun is shining and the temperature is on the rise. These conditions cause flowers to start blooming, trees to start budding, birds to start chirping and bikers to start salivating at the thought of twisty roads, warm winds and good ol biker camaraderie. If you are anxious about riding that long-stored motorcycle, here are five very important steps to follow to get your riding season off to a good start.

Step #1: Inspect

Even if you stored your bike properly, and periodically checked on it over the winter, the first thing you should do is go over it with a detailed look. Examine your bike



from tire to tire to look for cracks, evidence of leaks, worn-out bushings, or wiring that may be frayed. Check cables for smooth operation, windscreens for cracks, seats for cracking / tears, handles and straps for tightness, lights for operation, fluid levels, and tires for correct inflation, cracking and wear. Get your owner's manual and go down the major service checklist to do a full check. Meticulously taking stock of the bike before the first ride assures that deteriorating parts do not cause additional damage, accidents, or simply leave you stranded.



Step #2: Clean

Even in storage, dirt, condensation, and grime accumulate on your bike. Remove all this damaging debris from both painted, chromed, and soft surfaces. You can perform this step at the same time as the inspection.

Treat rubber parts to keep the properties intact and functional. Seats should get a protectant to start the season off right and make for easier cleaning later on, when you would rather be riding than detailing.



Step #3: Prepare to Start

Even when properly stored, a dormant engine can benefit from a slow startup. Ensuring components are ready to move again goes a long way to not only a good driving season but

a long, healthy engine life. Engines typically drain oil from top to bottom, and after sitting all season there is likely very little oil at the top end of the engine. A good technique is to disconnect the sparkplugs and spin the engine over so that oil pumps thru the engine before starting the engine. Hopefully, your inspection told you that the fuel line was in good shape so it's time to get fuel pressure in the system. Be prepared for anything at this point, especially if you stored the bike filled with fuel that has ethanol blended into it. When you turn the ignition on, you energize the fuel pump. Look for any raw fuel leaking. If it is....DO NOT start your bike until you fix it! Ideally, you stored your bike with Stabil, Sea Foam or some kind of fuel stabilizer for the winter and everything is still in good condition. Check your oil levels and.... You're ready to start 'er up.

Step #4: Start

One of the great thrills of motorcycling is starting your bike for the first time in the season. When it comes to life, the sound, vibrations and smells all combine to bring back great memories of last season.



A few pumps of the accelerator on a carbureted engine will get some raw fuel in the intake manifold to make starting a bit easier. Fuel-injected engines will only need a turn of the key. Once running, let the engine idle for a few minutes as you look around the engine compartment for any leaks and listen for strange noises. If you have any difficulty finding oil leaks or seeps, spry powder, like baby powder or foot powder around the suspected source of the oil. It will show the trail of oil immediately.

(Continued on page 12)



ROAR

5 Things, Continued

Step #5: Go for a Short Ride

You finally made it to the part you have been waiting for this the entire winter. Make absolutely sure that your front and rear brakes work properly then, kick it in gear and start slowly for a short trip around the block or down the street. Pay attention to any noises or vibrations that seem out of the ordinary and don't assume that they will simply go away with more riding.

Now, the bike is ready, you've already checked your riding gear during the winter, and you attended a recent GRASS class.

Just like that, you are on the path to another great riding season. However, maintenance of our bike, our safety gear and our skills doesn't end here. Keep it all maintained throughout the riding season.



Hmmmmm?

By Traveler

Often times, when we ride long stretches, our mind tends to wander. We know that we should stay

focused on riding however, we still fall into that trap of dreaming of a variety of things.

So, for this year, when you are out of things to think about while riding, ponder the answers to these questions:

1. If you are cross-eyed and have dyslexia, can you read all right?
2. Why is the third hand on the watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?
5. Why do we say something is out of whack? What is a whack?
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light"?
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If all the world is a stage, where is the audience sitting?
17. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
18. Why do we put suits in garment bags and garments in a suitcase?
19. How come abbreviated is such a long word?
20. Why do we wash bath towels? Aren't we clean when we use them?
21. Why doesn't glue stick to the inside of the bottle?
22. Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks?





Eating Right on the Road!

By Traveler



Healthy eating on **the** road—where fast food, bags of chips, sodas, candy bars, high calorie desserts, and other fatty food seem to be the only stuff available—can be a real challenge.

Eating "junk food" for several days leaves you fatigued. Getting your body the nutrition it needs, while enduring the physical demands of a multi-day motorcycle ride, is important for a rider's health and riding enjoyment. Here are a few strategies for eating right on the road:

- **Drink Plenty of Liquids:** It's important to keep hydrated with water, low calorie energy drinks, and liquids that replenish fluids and electrolytes. High liquid intake helps to avoid binge eating. Sodas and high sugar drinks pass through your body faster with little nutritional benefit.
- **Pack Healthy Snacks:** Stuff your saddlebags with healthy snacks that contain polyunsaturated fats like nuts, raisins, dried fruits, low fat energy bars, whole-grain crackers, and fresh fruit (such as bananas, oranges, and apples). Snacking between meals keeps your energy level up, and also helps curb any tendency to overeat at mealtime.
- **Always Eat Breakfast:** After fasting for eight or more hours at night, your body needs "fuel" in the morning. You wouldn't consider riding your bike out of town on an empty gas tank would you? A high sugar and carbohydrate breakfast may increase your energy for a short time, but it won't last long. Instead, drink milk, juices, and eat fruit, hardboiled eggs, and yogurt; minimize the toast, bagels, and hot sticky buns.

- **Avoid Large Portions:** Restaurants generally provide portions that exceed what most of us need to operate a motorcycle. Eat one or more appetizers, instead of an entree, or share an entree your group.

- **Avoid Fried, Fatty Foods and Minimize Carbohydrates:** We usually have a strong craving for these foods, which are frequently on the menus of small town, family-owned restaurants as well as chain restaurants like Cracker Barrel and Denny's. Virtually all restaurants, however, have other healthier food options on their menus. Salads, for example. Your body metabolizes carbohydrates into sugar, go easy on the pizza, dinner rolls, and other similar starchy foods, and stick to whole grains whenever possible.

- **Find Fresh Fruit:** Fruit often can be found along your route and offers a refreshing and healthy break from the food at gas stations and fast food restaurants.

- **Stop at Grocery Stores:** When passing through small towns, with little or no good restaurant options stop at the local super market and picked up fruit and other low fat food for a picnic lunch.

- **Don't Skip Meals:** It's important to plan for and eat three meals each day. Those healthy snacks in your tour pack are especially beneficial when it's time to eat, you're hungry, and there's no place around to buy food.

Eat the Healthy Stuff First: Cafeterias offer a wide variety of dining selections, some healthy, others not so much. Load up your first plate at the salad bar and you won't be as hungry for the meat, potatoes and gravy, and cherry pie on the second and third passes. The key is to find that medium between denying all high-sugar and fatty foods, and the occasional indulgence that keeps a trip enjoyable. The bottom line, though, is that eating right on the road will increase your stamina, your alertness, and the overall enjoyment of your ride.





General Membership Meeting Minutes March 3, 2026

Respectfully Submitted
by: Jane Smith

President's Section: Gene Rigsby

Meeting called to order at 7:00 p.m.

Pledge of Allegiance

Guests – Rich Gruner (ABATE) and Jodi Hicks (wife of Mitch Hicks)

Announcements

March 25 - Greg and Jane's Anniversary (54 years)

Vice President: Bozenna [Haszlkiewicz \(Absent\)](#)

- No report.
- A board with samples of the 30th anniversary patch was displayed for all to review. Two samples are updated versions of the lion, but we'd like to keep the traditional lion that we have been using for our logo. Members were asked to vote for which design they like at the end of the meeting.

Past President: Wayne Kirkpatrick

- With the recent nice weather, keep in mind that if you are out riding to clean the salt dust from the road off your bike – but be careful not to wash the salt into the bearings. For heavy accumulation, a mixture of water and baking soda can help neutralize the acidity of road salt. See the March ROAR for additional information.

Safety: Mike Bradbury

- Mike spoke briefly about his March Kaution Korner article on becoming a Road Captain.

Rich Gruner from ABATE spoke about upcoming items:

- Safety Training classes will be resuming at SIU. In the process of soliciting instructors which will be put through an 80-hour training course. College of Lake County could be a possible site nearby otherwise Joliet will be the closest. More sites will be coming in 2027.
- There are two bills in the works for setting standards for Waymo (driverless cars) and the safety of them on the road.
- Working with the legislature to reclassify the higher wattage ebikes to something where the operator will need a license to ride one.
- Introducing a 9-minute video to high school students for motorcycle awareness.
- The Highway Bill must be rewritten every couple years as to the definition of a motorcycle.
- Occasionally a blast will be sent to Top Cat members about legislature that needs to be supported.
- **Pat Thielen** talked about how insurance will be changing policies as of July 1st. A percentage of what a bike is worth will be how they will charge for repairs. Al-

so, no buy-back on motorcycles – will go to salvage value.

- **Gene** will do the Kaution Korner next month.

Membership and Products: Ted Makarewicz

No new inquiries about membership.

- Ted mentioned he has a guy in Colorado who can make sterling silver belt buckles with the TC logo for us. If interested, contact Ted.
- Don't forget that Lands' End has all kinds of merchandise that we can get our logo put on.

Activities: Greg Smith

Recent Activities

- February 15 – Top Cats Annual Awards Banquet at the Grand Victoria Casino in Elgin. Chuck Carlson was presented the “Most Active Top Cats” award at tonight's meeting as he was not at the banquet to receive.
- February 28 – Cabin Fever at WSHD. Good turnout – spoke with many people about the club and charity event in June.

Future Activities

- March 1 – GRASS Class at Keller Williams, Barrington. Had to cancel due to construction at Keller Williams. Will check if the Moose Lodge in Wauconda can accommodate us until the construction is complete.
- March 21 – HD Museum & Lunch (Greg). Meet up at 11:00 at museum to purchase tickets.
- April 26 – Kickoff Ride (Mike). Depending on weather, we will do a short ride to Crandell's in Hebron for brunch or will meet there in cars.
- May 15-18 – Ride to the Dells (Patrick/Mary) – A 4-day/3-night ride leaving on Friday and returning on Monday.
- May 24 – BBQ Ride #1 (Mike). Short ride to Huntley for BBQ lunch. Watch blast for more info.
- June 14 – Ride for Dreams (Mary). Start at WSHD and end at Kingston Lanes in Woodstock.
- June 20 – BBQ Ride #2 (Mike). Short ride for BBQ lunch in Racine.
- July 12 – 30th Anniversary Picnic (Mike). Moraine Hills State Park in McHenry at the Whitetail Picnic site. More info will follow.
- July 24-36 – Illinois Route 66 Run (Ted). Chicago to St. Louis. More info to follow.
- Date TBD – BBQ Ride #3 (Mike). Lunch ride for BBQ to south Milwaukee.

(Continued on page 16)



Board Meeting Minutes March 10th, 2026

Respectfully Submitted
by: Jane Smith

President's Section: Gene Rigsby

- The meeting was called to order at 7:00 p.m. via Zoom. All Board members were present except for Bozena, Ted, and Mary.

Vice President: Bozena Hasztrakiewicz (Absent)

- No report.
- It was brought up that we need to order the 30th anniversary patches soon.

Past President: Wayne Kirkpatrick

- Wayne expressed concern about what we put out to the public (flyers, save the date cards, etc.) needs to have two sets of eyes proofreading the material to make sure all information is correct.
- Reminder that nobody has the power to take the club patch and modify it to what they want. The Board has approved our patch and that is the only way it should be shown.

Treasurer: Karin Toth

- Main account balance: \$3,595.38. Charity account balance: \$2,009.21.
- Gene asked Karin to forecast what expenses we will have for the year. We still have unknown amounts for 30th year patches and picnic food or incidentals.

Activities: Greg Smith

Recent Activities:

- February 15 – 2026 Awards Banquet. Those who attended had positive feedback and were pleased with the menu and venue. Asked if we should reserve again with Grand Victoria for 2027. Consensus was yes. Greg will check with the Casino to reserve February 21, 2007 date with the 28th as a backup.
- February 28 – WSHD Cabin Fever – good turnout.

Future Activities:

- March 14 – Windy City Facility Tour (Gene). Meet at dealership in Libertyville at 11:00 am. We will follow up with lunch at a restaurant nearby.
- March 21 – Harley Davidson Museum and Lunch in Milwaukee (Greg). Meeting at the museum at 11:00 am. Will have lunch first and then tour the museum.
- April 19 – GRASS Class (Mike) Rescheduled from March 1. Location changed to Moose Lodge in Wauconda.
- April 26 – Kick-off Ride (Mike). Short ride to Crandell's in Hebron for brunch. Depending on weather will plan on riding or meet there in cars.
- May 15-18 – Wisconsin Dells Ride (Patrick/Karin). More details will follow.
- May 23 – BBQ Ride #1 (Mike). Short ride for BBQ

lunch in Huntley.

- June 14 – Ride for Dreams (Mary)
- June 20 – BBQ Ride #2 (Mike) Lunch in Racine.
- June 26-28 – Mineral Point Ride (Gene).
- July 11 – 30th Anniversary Picnic at Moraine Hills State Park in McHenry. More details will follow.
- July 24-26 – Illinois Route 66 Run (Ted). Chicago to St Louis. More details to follow.
- Date TBD – BBQ Ride #3 (Mike). Lunch ride to south Milwaukee.
- Date TBD – BBQ Ride #4 (Mike). Lunch ride to Machesney Park
- August 2-10 – Sturgis Ride
- August 11-16 – Front Range Ride

Safety/RC: Mike Bradbury

- A GRASS class originally scheduled for March 1, 2026, at the Keller Williams office in Barrington was cancelled due to construction at Keller Williams. Class has been rescheduled for April 19 at the Moose Lodge in Wauconda.
- Mike has invited Dennis Yaeger to speak at the April General Meeting.
- Mike dropped off 20 flyers at Windy City for the GRASS class update. Karin offered to print out any future flyers if needed at her office if she can get them ahead of time.
- Running low on GRASS patches to hand out. Was suggested we order more with no date on them. He will check on cost of patch with date or without. Greg suggested a 50/50 raffle at GRASS to help offset cost of patches and a donation box. Also be sure to have membership applications available at the class.

Membership/Products: Ted Makarewicz (Absent)

- No report.

Charity: Mary Kirkpatrick (Absent)

- A 2nd planning committee meeting will be held at Kirkpatrick's house on Saturday, March 29 at 1:30.
- Waiting for clarification of summer hours at WSHD so we can set up for the ride and bathroom facilities are available.

Secretary: Jane Smith

- Nothing.

Meeting adjourned by Gene at 7:58 p.m.



ROAR

General Meeting, Continued

- Date TBD – BBQ Ride #4 (Mike). Lunch ride for BBQ to Machesney Park.
- August 3-10 – Sturgis Motorcycle Rally (Wayne & Bard). Save the dates if you're thinking about joining the group to Sturgis in 2026. Seven rooms have been reserved for our group at the Baymont,
- August 11-16 - Front Range Ride. It will be similar as last year with planning each day's ride the night before based on what the group wants to see and do. Wayne has indicated that if there is not enough interest in this ride, he will not be planning it. Only 3 people have committed so far.

Charity: Mary Kirkpatrick

- A Charity Committee meeting was held on Saturday, February 21.
- Have talked with Kingston Lanes in Woodstock and they are excited to work with us. They will provide games (bags) and access to their Tiki Bar area. Will see if they can put up a backdrop for picture taking. They will donate a percentage of the food they sell to NISRA.
- New save the date cards will be made with correct date.

50/50 Raffle: Andy Haszlakiewicz
The raffle was won by Bill Fulton tonight.
Meeting was adjourned by Gene at 8:20 p.m.

PP, Continued

Bard (and Wayne) have been working on Sturgis (8/3 - 8/10) arrangements for 2026. Keep on the lookout for announcements and get rooms booked ASAP. In addition, and if he is planning to, Wayne will likely have the Front Range Ride (FRR 8/11 - 8/16) info out soon. Both of these iconic club rides are scheduled around the last week of July and first 2 weeks of August, so block that time now if you are interested.

AND, there is more to come...

NOTICE: Please plan to attend the April 7th meeting so we can get a group shot of our 30 year gang. Yes, that's right. Time to pull out the clean underwear...

*****Check the Top Cat calendar for more details for these and other events.**

SAVE THE DATE(S) NOW:

AND... STILL always room on the calendar...

Let's get a few more rides or other activities together and let's go!

Don't need to be complex. **KISS**...

*****See the club's calendar for more details about these and other events...**

And as usual, watch for blasts and check the Top Cats event calendar regularly and by all means **SAVE THE CLUB ACTIVITY DATES FIRST!**

Make sure to send any activity or ride ideas to Greg Smith, Jim Wiseman and I, so they can get it on the calendar and get the word out to the club.

Feel free to reach out to me anytime via my email: gene.rigsby@gmail.com, or phone, 847-770-9425.

Have a great Easter Holiday!!

Looking forward to seeing you there....

Gene "Lucky" Rigsby





Caution!

Submitted by: Traveler

just before that no passing sign, remember there could be a pickup headed your way at a speed usually seen in fighter jets or a left turn into a field for that farm implement that has no turn signals.

Just like we have leaves to slip and slide on in Fall, Spring brings its own set of things to slide on. First is winter road slime. We have had salt, beet juice, dripping oil, antifreeze and



more spread on the road all winter. We have had a few bouts of rain but nowhere near enough to get the gunk off the road. That strip in the middle of the lane can still turn into a slip and slide with a little rain. Intersections where there has been a crash or 3 are even worse. So when it starts to rain, be even more wary than usual.

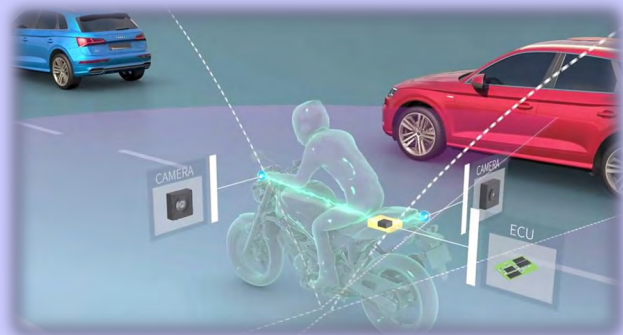
Trees are starting to bud and leaf. The pods they shed are as slick as leaves. Being so small they are quickly ground into a paste that is even slipperier. Landscapers and others are about to clean up from winter. Leaves, pine needles, old dead plants and more are being pulled, piled and placed on the street. The mud and grit they leave after being picked up is no fun.

On rural roads farmers are able to get out and start working in the field. That puts large slow vehicles out on those backroads we like to ride on. As tempting as it might be to blast past them



It is becoming more common to see drivers trying to get ahead in traffic by using a right or left turn lane to pass. Some privileged folks think it is their right to scream past those in lanes meant for through traffic using lanes marked for turns. It also seems there is a group for whom the first 10-15 seconds of a red light is optional. In a similar vein are those who feel having a right turn lane equals a green right turn arrow.

So keep your head on a swivel, your eyes on the road, cars, pedestrians and pets while remembering you are invisible.





G.R.A.S.S. CLASS

Group Riding and Safety Seminar (G.R.A.S.S.) is your chance to learn how to ride safely by yourself, with a co-rider, the rider / road captain obligations and accident scene management. A course on how to be a road captain is optional for those who are interested. Members need to take this to become fully active and be qualified to vote in our elections. All active members should take this once every 3 years. Even so, taking this more often always helps.

It does not hurt to ride safely!

Next Class: April 19th!
See the Calendar for Details!



April Birthdays
and Anniversaries!

4 Shawn Holton
9 Chuck Carlson

Happy Days to our Top Cats Celebrities
for April!

Let us know your special dates so that
we can celebrate with you!

No Great Love Stories for April!
(That we know of...tell us if we're
wrong!)



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Membership Has Its Privileges!

All suppliers and vendors who support the Top Cats by providing support to Top Cats members will be listed in ROAR.

Sign-up your favorite merchant today!

GRASS Classes are held at the Keller -Williams Offices!

Thanks, Greg for supporting our Top Cat's Safety Class!



Greg Smith

Keller - Williams Success Realty

600 Hart Rd.
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Barrington, IL

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Have one of our own Top Cats work

NISRA Families have so many wonderful opportunities because of the NISRA staff... Can we find ways to continue to help them?





RIDES & EVENTS

Date	Ride/Event	Location	Destination	Time	Leader
Tuesday, April 7th	General Meeting	Palatine	Alley 64	7:00 pm	Rigsby
Sunday, April 14th	Board Meeting	Palatine	Alley 64	7:00 pm	Rigsby
Sunday, April 19	GRASS Class	Johnsburg	Moose Lodge 691	8:30 am	Bradbury
Tuesday, April 26th	Open House	Woodstock	Woodstock HD	10 AM	Rigsby
Sunday, April 26th	KICKOFF Ride	TBD	TBD	TBD	Bradbury
Tuesday, May 5th	General Meeting	Palatine	Alley 64	7:00 pm	Rigsby
Tuesday, May 12th	Board Meeting	Palatine	Alley 64	7:00 pm	Rigsby
Tuesday, May 15 -18	Dells	882 Anita Ave Antioch	A Variety of Destina- tions in the Dells!	9:00 am	Theilen/Kirkpat- rick
Saturday, May 23rd	BBQ Lunch Series #1	BP 512 Liberty Wauconda	Only Mike Knows!	10:30 am	Bradbury
Ideas?	Contact	Greg Smith	Or	Jim Wiseman	Soon!

All ride and event information along with the Photo Gallery can be found at www.TopCats.org.



Barrington Library

Location and Hours
505 N. Northwest Highway
Barrington, IL 60010

847-382-1300
balibrary.org

See the Top Cats Archive

FREE ADVERTISING in ROAR for TOP CATS Business Owners

Attention all Top Cats business owners!

As part of our ongoing philosophy to support our members and goal to provide a more value-rich publication, we are now offering free advertising space in ROAR for Top Cats business owners. Each business owner can submit advertising content and graphics up to 2 X 3.5 inches (Business Card size) for their company.

We will run the ad for 3 months after which you will need to resubmit it.

This offer is for Top Cats business owners only. We are not accepting advertising for other businesses at this time.

Submit your ad along with contact information to the ROAR editors at ROAR@TOPCATS.org



ROAR



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For more information about the Top Cats visit our website at www.TopCats.org

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