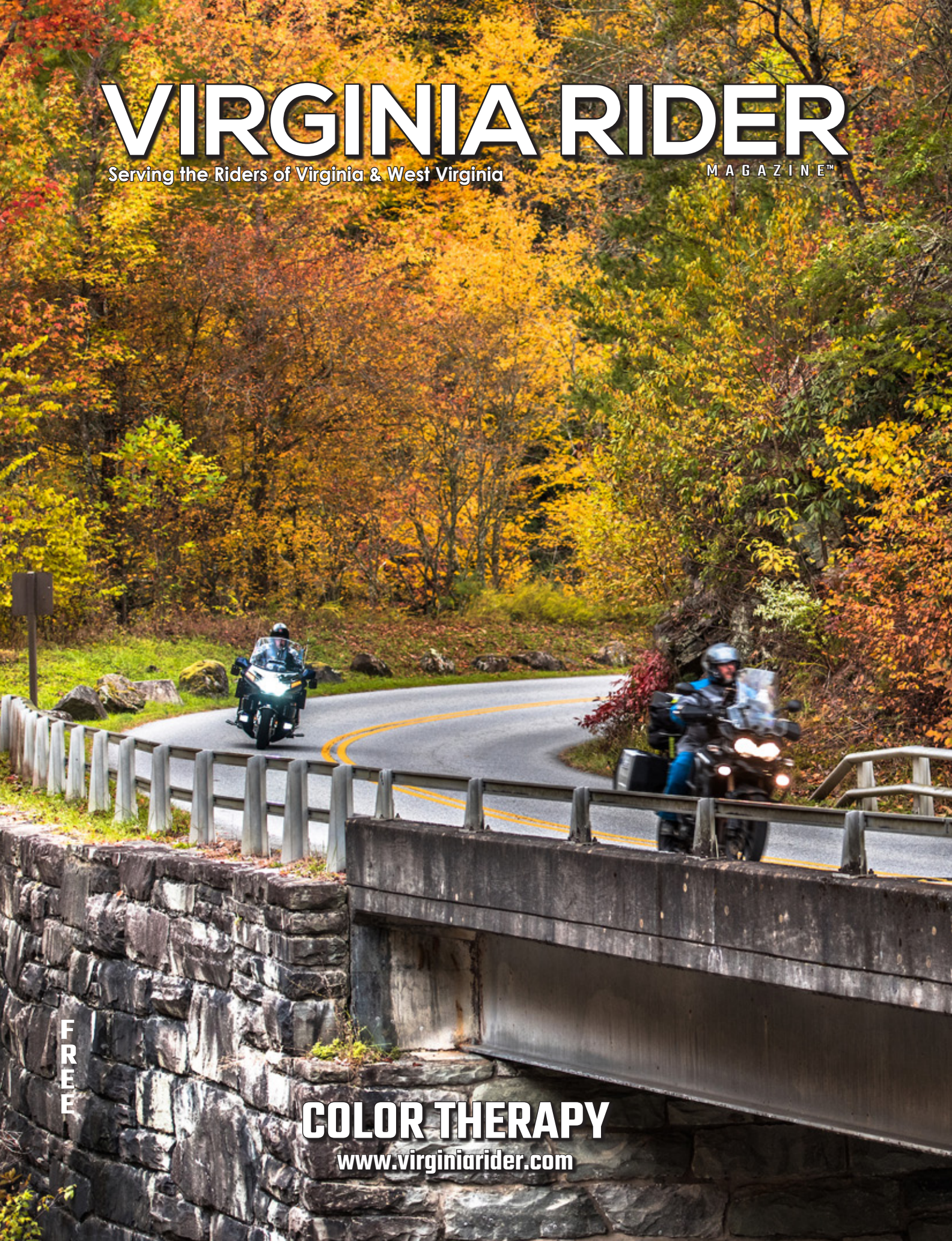


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VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE

Our Rider Friendly Directory locations are the best destinations for riders!





from the editor's desk

As we head into the holiday season, (yes, “the holiday season” is just around the corner...yikes!), there are still some great events to make it out to, especially if this mild fall weather stays with us. It’s been fantastic for everyone who has ventured out to see the fall foliage all around the Virginias. What a spectacular sight to see with the rich, warm colors of the fall season lay across the landscape are like a masterpiece and you’ve got your knees in the breeze, the cool fall air upon you and the warm sunshine on your face. There’s nothing like it in the world. The color show is still playing so we hope you’re able to get out and enjoy the beauty of nature from the open road.

We would like you all to know that we see you and we always encourage others to see you as well, for all you do and the sacrifices that many of you make to help others. We would like to say a huge “THANK YOU” to all motorcycle riders for all that they do to help other people. If you look at any motorcycle event calendar, you will see that nearly every month, riders are being called to participate in some sort of charity event. No matter whether it’s for a local person or business in need or a national fundraising campaign, motorcyclists step up to the plate every time when there is a call for action to help others. Motorcyclists raise millions of dollars each year from charity events, rides & poker runs. It’s truly a selfless act when you attend these events because you have to put out money for gas in your bike, registration cost, food, drinks, 50/50, raffle tickets, vendor purchases or bidding in an auction too. It may not always be a “cheap” day but it will always be a rewarding one just to be a part of an event that can change the lives of others by your support....and it’s a lot fun too! So, on behalf of all of the communities that you give so generously to, many, many THANK YOUs!!!

We hope that you enjoy this edition of our magazine as it’s brought to you with love from our loyal rider-friendly business supporters who you will find gracing our pages. Please stop out to see them & say hello – they would love to have you visit them!

Stay safe out there & please look out for each other. I know that heaven must be missing a big bunch of angels because they are right here on earth...riding motorcycles!

Happy Trails ‘til we see you again,

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE It’s not just another Tuesday for Marc and Rose, as they set out for the iconic Green Bank Observatory, while keeping the victims of Hurricane Helene foremost in their thoughts. They say they feel somewhat guilty, making their motorcycle “Windy” all repaired and better, when so many can’t even ride anymore.



MUSIC AND MOTORCYCLES “Ride” is a song written and recorded by American musical duo Twenty One Pilots, from their fourth studio album, Blurryface. “Ride” was originally released as a promotional single on YouTube on May 11, 2015. It is largely a metaphor for taking time to ride away from the weighty issues of life.



BIKE SAVERS John is celebrating having finished several summer projects and obligations, like building a storage shed, working on carbs and vapor blasters, because he can not turn his attention to a bike he has been wanting to dig into for a while, his 1972 Honda CB500K.



WEARING GLOVES WHILE RIDING IS ESSENTIAL Among the essential gear, gloves play a vital role. They not only provide crucial protection but also contribute to better bike control. By wearing gloves, riders can minimize the risk of injuries and maintain a firm grip on the handlebars, thereby reducing stress and fatigue in their hands



GOOD FOR YOU **RIDING IS GOOD FOR YOUR MENTAL HEALTH** Since the earliest days of riding, you only needed to talk with a motorcyclist to understand the health benefits of riding. But now, thanks to modern technology, we have proven results from a scientific study sponsored by Harley-Davidson® and conducted by UCLA’s Semel Institute for Neuroscience and Human Behavior, which confirms what we already knew.



THE LIGHTHOUSE While celebrating Halloween has been frowned upon and criticized by some Christians, one couple has found it to be the perfect opportunity to spread the gospel through the use of Christian tracts given out to children along with traditional Halloween candy.



DON’T GET STRANDED As much as we love riding our motorcycles, we also need to make sure they’re kept in good shape. The same way we take care of ourselves, so too, must we with our bikes, and that means looking after them not just while out on a ride, but when in the garage, too. Here are five maintenance jobs that will keep you on the road.

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OUR TEAM



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Owner/Editor



Warren Ells
Layout & Design



Marc Ritchie & Rose Grant
Great Places To Ride



John Peterson
Bike Savers

Kelly is a U.S. Navy Veteran & is a long-time friend & fellow rider of motorcycle communities throughout the Virginias and the Mid-Atlantic regions. She has been the owner/editor & publisher of free “moto” magazines for nearly 20 years. Kelly takes great care in making sure that her publications are entertaining, informative, are a great resource for riders, while also keeping the content in good taste so that they can be enjoyed by everyone. She packs a variety of topics into every issue...rider-friendly businesses, safety, health/wellness, funnies, entertainment, tourism, great places to ride & so much more.

The Warren Ells Agency, owned and led by Warren Ells, specializes in a comprehensive range of services including video production, copywriting, ad design, and print layout. With a focus on delivering high-quality content, they excel in creating engaging videos, compelling copy, and visually appealing advertisements. Whether it’s crafting impactful messages or designing eye-catching visuals, Warren is dedicated to meeting the diverse needs of clients, providing a one-stop solution for effective multimedia communication. He has been creating content for businesses, bands, and individual entrepreneurs for over thirty years.

Marc and Rose have been riding, traveling, writing, photographing, and videoing together for over a decade. No matter what time of year, whether it’s across the country, or across the county, the bike is their sanctuary, and they’re always looking forward to the next ride together.



John’s been saving bikes ever since he was given his first motorcycle that didn’t run and snapped a funnel off in the transmission case. His biggest inspiration is his wife Barbara, who reminded him that “None of them run...” Ever since, he has breathed new life into at least 20 vintage machines!



FEATURED IN THIS ISSUE

Riding In Late Fall

Fall is one of the most beautiful times of year to ride a motorcycle. The crisp, cool weather makes wearing your protective gear more comfortable, and the sights of changing leaves are like no other. Here are some things to remember to keep you safe and comfortable as you ride through the late fall season. With falling leaves, animals crossing roads, rain, and the right clothing to wear, there are plenty of things to keep in mind for the rest of the fall riding season.



ON OUR COVER

There are many beautiful Autumn days and nights still left to experience in the fall riding season.





A Christian's Halloween Story

I remember it like it was yesterday. Samuel, my seven-year-old son pranced around ready to put on his Halloween costume.

“Mom, can I put it on now? Please, can I Mom?”

“After dinner.”

Pizza, the fast and easy meal had become the Halloween tradition for my son and me.

As soon as we ate, Samuel raced to his bedroom, put on his scary costume, and grabbed his bag.

“Honey, you understand you can only go in our circle of condos where I can see you.”

“I will, Mom. I promise.” And with that, he swooshed out the door.

Samuel stayed within the boundaries. While I wanted to keep an eye on him, I also wanted to give candy to any little treat-seekers who ventured our way.

When Samuel returned, the look on his face clawed into my heart.

“Honey, what’s wrong?”

He threw his empty trick-or-treat bag on the sofa.

“Nobody came to the door.”

That was one of those “Mommy Moments” I didn’t know how to handle. My heart cried.

Why didn’t anyone come to the door?

We were new to that city, so I wasn’t comfortable driving him around to strangers’ houses. We did the next best thing I could think of. We hung out together and watched a movie.

Years passed. Times changed. Halloween changed. My son grew up.

There was a lot of emphasis on Halloween beginning as a pagan holiday. Sometimes, Christians were urged not to participate.

I kept asking: So, God, What Should We Do about Halloween? Brian and I lived in a neighborhood where we expected a lot of little children. What should we do?

We finally figured it out. We turned off the lights and hid out from those little pumpkins. We could hear the muffled voices of the children and their parents talking and laughing as they traipsed down our street in search of treats.

Brian and I remained silent. Our house remained dark.

Was Hiding in the Dark on Halloween Night the Right Solution? No! Absolutely not!

It bothered both of us. I could still feel the disappointment in my son when no one opened the door for him so many years ago. Now, I don’t want to be the one who disappoints other little children.

Besides that, the Bible tells us ...

“... You are to influence them, not let them influence you!”

Jeremiah 15:19

Clearly, we had not influenced anyone hiding in the dark.

Another year passed. More prayers. Again, Brian and I prayed about how to handle Halloween.

“God, how do you want us to handle this holiday? I believed Halloween was like a children’s holiday where parents and children in the neighborhood had fun together. But now, is our participation condoning something evil? I don’t think so. God, please guide us.”

After our prayers... God Gave Us a Halloween Plan!

We went to the stores and bought little goodie bags and lots of candy. Then we purchased little Christian brochures to put into the bags. We picked out the best ones we could find for little children.

In advance, Brian and I packed our candy and brochures. We decorated our door with a fall wreath and placed a straw doll and talking pumpkin close to our basket of goodies. We flipped on the lights. We were ready to welcome Halloween!

Since we began our Halloween ministry, we’ve lived in several different states. In the past eight years, we’ve had approximately 750 children come to our door and receive their treat bags. There is no other holiday where Brian and I give out so many tracts about Jesus.

These brochures have the potential to be little seeds for Jesus—maybe hundreds of them as they add up year after year.

“Keep on sowing your seed, for you never know which will grow — perhaps it all will.” Ecclesiastes 11:6

Source: <https://cbn.com/devotions/christians-halloween-story>



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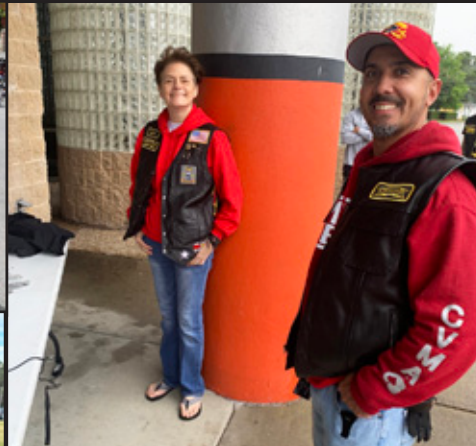
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WEDNESDAY 10 AM - 5 PM
THURSDAY 10 AM - 5 PM
FRIDAY 10 AM - 5 PM
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Marc Ritchie's "When Magic Fills The Air" is indeed filled with "Extraordinary Tales on Two Wheels". Marc, along with Rose's photographs, brings unique and fascinating glimpses into the magical world of motorcycling.

Get your copy from Amazon today:
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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Tuesday Afternoon



What an extraordinary month it's been. First and foremost, our hearts go out to everyone devastated by Hurricane Helene. It's going to take some time to get them to where they need to be. If you haven't already, please take a few minutes and visit your state's Volunteer Organizations Active in Disaster (VOAD) page, and make a donation. They need all the help we can give them.

Windy was down for a few days, while it rained, with electrical problems: the only good to come out of all that precip. Fortunately, Gary, Norm and Cory at CycleLogikal in Mt. Crawford, were able to diagnose her short issue, replace some worn out parts, and fit her with a new pair of shoes. We couldn't help but feel somewhat guilty, making her all better, when so many can't even ride anymore. But she's not just a pleasure ship. She's a vital vehicle for all sorts of things like grocery runs, doctor visits, and many more errands one could possibly make on a bike.

In case you haven't heard, one of our advertisers, The Curly Maple in Monterey, VA, is offering a 10% discount on all of their suites through the end of November when you mention Virginia Rider Magazine. With that in mind, Rose and I thought it would be fitting to do a ride as if we were staying there, and something we would find enjoyable, and hope other enthusiasts will as well, if they haven't already. There are so many gems for riding, both hidden and apparent. The issue for many, is time. While 400 mile days are certainly in our wheelhouses, it doesn't leave much time for exploring and scratching below the surface a bit.

So, with that in mind, we set out for the Green Bank Observatory. The forecast was calling for sunny skies and temps in the 70s. The skies were playing along, but we weren't quite there yet with the thermometer, so Rose was wearing her new fleece 5v heated vest from Voltheat.com, which comes with an extra battery for a limited time. She loves it, especially at over 4000' msl on chilly mornings.

We had the 15 mile ascent all to ourselves, enjoying choice shuffles of classic Rush, leg squeezing and deep breaths in the cool mountain air. It wasn't until our descent that we encountered the #1 buzz-kill in all of motorcycling: The Dreaded Minivan. Fortunately, there weren't too many turns left and Windy made quick work with the first set of dotted yellow lines. It was nice being on a nimble, like-new bike again.

I'll always remember my first trip here approaching from the north and catching my first glimpse of the telescope on the bike. It was simply incredible. I had seen pictures of it online (yes, we had internet back then), but nothing compared to seeing it in person. The destination is a great stop for motorcyclists with plenty of parking, restrooms, a café, exhibit hall, gift shop, and an overlook for pics. But the real meat on the bone, for those with time, or perhaps staying somewhere (hint, hint), is the guided tour. They do a great job of explaining what they're doing and how it all works, and you get to see the world's largest fully steerable telescope up close. Please visit greenbankobservatory.org/ for more info.

Now, imagine not having to rush home. All of that stress is where it belongs: nowhere. Instead of worrying about all of that, your biggest concern, now, is how to get back to Monterey. And like many, you'd enjoy the fresh, smooth pavement through rolling countryside to Dunmore and pick up Rt. 84 in Frost back to 220. It's some of the most enjoyable cruising anywhere. All of this extasy on a Tuesday afternoon seemed to echo some of the lyrics of the song: "The trees are drawing me near, I've got to find out why." Motorcycles or not, they were onto something.

I can't harp on this enough. This is the best riding we've ever experienced. Rose and I are truly spoiled, especially in light of recent events. Like a bear eating meat for the first time and no longer



interested in bugs or berries; the lure of open, empty roads, void of congestion, traffic lights, box stores, strip malls and fast food joints, has become our preferred diet. It's not only the greatest expression and experience of freedom we've ever known, it's also real. You don't find reality at cookie-cutter exits on highways and spending money at corporate chains. It's somebody else's perverse version of it that would have you believe it all day long. And if a motorcycle can't help you figure that out, you're doing it all wrong. Like many, it's been a pursuit for me. So, if there's one thing, that I could ever offer as a rider, that's taken me a lifetime to realize: it's the longer your kickstand is up with your feet on the pegs, is where you want to be. Make time.

Cheers and thanks for reading!

Marc Ritchie

Photos, Tree Linguist and Minivan Dreader: Rose Grant



continued next page





WE KEEP THE FUN ALIVE!

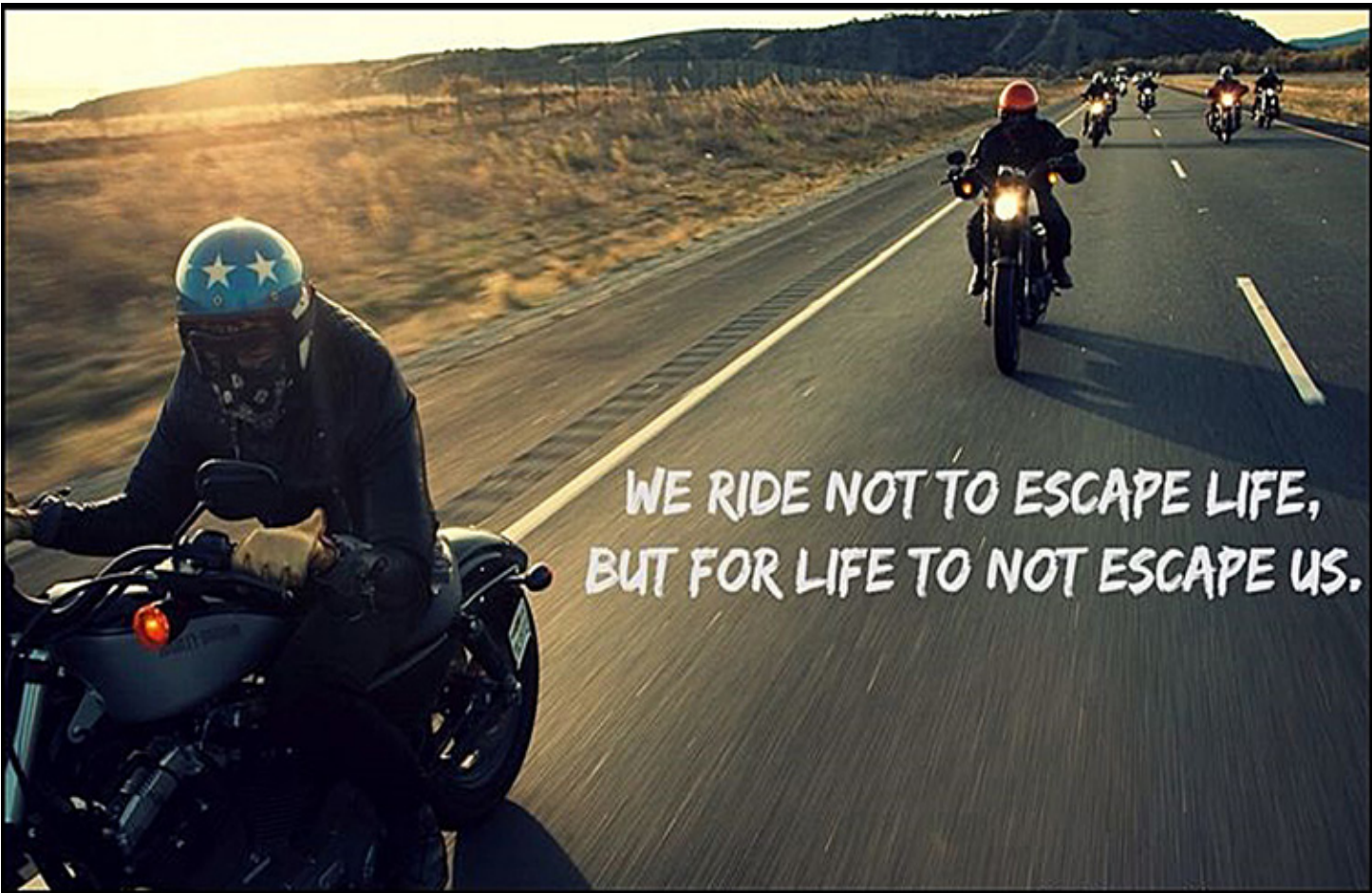
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MUSIC & MOTORCYCLES

RIDE



The song "Ride" by Twenty One Pilots has a few meanings, including:
 Going with the flow: Millennial angst: The song's lyrics address millennial angst and relatable life struggles. Human condition: The song's melancholic rumination concerns the human condition. The song's chorus has Joseph elongating its syllables and shouting his lines: "Oh, I'm falling, so I'm taking my time on my ride". He's speaking of riding his motorcycle.

Ride

I just wanna stay in the sun where I find
 I know it's hard sometimes
 Pieces of peace in the sun's peace of mind
 I know it's hard sometimes
 Yeah, I think about the end just way too much
 But it's fun to fantasize
 On my enemies who wouldn't wish who I was
 But it's fun to fantasize

Oh, oh, oh, oh Oh, oh, oh, oh
 I'm fallin' so I'm taking my time on my ride
 Oh, oh, oh, oh
 I'm fallin' so I'm taking my time on my ride
 Takin' my time on my ride

"I'd die for you" that's easy to say
 We have a list of people that we would take
 A bullet for them, a bullet for you
 A bullet for everybody in this room

But I don't seem to see many bullets coming through
 See many bullets coming through

Metaphorically, I'm the man
 But literally, I don't know what I'd do
 "I'd live for you" and that's hard to do
 Even harder to say, when you know it's not true
 Even harder to write, when you know that's a lie

There were people back home who tried talking to you
 But then you ignore them still
 All these questions they're for real, like
 "Who would you live for?"
 "Who would you die for?"
 And "Would you ever kill?"

Oh, oh, oh, oh
 Oh, oh, oh, oh
 I'm fallin' so I'm taking my time on my ride
 Oh, oh, oh, oh
 I'm fallin' so I'm taking my time on my ride
 Takin' my time on my ride

I've been thinking too much
 I've been thinking too much
 I've been thinking too much
 Oh, oh, oh, oh
 Oh, oh, oh, oh
 I'm fallin' so I'm taking my time on my ride



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RIDING INTO LATE FALL



Fall is one of the most beautiful times of year to ride a motorcycle. The crisp, cool weather makes wearing your protective gear more comfortable, and the sights of changing leaves are like no other. Here are some things to remember to keep you safe and comfortable as you ride through the late fall season.

Beware of Falling Leaves

This is true on the road, but especially on the trails. Falling leaves create visual hazards, especially if they are wet. They can stick to your visor easily, or block a tree branch that’s extending into your path of travel. Don’t get distracted by leaves, regardless of how mesmerizing they are while falling.

Beware of Leaves on the Ground

Leaves on the ground present as equal of a hazard as falling ones. They cover up holes on the trails, rocks, or any other object protruding from the ground. On the road, also, they can cover up drain ditches and waterways. And remember that though leaves look dry, they ones on the ground are likely wet, which will quickly cause traction issues and a disaster on the trail.

Cooler Concrete, Less Traction

That says it all. Tires will come up to temperature with continuous riding, but it’ll take much longer. And when stopping the tires cool down much faster, which naturally creates less traction on the road. The off-road will also be slicker due to cooler rocks and dirt.

Layer Up!

Layering is the only way to go during autumn riding. Start with good base layers and mid layers, and always pack along an extra fleece or something similar for added warmth. This allows you to easily adjust your comfort zone while out riding.

Don’t Forget the Rain Gear



Fall is the most unpredictable time of the year. You can be riding in pure sunshine at 70 degrees (F), and then it can drop to 50 and start raining. Even the light mist can penetrate your gear, so make sure your outer layers are up to par in the waterproof department. If you’re wearing gear that’s not waterproof, don’t forget the rain suit!

Wildlife: Extra Caution Needed



Wildlife is more active searching for food in fall, which has them scattered. Deer usually feed close to roads, and their most active feeding time is dusk and dawn. Fall is a time for hunting, also, which will further scatter animals like deer and turkey. Work on maximizing peripheral vision to proactively recognize a threat and react, such as covering your brakes while slowing down, and always keep your eyes moving.

Beware Frosty Roads



Regardless of how warm the day temperatures can get, the mornings can provide some frosty conditions. Even the thinnest layer of frost can result in a loss of traction. Try to stay in the middle of the road since more frost will collect around the edges, and preferably ride in car-tire tracks.

Camping? Make Sure You Have the Essentials

It can be 75 during the day and 40 at night. Plan accordingly if you’re going to camp—something we highly recommend due to the beauty. Just be prepared with a warmer sleeping bag, and find the most optimal place for a tent that won’t take on any water or morning fog.

Check Tires and Fluids

Now is not the time to question your tread depth. If the tread depth is less than 2/32 of inch deep, you need some new skins. The easiest way to find out is place a penny upside down in your tread grove. If you can see Lincoln’s hair, it’s time for a new set. As we said, concrete is colder, and traction is less. Add some rain and you’ll want to be channeling that water away from the surface of your tires. Also, check your fluids and top off if needed. You don’t want dirty brake fluid to thicken up quickly while riding in the colder weather. And for those with liquid-cooled engines, make sure your coolant is fresh.

Check Weather Often

Weather conditions are very unpredictable in fall, and fronts moving in can drop temperatures in a hurry. Keep an even closer eye on your favorite weather app while riding, especially if you have some long distances to travel. This proactiveness is crucial to your riding comfort and safety, allowing you to plan a route around unstable skies, or find a hotel/campsite. Most importantly...**ENJOY YOUR RIDE!**



5 REASONS WHY YOU SHOULD NEVER RIDE YOUR MOTORCYCLE WITHOUT GLOVES ON

Keeping your hands safe while on the road is of utmost importance.

Riding a motorcycle is undeniably thrilling and exhilarating, but it's crucial to acknowledge the inherent risks involved. Despite the dangers, it remains one of the most enjoyable activities one can experience. To ensure a safe riding experience, it is essential to prioritize safety measures, with gearing up being of utmost importance.



Among the essential gear, gloves play a vital role. They not only provide crucial protection but also contribute to better bike control. By wearing gloves, riders can minimize the risk of injuries and maintain a firm grip on the handlebars, thereby reducing stress and fatigue in their hands. So, while embracing the excitement of motorcycle riding, it is crucial to prioritize safety by equipping oneself with the necessary gear, particularly gloves, for a safer and more enjoyable journey.

Your hands are kinda important



It is crucial to protect your hands while riding a motorcycle for several reasons. First and foremost, your hands are highly exposed and vulnerable to injury in the event of an accident or a fall. Wearing proper protective gear such as gloves can significantly reduce the risk of abrasions, cuts, and severe

injuries to your hands, including fractures and dislocations. Indeed, those of you who've injured your hands—not necessarily from a motorcycle accident—would know the hassles of not being able to use your hands for a couple of days or weeks. Being that our hands are our most frequently used body parts, it's important to invest in safety and protection when out on the road.

Gloves can go a long way in preventing hand injuries



Gloves play a crucial role in preventing hand injuries by providing a protective barrier between your skin and potential hazards. Whether it's abrasions, cuts, or impacts, gloves act as a first line of defense, absorbing and dispersing the force of impacts to reduce the risk of fractures, dislocations, and severe injuries. Additionally, gloves offer improved grip and control, minimizing the chances of losing control of the motorcycle and increasing overall safety.

Not just for safety, but for comfort, too



Gloves are not just essential for safety but also contribute significantly to rider comfort. When riding a motorcycle, hands are subjected to various discomforts, such as vibrations from the handlebars, wind chill, and exposure to harsh weather

conditions. Gloves act as a cushioning layer, reducing the impact of vibrations and minimizing hand fatigue, enhancing overall comfort during long rides. On top of all that, most modern motorcycle gloves come with tactile inserts on the palms and fingers, providing you with better control on the handlebars. This means that you can ease your grip on the bars, preventing fatigue on longer rides.

Keep your hands clean from the grime and dirt from the road



Gloves serve as a protective barrier that keeps your hands clean from the grime and dirt encountered on the road. When riding a motorcycle, your hands are constantly exposed to various environmental elements such as dust, dirt, and debris. By wearing gloves, you create a shield that prevents these contaminants from coming into direct contact with your skin. The gloves act as a barrier, effectively trapping and repelling dirt particles, ensuring that your hands remain cleaner and free from the accumulated grime that can be difficult to remove.

Keep your hands warm in cool weather, and cool in hot weather

Gloves play a vital role in regulating hand temperature, providing comfort in both cool and hot weather conditions. In cooler weather, gloves act as insulating layers, trapping body heat and preventing it from escaping, thus keeping your hands warm. They shield your hands from cold winds, maintaining a comfortable temperature and preventing numbness or discomfort. On the other hand, in hot weather, gloves made from breathable materials allow air circulation, facilitating heat dissipation and keeping your hands cool. They wick away sweat and moisture, preventing a clammy feeling and enhancing grip.



Source: <https://www.motodeal.com.ph/articles/motorcycle-features/5-reasons-why-you-should-never-ride-your-motorcycle-without-gloves>





Adventure Bound

Our Great Places to Ride host, Marc Ritchie, bumped into this group of riders who'd stopped at one of our rider-friendly advertisers, the Blue Grass Mercantile in Blue Grass, VA. They were on a ride with Infamous Adventures staying in Davis, WV for a few days. This trip had been in the works for over 7 months. They picked some great weather for their adventure! infamousadvroutes.com is their website if you'd like to check them out.



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Spotting a motorcycle on the road can be just as hard as finding one in this picture.

Keep an eye out for motorcycles.



Share the road with motorcycles

BIKE SAVERS

with John Peterson



FINALLY!

It's been a wild summer. Storage sheds to build, yards to mow, VTR250 carbs to synch and vapor blasters to build, but now that's all out of the way and I FINALLY get a chance to turn my attention to a bike I've been wanting to dig into for a while now, my 1972 Honda CB500K.

I'm not sure if it's 'pretty'; there are lots of bikes out there that look better, maybe...but there's something about these 500's that speak to me; y'know, like the old adage 'It may not be art, but I know what I like.' And I do like these...spoked wheels, baby; spoked wheels get me every time!

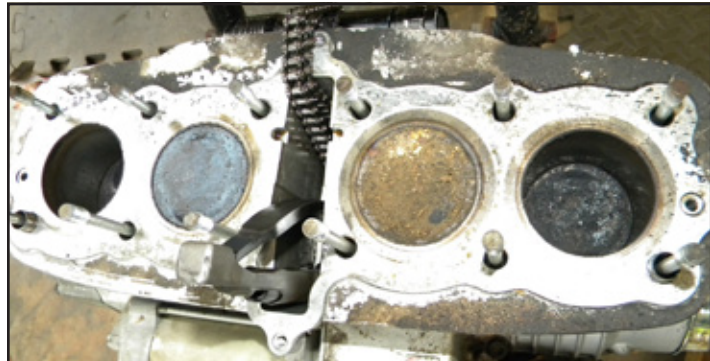
Just the way I like 'em...over 30 with lots of problems!



I found this beauty languishing under a broken-down shed near Richmond, VA last year. That side cover there was the only one on the scene – not unusual because the right side - where the battery cover usually is – was nonexistent and/or buried in the detritus of the shed it was stored in Lo these many years ago. I asked the PO to contact me if he found it, but Alas, they never do.

So anyway, I got her home and gave her a thorough scrub-down and shower, which only enticed me more because that 'wet' look certainly brought out her colors, as it always does, but had to back-burner it for a while because I already had the 1989 VTR 250 up on the slab in the lab (please see previous issues of Virginia Rider which are entitled "Miami Nice" for my trials and tribulations for that one).

I was initially able to crank her over with the kick starter, but then it locked up and wouldn't budge, so of course I got curious and got the top end apart, which led to some surprises – check out the #3 piston:



Looks like the Sahara in there...hmmm....

After some struggle, I was finally able to free up the jug and pull it free of the pistons and found the #3 piston scraper ring was stuck in its ring, but the cylinders were fine. I still have to get the pistons out and separate the cases to see what's what on the inside, but in the meantime I stripped and painted the frame, which as some of you may relate to is always a PITA, but not too bad:



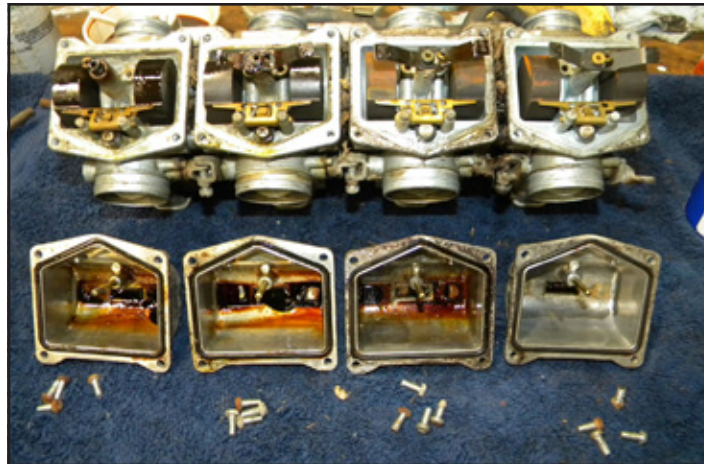
Gotta love aircraft remover...messy work, but necessary.

Long story short, I was able to get her stripped down and repainted, without a primer, in case you're wondering. I wondered myself, because the original frame has no primer on it, so after a lot of hemming and hawing I just went with Rustoleum High Performance Semi-Gloss Black, and that seems to be the ticket.

For all you purists out there (you know who you are), this bike is not going to be a showpiece; I just want to make her look respectable again after languishing in her broken-down, rain-leaky prison for so many years.

A cool thing though was I found the original owner's manual and spare fuse holder (in the yellow circle) tucked under the seat! Originals are rare to find, and they were in perfect shape too, even after being tucked in there for fifty years!

The carbs were 'okay' – I've seen a lot worse – but the #1 is a bit of a mystery. Why is that bowl so clean and the others aren't...? Hmmm.... and the #4 carb is missing its jet retainer (They're upside-down here). And of course, all that molasses-looking stuff is stuck-on, dried up fuel; pretty gummy too, but nothing a bath in carb cleaner won't fix.



"One of these things is not like the other...!"



The front brake was pretty gnarly, as I suspected (seen here being squeezed out of its tomb with the proper application of a grease gun), but it popped out eventually...look at that Rust!

Ewww...! (The housing actually cleaned up pretty well – I of course did get new parts for it).

So here's her current state of affairs as of this writing, all broken down and almost ready for rebuilding...



I still have to get to the lower engine case, I want to take that apart and do up the cases with my vapor blaster that I just built, and I gotta tell you – if you're into rebuilding old bikes, a vapor blaster will (1) cut your cleaning and polishing time TREMENDOUSLY, and (2), it makes parts look SO damn good! For instance, here's one of the fork lowers off of the CB500, while it's still on the bike – I knew I should have taken a better 'Before' pic...! But It Is what It Is...



Before - -



...and AFTER...!

I mean – Damn...! They look New...!

There are tons of DIY instructionals online on how to build a vapor blaster with a Harbor Freight sandblaster cabinet, and if you have an air compressor (the bigger the better), you can do it! It's highly recommended, it would have taken me hours with sandpaper and carb cleaner to get it to look like this; instead, it took me probably twenty minutes to do both of them, all told. I should have made one years ago. Besides the air compressor, I think it cost me, what...\$200, maybe \$300 bucks to convert the cabinet...but it's well worth it!

So that's all for now; a carb rebuild and engine tear-down lay ahead of me as the days get short and the nights grow cold. I'd like to be able to get to a complete rebuild point before the snow flies, but time will tell.

Keep Savin' 'Em, folks!

-John

GOOD FOR YOU

Riding A Motorcycle Can Improve Your Mental Health

It's true! Studies have shown that riding a motorcycle can improve your mental health.

To people who see motorcycle riding as purely an adrenaline rush for thrill-seekers, the idea of riding to improve one's mental health can seem surprising. In the eyes of the uninitiated, motorcycle therapy seems to be an oxymoron. However, nothing could be further from the truth. Experienced motorcycle riders have long understood motorcycle riding yields benefits like reduced stress and anxiety.

Since the earliest days of riding, you only needed to talk with a motorcyclist to understand the health benefits of riding. But now, thanks to modern technology, we have proven results from a scientific study sponsored by Harley-Davidson® and conducted by UCLA's Semel Institute for Neuroscience and Human Behavior.

The study documents measurable mental health reasons to ride a motorcycle. Before we dive into the results, let's look at the knowledge American riders themselves have accumulated over the past 120 years.

Motorcycle therapy

Long before roads were paved or mental health was a topic of conversation, riders were practicing motorcycle therapy. While life in earlier times may have been simpler, people still had stress—even if the term hadn't reached common use. Upon return from their riding escape, they felt refreshed, having gained clarity and sometimes even a greater understanding of themselves.

Nowadays, the downtime needed to decompress from the pressures of work and daily tasks is harder to come by. For some of us, the boundary between work hours and free time grows fuzzier with each passing year. Motorcycle riding offers a healthy way to take a break, find a personal place to be at peace, and reflect on life.

Motorcycle riding, even with a group, is a solitary experience that offers us mental space to let our thoughts expand and come back into focus. Additionally, you may be surprised to find that the act of riding a motorcycle provides some of the benefits of light/moderate exercise. This is something that motorcycle riders have long understood, and science has just confirmed.

Science proves health effects of motorcycle riding

Let's dig into the study's results. Led by neuroscientist Dr. Don Vaughn and his research team, 50 experienced motorcyclists were instructed to ride a preselected semi-rural route for a 20-minute duration using first their own vehicle, and then their own motorcycle.

Using advanced mobile electroencephalogram (EEG) and lab tests, the participants' responses to these real-world conditions were collected and compared to their bodies' stimulation responses at rest.

The results showed how riding benefits the mind and body. Here are some insights from the study:

- Riding a motorcycle increases alertness, similar to the positive effects of caffeine on brain activity.
- Motorcycle riding enhances a rider's senses more than driving a car.
- A 20-minute motorcycle ride increases the heart rate up to 11 percent and boosts adrenaline up to 27 percent, which is comparable to light exercise.
- Riding a motorcycle decreases the levels of the stress hormone cortisol up to 28 percent.
- Motorcycle riders experience increases in their ability to readily recover from distractions while riding compared to driving a car.

Till next time, ride safe!

Source:
<https://www.dairylandinsurance.com/resources/motorcycle-riding-can-improve-mental-health>



EASY DOES IT

Corn Chowder with Bacon

It's **Comfort Food Season** so let's kick it off properly with a delicious chowder!...

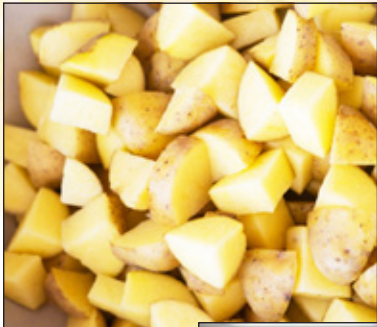
What is Comfort Food?...
Comfort foods are your favorite foods. They are the foods that boost your mood, evoke nostalgic memories, taste really, really great — or all three! The effects of these foods include making you happy when you're sad or stressed, satisfying a craving, and sparking joy.

No matter which foods, side dishes, and snacks satisfy your craving for comfort, comforting foods won't let you down. These foods trigger the brain's reward system and pleasure centers. This leads to a production of dopamine, which boosts a person's mood. This is why you turn to comfort foods time and time again.

Fall has settled in here in the Virginia's so let the comfort food cravings begin! This rich, creamy chowder is sure to satisfy & will have you making it a regular staple from your kitchen during the fall & winter season. Yummm, this is going to be sooo good! What are we waiting for?... Let's get cookin'!

Here's all you need:

- 1/2 pound bacon strips, chopped (The better the bacon, the better the bacon corn chowder)
- 1/4 cup chopped onion
- 1-1/2 pounds Yukon Gold potatoes (about 5 medium), peeled and cubed (Use any type of potato you like. We prefer Yukon Gold potatoes as they have a naturally buttery flavor, and they hold their form well as the chowder simmers)
- 1 can (14-3/4 ounces) cream-style corn (Cream-style corn isn't the same as creamed corn. Canned cream-style corn features whole corn kernels combined with split kernels that release corn "milk" to add creaminess without adding dairy. Cream-style corn has a rich texture and flavor that's perfect for corn chowder.)
- 1 can (12 ounces) evaporated milk (Evaporated milk is thicker than regular milk because it's been cooked to remove over half its water content. It still tastes like milk, but it has a more concentrated, nuttier character.)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



Here's all you need to do:

- Cook the bacon - In a large skillet, cook bacon over medium heat until crisp, stirring occasionally. Remove with a slotted spoon; drain on paper towels. Discard drippings, reserving 1-1/2 teaspoons in pan. Add onion to drippings; cook and stir over medium-high heat until tender.
- Meanwhile, place potatoes in a large saucepan; add water to cover. Bring to a boil over high heat. Reduce heat to medium; cook, uncovered, 10-15 minutes or until tender. Drain, reserving 1 cup potato water.
- Add corn, milk, salt, pepper, potatoes and reserved potato water to saucepan; heat through. Stir in bacon and onion.

Recipe Variations: * Use fresh or frozen corn * Substitute stock or broth: Cook the potatoes in chicken broth, or add a chicken bouillon cube to the water * Add a protein such as smoked salmon, crab, shrimp or clams to make a corn seafood chowder * cooked or rotisserie chicken to make chicken corn chowder * just before adding the bacon and onion, stir shredded cheese or Velveeta into the warm chowder to make a cheesy corn chowder * add your favorite herbs and spices * add scallions

Store leftover bacon corn chowder in an airtight container in the refrigerator for up to four days. Gently reheat the chowder in a saucepan until warmed through. Do not freeze or microwave. Serve with crackers, homemade rolls or biscuits. It's good with light vegetable side dishes like salad, sauteed spinach or roasted carrots. A soup and sandwich combo is always a hit too! Bon appetit! ❤️

Source:
<https://www.tasteofhome.com/recipes/bacon-potato-corn-chowder/>
<https://blog.golddbelly.com/what-is-comfort-food/>

HERE ARE 5 EASILY OVERLOOKED MAINTENANCE JOBS THAT CAN LEAVE YOU STRANDED

Check these 5 things every time before you go for a ride.

As much as we love riding our motorcycles, we also need to make sure they're kept in good shape. The same way we take care of ourselves, so too, must we with our bikes, and that means looking after them not just while out on a ride, but when in the garage, too. That said, a good number of motorcyclists rely solely on the casa or service center to keep their bikes in good health. However, relying on other people to look after your bike isn't always the best idea, and learning how to take care of basic stuff on your own goes a long way in keeping you on the road worry free. If you've ever experienced getting stranded out on the road due to mechanical failure, we're sure you're well acquainted with the anxiety, stress, and worry that accompanies this. To avoid this, here are a few basic maintenance jobs which, when overlooked, can leave you stranded on the side of the road without much recourse. As such, be sure never to take these things for granted, and inspect them every time you go out for a ride.

TIRES



Your tires are extremely important as they serve as the only point of contact between the road and your motorcycle. When it comes to tires, there are a few things to look out for. For starters, make sure they're in good shape. Look out for any cracks, punctures, dry rot, and gouges on the tread. Are the sidewalls in good shape, devoid of any deformities whatsoever? If even just one of these things doesn't look right, swap your tires out right away. Next, make sure to check your tire pressures on a regular basis. These vary from bike to bike, so make sure to consult your owner's manual so as to make sure everything checks out.

CHAIN



Your bike's chain provides drive to your rear wheel, and is really the only way to get your engine's power to the ground. As such, it's absolutely essential to keep your chain in tip top shape. Rust and corrosion brought about by wear and tear, as well as exposure to the elements can be detrimental to the service life of your chain. To maximize your chain's longevity, make sure to clean it with an appropriate chain cleaner or degreaser, and thoroughly lubricate it. Additionally, inspect the wear on your bike's sprockets, as well as the chain itself, as these may be indicative of whether or not you need a new chain and sprocket set.

BATTERY



Your motorcycle's battery is the heart of its electrical system. If your battery is out of whack, then chances are your bike will run very poorly, or not at all. An old battery may not be able to hold charge, even if you hook it up to a battery charger, so don't cheap out on this one. There are many options when it comes to replacement batteries. You can go for fancy lithium-ion units that last a lot longer and are substantially lighter than standard batteries. They are, however, very expensive, and are out of reach to a lot of motorcyclists. That said, you can always opt for an OEM replacement battery. Just make sure the specs match your specific make and model.

BRAKES



This one's really important, and can literally spell the difference between life and death. Motorcycle brakes are a relatively simple system, but consist of several parts. From top to bottom, you're going to want to make sure everything is in perfect condition. Make sure your lever is intact, and has a nice and thorough range of motion. Inspect your brake fluid—make sure it's clean and at the right level. As you make your way down to the calipers, make sure there aren't any cuts, gouges, or kinks on the brake lines. Lastly, take a look at your pads and rotors. Are there any signs that your pads are on their way out? Are there stress cracks or uneven wear areas on your rotors? If so, change them immediately and don't risk going out for a ride with a compromised braking system.

CLUTCH CABLE



Last but not least, your clutch cable, as simple as it seems, is a vital component of your motorcycle's drivetrain. Should your clutch cable fail in the middle of a ride, you're pretty much a sitting duck, unless you're proficient enough to start a bike and shift gears without a clutch. Maintaining your clutch cable can be a tedious job, but it's extremely easy to do. All you need to do is disconnect your clutch lever, and drip some oil or lubricant into the clutch cable. Allow it to seep in until you see the oil come out the other side. Doing this every 1,000 kilometers or so goes a long way in keeping your clutch operation nice and smooth, as well as prolonging your clutch cable's service life.

Taking a little time for preventive maintenance can go a long ways to keep you safe and always ready for the road!



Source: <https://www.motodeal.com.ph/articles/motorcycle-features/here-are-5-easily-overlooked-maintenance-jobs-can-leave-you-stranded>

Brain Study: If you can read this, you have a strong mind

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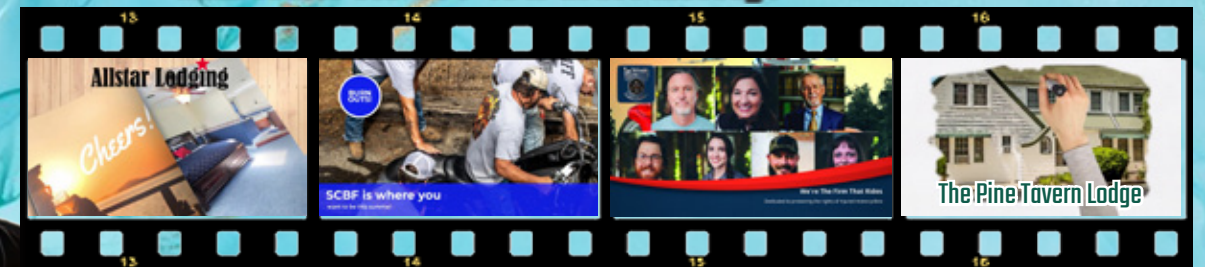
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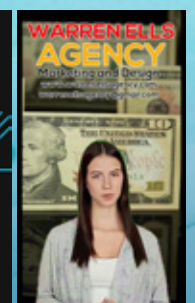
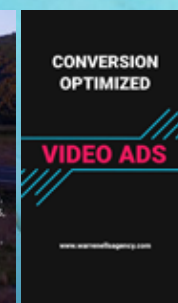
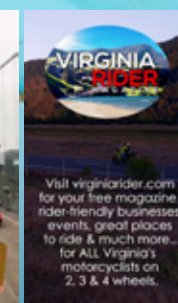
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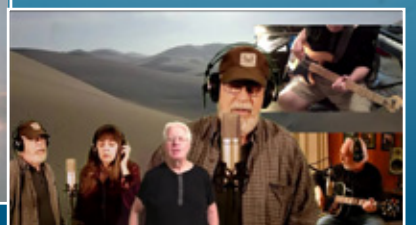
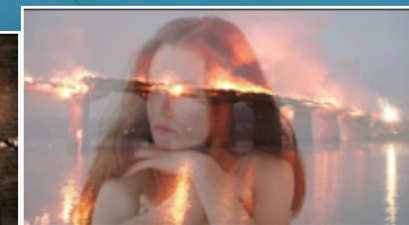
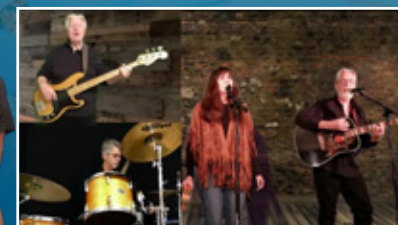
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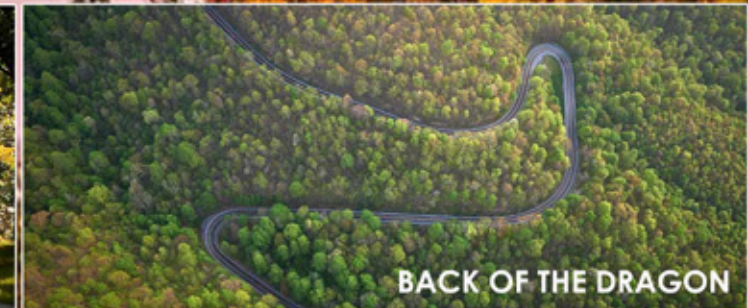
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