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Magazine™

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from the editor's desk

It's bike show season! Whether you're entering yours or just going to support a cause, it's so much fun checking out all the great rides that come out to compete. Trophy or not, they're ALL winners to us!

Welcome back friends & Happy Spring at last! If you happen to be joining us for the first time, we'd like to welcome you to Virginias' best resource for riders who enjoy life on 2, 3 or 4 wheels. Spring is the official start of the riding season too! We still may see a few crazy weather days with the stark contrast of iffy, below freezing temps one day then soaring up into the 80s the next. It'll be nice to settle into the more mild 40s/50s nights & 60/70s days, at least for a few weeks anyhow. You know what they say about Virginia weather...give it a few minutes & it'll change.

We've got some awesome articles, lots of 'good to know' info plus plenty of fun extras in store for you in this edition such as ... If you're in the market for getting a motorcycle, check out the full scoop of "How to choose the right motorcycle". Even if you've been riding for years you may want to find out "Why do motorcyclists....?". The Virginias have some of the best motorcycle roads in the country including lots of "Motorcycle Curves". We can't stress enough the importance of staying in shape and keeping a healthy body weight so you can stay "Fit For the Road". We hope you enjoy these articles along with all the other good stuff we have for you.

Along with us each month, in print & online, are the amazing rider-friendly businesses who not only make it possible for us to bring Virginia Rider to you each month with their support but they're here for YOU, supporting our riding communities. They all have something special to offer & most of them ride too so they know what you want & what you need to enjoy your ride life. If you're looking for places that you can trust, they are all right here with us in our Rider-Friendly Business Directory page of our website virginiarider.com.

Looking for events to attend? Visit the Events page on our website for the latest info on events in our region & links to event announcements & schedules.

We've got some photo contests starting up soon so please keep an eye on our Facebook & Instagram pages for details on how to enter your pictures to be eligible for some great prizes & \$MONEY\$ too! Please be sure to LIKE us & invite your friends to do the same!

Drop us a line anytime – we'd Love to hear from you! Don't forget that This is the year for adventures so let's get out & make some incredible ones!

Safe travels on your roads ahead friends. We'll see you next time around!

Be happy & Stay awesome,

Kelly



IN THIS ISSUE



People who don't ride and even some of those who do sometimes have a lot of questions about motorcycling that begin with Why? **THE MOTORCYCLE LAW GROUP** answers everything from wearing leather and hand signals to why riders need accident attorneys.

GOOD FOR YOU

From exercise, mental health and weight loss to creativity, focus and getting better sleep, **GOOD FOR YOU** addresses these issues and more in the topic of the health benefits of getting outdoors.

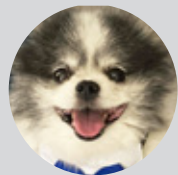


John's back at it in **BIKE SAVERS** "Back in August 2017 I was going through Craigslist, as I'm wont to do when bored and looking for something new-to-me, exciting and preferably cheap so as not to arouse the ire of my wife. I came across this '78 Kawasaki KZ650B with just 11,000 miles on the odometer being sold at an estate sale."



GREAT PLACES TO RIDE

Marc and Rose are known for taking extensive excursions on a motorcycle but "This ride was a departure somewhat from our 'normal' routine. Instead of finding mostly empty backroads, Rose and I took a short ride (for us) to Staunton, VA." Looking for warmer temps and smoother roads, the short trip to Staunton was in order.



Bill C. says in **RUFF RIDERS** - "When my wife and I purchased Koda and brought him home we knew that he was 'Special.' He is a pure breed Pomeranian being in a "Party" variety because of multiple color. Being black and white, he is approximately 1 in 10 million for his coloring."



In **THE LIGHTHOUSE**, we learn that providing for peoples' needs, even if they are strangers, is like taking care of Jesus himself. And the King will tell them, 'I assure you, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'

FIT FOR THE ROAD

FIT FOR THE ROAD this month covers great foods for losing weight and specifically food combinations of two or more that can facilitate the process. After a long cold winter, many of us can take some tips for shedding those extra pounds!

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ON OUR COVER:
Spring is finally here and it's time to shake off winter and get out on the roads. One of the best places to do that is on Appalachian Backroads. See their ad in this issue.



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WE WANT YOU TO JOIN



Why should you join ABATE? For the preservation of your freedom to ride a motorcycle, on and off road, today and into the future. Meet other motorcycle enthusiasts in your community and join them to promote motorcycling through participation at State and Chapter meetings, meeting with Virginia legislators and local officials, chapter rides, rallies, benefit rides, bike shows and more.

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- ♦ Meet people who love freedom and having a good time
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Check out the local chapter nearest you at **abateva.org**
BECOME INVOLVED AND JOIN TODAY!



HEAD

Never expose!

HELMET

Most important gear a rider can use.

FACE SHIELD

Impact or shatter resistant safety glasses, goggles, wrap around glasses sealing the eye, or face shield properly attached to the helmet.

EYES, EARS & FACE

Exposure can lead to irritated eyes, noise-deafening winds and being distracted by debris such as being hit by bugs.

HANDS

Will not withstand abrasion.

GLOVES

Keep hands comfortable, functional and protected with full-fingered gloves or mittens designed for use on a motorcycle.

BARE LIMBS

Exposure can lead to injuries such as road rash should a crash occur.

JACKETS & PANTS

Riders and passengers shall wear a long sleeved shirt or jacket and long trousers.

BOOTS

Sturdy over-the-ankle footwear that affords protection for the feet and ankles.

BOTTOM LINE

Dress for the ride as well as the crash. Proper riding gear allows you to enjoy the ride in comfort and helps minimize injury.

FLIP FLOPS

Never expose toes and feet to potential contact with road surfaces, shift lever, brake pedal, or footrests; this can lead to injury.

BOTTOM LINE

Fool's gear identifies an unaware rider. Learn how to avoid embarrassment, ridicule and injury by completing a MSF rider course.

WHAT'S YOUR FAVORITE MODEL?



BRAT



CAFE RACER



TRACKER



SCRAMBLER



BOBBER



CHOPPER



EIGHT

ROAD SAFETY TIPS FOR

MOTORISTS

Driving safely must be your main concern behind the wheel. Follow these safe driving tips to get yourself and others safe on roads.

START EARLY | DRIVE SLOWLY | REACH SAFELY

Obey road safety rules and regulations for motor vehicles

Look for the traffic signs before you cross signals

Drive within the speed limits prescribed

Don't forget to wear helmets while driving

Avoid rash/negligent driving

Don't use headphone while driving

Don't drink and drive

Keep vehicle fit



If you're unfamiliar with riding you may be confused by a lot of things you see motorcyclists do. In nearly every circumstance there is a good or justifiable cultural, safety or performance reason riders have for doing these things.



WHY DO MOTORCYCLISTS...

WHY DO MOTORCYCLISTS WEAR LEATHER OR ARMORED CLOTHING?

Leather isn't just a fashion statement for motorcycle riders. Leather offers a lot more protection in an accident than most other cloth-based materials. Kevlar-based body armor – gear that looks like actual armor – is becoming increasingly popular among riders who are looking for more protection than leather offers.



WHY DO RIDERS STICK THEIR LEFT ARM OUT STRAIGHT OR BENT UP AT THE ELBOW?

The universal sign for a left turn is an outstretched left arm. A right turn is raising a left arm and bending it at the elbow, making a right angle. Riders generally don't stick out or wave with their right hand because that's on the throttle grip. Using the right arm to signal would essentially be like a driver taking the foot off the gas while they have their blinker on.



WHY DO MOTORCYCLE RIDERS REV THEIR ENGINES?

On older, carbureted bikes, revving was sometimes necessary to keep the bike from stalling when stopped. Riders today may also crack the throttle when downshifting, or "blip the throttle," to rev-match the higher RPM that will be attained once the gear is engaged. Failing to rev-match can result in a sudden surge in RPM once the clutch engages, violently shoving the rider forward and potentially causing rear-tire skid. To put it simply, if a rider near you is blipping the throttle, they may not be doing it to annoy other motorists on the road.



WHY DO SOME RIDERS HAVE BRAIDED CORDS ON THE HANDLEBAR?

There was a time when loose, aggressive dogs were a concern for riders traveling at low speeds. A dog chasing a car isn't that big of a deal – a motorists is encased in a metal box for protection. It was a different story for a motorcycle rider. Motorcycle gangs adopted these braids, sometimes referred to as "get-back whips" or "dog whips," as an actual weapon against vehicles or other riders, which is why they've been banned in many states. It's pretty rare to see motorcyclists with braids on their handlebars today.



WHY DO SOME RIDERS SHOW THE PEACE SIGN?

If you're not a rider and you see two motorcyclists pass each other and give what appears to be a peace sign angled towards the ground, you've essentially witnessed an all-purpose greeting/acknowledgement akin to Hawaii's "Aloha." It can mean several different things, either as a show of solidarity for the crappy weather – or mutual appreciation for the great weather – or just a friendly hello between two motorcycle enthusiasts.



WHY DO RIDERS STICK THEIR KNEES DOWN DURING TURNS?

On particularly tight turns it's preferable for a rider to adjust their weight and center of gravity to the inside of the turn. This shift in weight allows the bike to stay slightly more upright, meaning more surface area contact with the road. Too little grip on the road could result in skidding out or losing control at the worst possible time.



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WHY DO MOTORCYCLE RIDERS NEED SPECIAL ACCIDENT ATTORNEYS?

There's a lot to riding that the average lawyer or juror may not understand. People unfamiliar with riding may even hold unfair biases against motorcyclists. The motorcycle accident lawyers at the Motorcycle Law Group are themselves riders, meaning they know how to educate uninformed jurors and help them understand the physics of riding, crashes and the safety rules of the road motorcyclists have to deal with on a day-to-day basis.



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GET THE REPRESENTATION YOU DESERVE

The Motorcycle Law Group represents motorcyclists, drivers and personal injury victims in Virginia, South Carolina, North Carolina and Georgia. As riders themselves, our attorneys are uniquely equipped to represent the rights of motorcyclists injured due to the negligence of other people on the road.

Call 1-855-LAW-RIDERS to schedule your free consultation.



**IF YOU RIDE,
DON'T DRINK.**

**IF YOU DRINK,
DON'T RIDE.**

A safety message from friends who care

VIRGINIA RIDER
Magazine

MOTORCYCLE ADVENTURE



**THE MOST EXPENSIVE WAY
TO LIVE LIKE A HOMELESS
PERSON**



**WHEN LIFE THROWS
YOU A CURVE... LEAN
INTO IT, PICK YOUR
LINE AND KEEP YOUR
WEIGHT ON THE
OUTSIDE PEG**



"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others."
- Matthew 6:1-4



This Woman Had Lunch With Jesus. ... And She Didn't Even Know It!

Ruth went to her mailbox and there was only one letter. She picked it up and looked at it before opening, but then she looked at the envelope again. There was no stamp, no postmark, only her name and address. She read the letter:

Dear Ruth,
I'm going to be in your neighborhood Saturday afternoon and I'd like to stop by for a visit.
Love Always,
Jesus

Ruth is checking the letter at her mailbox. Her hands were shaking as she placed the letter on the table. "Why would the Lord want to visit me? I'm nobody special. I don't have anything to offer." With that thought, Ruth remembered her empty kitchen cabinets. "Oh my goodness, I really don't have anything to offer. I'll have to run down to the

store and buy something for dinner." She reached for her purse and counted out its contents. Five dollars and forty cents. "Well, I can get some bread and cold cuts, at least." She threw on her coat and hurried out the door. A loaf of french bread, a half-pound of sliced turkey, and a carton of milk...leaving Ruth with grand total of twelve cents to last her until Monday. Nonetheless, she felt good as she headed home, her meager offerings tucked under her arm.

"Hey, lady, can you help us, lady?" Ruth had been so absorbed in her dinner plans, she hadn't even noticed two figures huddled in the alleyway. A man and a woman, both of them dressed in little more than rags. "Look lady, I ain't got a job, ya know, and my wife and I have been living out here in the street, and, well, now it's getting cold and we're getting kinda hungry and, well, if you could help us, lady, we'd really appreciate it." Ruth looked at them both. They were dirty, they smelled bad and, frankly, she was certain that they could get some kind of work if they really wanted to.

"Sir, I'd like to help you, but I'm a poor woman myself. All I have is a few cold cuts and some bread, and I'm having an important guest for dinner tonight and I was planning on serving that to Him."

"Yeah, well, okay lady, I understand. Thanks anyway." The man put his arm around the woman's shoulders, turned and headed back into the alley. As she watched them leave, Ruth felt a familiar twinge in her heart. "Sir, wait!" The couple stopped and turned as she ran down the alley after them. "Look, why don't you take this food. I'll figure out something else to serve my guest." She handed the man her grocery bag.

"Thank you, lady. Thank you very much!" "Yes, thank you!" It was the man's wife, and Ruth could see now that she was shivering. "You know, I've got another coat at home. Here, why don't you take this one." Ruth unbuttoned her jacket and slipped it

over the woman's shoulders. Then smiling, she turned and walked back to the street... without her coat and with nothing to serve her guest.

"Thank you lady! Thank you very much!" Ruth was chilled by the time she reached her front door, and worried too. The Lord was coming to visit and she didn't have anything to offer Him. She fumbled through her purse for the door key. But as she did, she noticed another envelope in her mailbox. "That's odd. The mailman doesn't usually come twice in one day." She took the envelope out of the box and opened it.

Dear Ruth,
It was so good to see you again.
Thank you for the lovely meal.
And thank you, too, for the beautiful coat.
Love Always,
Jesus

The air was still cold, but even without her coat, Ruth no longer noticed.

Matthew 25:35-45
For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? Or a stranger and show you hospitality? Or naked and give you clothing? When did we ever see you sick or in prison, and visit you?' And the King will tell them, 'I assure you, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'"

Source: <https://www.godvine.com/read/This-Woman-Had-Lunch-With-Jesus-And-She-Didn-t-Even-Know-It--539.html>

**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



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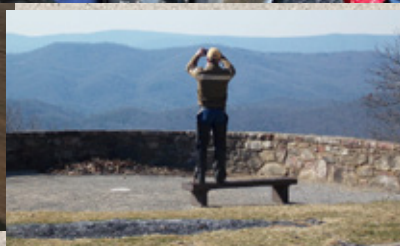
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BIKE SAVERS

with John Peterson



In the midst of all the Covid19 stuff going on, I decided to write about a project that was just fun. A Bike Savers Success Story, if you will, that turned out pretty well in the end, which I was glad to see.

Back in August 2017 – wow, has it been that long?? – I was going through Craigslist, as I'm wont to do when bored and looking for something new-to-me, exciting and preferably cheap so as not to arouse the ire of my wife. I came across this '78 Kawasaki KZ650B with just 11,000 miles on the odometer being sold at an estate sale – this is the actual Craigslist ad photo:



I'd always wanted a Universal Japanese Motorcycle, or UJM, and this one looked right up my alley. I didn't have any money at the time, so I regretfully let it go by. Flash forward literally a month later, and the sale is still going on, and the bike is still there! It's like it was Meant to Be! I call the guy, get directions and drive up to see what's going on. I was amazed – it was an estate sale alright. The kind you dream about - apparently the guy's grandfather was a mechanic and had a shop full of old machines, including a full-size top-fuel dragster which sold while I was there, several older Harleys, my KZ650B, a 1970's KZ1000 that was spoken for, two or three other old bikes in various stages of repair, WITH the side covers...! Lift-tables, shop machines, tools, a room full of manuals, you name it – everything you'd expect to find in a repair shop business that they were selling off to raise money for a youth center. I had just missed getting my hands on a valve grinder they said they had sold the day before...Damn! I wandered around the grounds of the shop and dipped into a nearby old barn to find a car I had lusted after back in the day: a metallic gray 1980 Chevy Camaro with a burned-out carburetor, gathering dust and bird droppings but otherwise in great shape. In a pitch-black dark room next to the Camaro, with an uneven dirt floor that smelled of age, mold and mouse droppings I found a maroon 1980 Honda CB750K minus the seat and carbs, the chrome sparkling in the inky darkness when I shined my flashlight around. A black 1980's Honda Goldwing Interstate sat

parked next to it, dusty but appearing intact. I thought this must be how Howard Carter felt when he opened King Tut's tomb. Carter however took his prizes with him. I had to leave all these treasures in the inky darkness where they lay. It killed me.

I went back out and up to the garage and looked over the KZ650, where I spoke with the family representative about the bike. I made him an offer, and \$200 later - (it was all I had) - I loaded my prize up into the truck.



What is that feeling...? That feeling you get when you get something you had always wanted (and in the color I had wanted, I might add!), something rare and wonderful to you that you know is going to be a challenge, but you're up to that challenge, Oh Yes You Are, and then you are presented with that challenge and you look to it with the eager anticipation of a mountaineer sizing up his next peak, looking with eager eyes and a beating heart and mapping out his route...or something like that. I don't know. But that's the feeling I get when I get a new project. Maybe all you bike savers out there know what I'm talking about. In any event, I got the bike home and set about seeing what was what.

Apparently, from the slight damage I could see, somebody had laid the bike down at some point and brought the bike into the shop in 1986 with a wiring problem. There was no visible damage to the gas tank, but the left side muffler and foot peg were scuffed and showed the tell-tale signs of a drop somewhere, the rear fender had a dent in it, two of the turn signals were cracked, and the wires from the switch and halfway down the harness were fried and melted open to the bare wire, where I could see someone previous to me had opened up the harness and attempted to do something, but never completed the job. This was going to be an electrical learning experience for me to get



this thing going again.

But the Carbs! And the Tank! I opened the tank, expecting to see a geode of rust and time in there, and it was absolutely clean! It looked brand new inside! That was a bonus, I thought.



Then I got the carbs out, expecting the same thing, and found this..!



This is the very first pic I took of the carbs when I opened them up. I couldn't believe it! Have you ever seen carbs like that on a bike that has sat for 30-some years?? They looked

like the bike never had fuel in it! I checked everything out, measured the floats and generally made sure everything in there was good. I didn't even need a rebuild kit! I only had to replace one of the rubber air box boots that had solidified over the years, but the rest were okay, surprisingly.

The wiring though – well - I had read somewhere that if you're fixing a bike with wiring problems, there's about a five percent chance you'll ever get the bike going again if you don't know what you're doing. Oh yeah...? Screw that, I thought. What do they know? Connect A to B to C to D and see what happens.

Besides "kind of" knowing how a voltmeter works from working on my Honda Dreams, though, I knew this was going to be a graduate course in connectivity and drop-down measurements, but how hard could it be? Same color wire to same color wire, check the continuity and connections and I should be in business. I'm simplifying things here a bit, as you might know, but in general that was my wiring diagnostic technique

I printed out an oversize colored wiring schematic and pasted that onto some cardboard to more easily see what was going where, and just dove right in. I sprang for some 16-gauge striped wire to match all the different wiring colors, re-did all the burned out wiring and put in new bullet connectors and followed the schematic to make sure I had continuity through them all, and long story short, after a few weeks of seriously concentrated effort and repairs I had the wiring sorted. I made sure my timing was correct, and finally started her up! To hear that engine come to life



continued next page

- and quickly, too – validated all my work and gave me a satisfying thrill I cannot fully describe. That’s what I live for with saving these old bikes and bringing them back to life. When they finally crank over there’s nothing like it. Here’s a funny KISS (Keep It Simple Stupid) side-story: I had everything all hooked up and running great, except the headlight wouldn’t come on. Drove me crazy! For weeks I had been checking connections, doing drop-down tests, checking continuity and rechecking schematic connections, making sure everything was working, but the headlight wouldn’t come on. Everything worked GREAT except for the frickin’ headlight! It looked good; it was connected properly...“Why?? WHY doesn’t the headlight work?” I stared at the headlight. The headlight stared back at me. BING! A light went off in my head. It’s not the connection – it’s because the headlight was bad! I changed out the headlight, and her big bright eye came back on. I had gotten so used to checking and testing all my connections that I couldn’t see the forest for the trees.



Keep It Simple, Stupid.

So, here she is today. I really enjoyed the journey of giving this bike a new life. She was, and is, a lot of fun and taught me a lot, as all my builds have. This 1978 KZ650B hadn’t been on the road since 1986, and now she’s my daily rider. I have so far put over a thousand miles on her and never touched the engine itself, besides changing the oil and filter and tuning the carbs. As I’ve learned from (sometimes painful) experience, when it comes to saving old bikes, don’t go creating more problems than you already have, because they may not be there in the first place. Repair what you have to, hook everything up, run some electricity through it and KISS! More often than not, they’ll kiss you back.



Me and Big Blue, somewhere on the Blue Ridge Parkway

MOTORCYCLE RIDERS



THE ONLY PEPOLE WHO TRULY UNDERSTAND WHY DOGS DO THIS.

EASY DOES IT

Good Food Simply Made

STEAK & POTATOES

Good food doesn’t have to be complicated! Three main ingredients is all you need to enjoy this good eats!

This easy to make, delicious steak with crispy parmesan potatoes dinner may only have three basic ingredients but is full of rich, satisfying flavor. Here’s your 3 ingredient line up:

- 2 pounds small new potatoes
- Kosher salt
- 1/2 cup olive oil, divided
- 3/4 cup grated Parmesan
- 1 (1 1/2-pound) hanger steak aka “butchers secret” (if your ‘go to’ store doesn’t stock hanger steak, you can use flank steak, filet mignon, or beef tenderloin instead.
- Freshly ground black pepper

Here’s all you do: Place potatoes in a medium pot; add cold water to cover by 1”. Season with salt, bring to a boil, and cook until potatoes are fork-tender, 12–15 minutes. Transfer to a rimmed baking sheet;



let cool slightly, then lightly crush with your palm. Heat 3 Tbsp. oil in a large heavy skillet over medium-high. Reduce heat to medium-low and add half of the potatoes; season with 3/4 tsp. salt. Cook, turning once, until golden brown, 15–20 minutes. Transfer potatoes to a plate. Add 3 Tbsp. oil, 3/4 tsp. salt, and remaining potatoes to pan; cook, turning once, until golden brown, 15–20 minutes. Return all potatoes to pan, sprinkle with cheese, and cook, tossing to coat, until cheese begins to crisp, 1–2 more minutes. Meanwhile, heat remaining 2 Tbsp. oil in a large skillet over medium-high. Season steak with salt and pepper and cook, turning occasionally, until deep brown and an instant-read thermometer registers 125°F for medium-rare, 130°F for medium about 3 to 4 minutes per side. Remove from the skillet, place steak on a cutting board and loosely tent with foil. Allow to rest for 5 to 10 minutes. Thinly slice steak against the grain and serve with potatoes alongside. It’s as easy as that! Bon appetit!



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WEEKEND FORECAST:



MOTORCYCLE THINGS WITH NO CHANCE OF HOUSE CLEANING OR COOKING

FIT FOR THE ROAD

Great Food Combos for Losing Weight

Being fit for the road is so important for every rider. It's not always about how much weight you can lift or how many pushups you can do. It's about having a healthy body weight. Being overweight or obese and riding a motorcycle is a very dangerous combination. The weight of the rider definitely affects the handling of a motorcycle and could surely affect the safety on the road.

The heavier the rider, the lower the power to weight ratio. This sounds like it might be critical in straight line acceleration, and it is. But when talking about handling, braking is affected by the additional weight as is acceleration out of a corner. In addition, the lighter the total motorcycle weight the better the tires retain traction when cornering.

Also, the more the rider weighs the higher the motorcycle's center of gravity (CG). A lower CG helps the motorcycle lean and once a lean is completed a lower CG means that the vertical moment arm is shorter and as such, the motorcycle will return upright more easily. Especially at higher speeds. If you're wanting to lighten your load and work towards getting to a healthier weight, it all starts with what you're putting in your body. Eating whole, fresh foods and staying away from processed foods as much as possible is a great way to start. Here's some awesome food ideas using the "Power Pairs" to help kickstart your weight loss adventure:

POWER PAIRS - When it comes to slimming down, two (or more) foods can be better than one. That's because each has different nutrients that work together. As a team, they can help you fend off hunger, stay full longer, and burn fat or calories better than they would solo.

Avocado and Dark Leafy Greens



A spinach or kale salad is low in calories and high in nutrients, but it can leave you wanting more. To make it more filling, top it with avocado. It's likely to be more satisfying since it has a kind of good fat (monounsaturated) that staves off hunger.

Bonus: Avocado also helps your body absorb more of the veggies' disease-fighting antioxidants.

Chicken and Cayenne Pepper



Chicken breasts are known to be good for weight loss, and for good reason. One breast serves up 27 grams of protein for fewer than 150 calories. Protein takes longer to digest, and that can keep you full longer. Spice up this dinner staple with a rub or sauce made with cayenne pepper. It may boost your calorie burn and make you less hungry.

Oatmeal and Walnuts



A simple way to slim down: Eat the rough stuff. Simply adding more fiber to your diet can lead to weight loss. That's because your body can't break down fiber, so it slows down digestion and takes up space in your stomach. With 4 grams of fiber per cup, oatmeal can be a good source. Walnuts can add about another 2 grams, plus satisfying protein and crunch.

Eggs, Black Beans, and Peppers



Start your day with this protein-packed scramble. According to research in the

Journal of the American College of Nutrition, people who had eggs for breakfast ate less for the rest of a day and a half than those who had a bagel. Black beans and peppers make this morning meal even more filling, thanks to a double dose of fiber.

Bean and Vegetable Soup



Add a broth-based vegetable soup to your lunch or dinner. The liquid fills your stomach, leaving less room for higher-calorie foods. One study showed that people who started with soup ate 20% fewer calories during a meal. Stirring in beans, such as chickpeas or black beans, can give it more staying power because they're high in protein and fiber.

Steak and Broccoli



Too tired to hit the gym? This meal can help you out. Beef is rich in protein and iron, which your body uses to build red blood cells. They take oxygen to your organs, so falling short in those can zap your energy. Broccoli is the perfect side, because its vitamin C helps your body take in iron. A half-cup of this veggie has 65% of all the vitamin C you need in a day.

Green Tea and Lemon



If you need a pick-me-up, brew some green tea. The low-calorie drink is packed with antioxidants called catechins, which may help you burn more calories and fat. One study suggested that drinking 4 cups of green tea every day may lead to decreases in weight and blood pressure. To make it even healthier, add a squeeze of lemon -- it helps your body absorb them.

Salmon and Sweet Potato



Fish is often called "brain food," but it's also good for your waist. Its omega-3 fats may help you lose body fat, and salmon is a top source. Plus, one 3-ounce serving packs in 17 grams of protein. Serve it with a baked sweet potato for a filling yet light meal. A 5-inch-long spud has 4 grams of fiber and just 112 calories.

Yogurt and Raspberries



This creamy treat may help turn up the fat burn. Research suggests that people who get more calcium and vitamin D as part of a weight loss plan shed more fat than those who don't. So, look for a vitamin D-fortified yogurt, which serves up about 35% of all the calcium you need in a day. Top it with half a cup of raspberries for sweetness and 4 grams of fiber.

Mushrooms and Ground Beef



You can eat burgers and lose weight -- the key is to swap at least 50% of the meat for chopped or ground mushrooms. With only 16 calories a cup, they can lighten any dish made with ground beef without skimping on flavor. They may also help keep your blood sugar levels steady, which helps curb cravings.

Olive Oil and Cauliflower



At just 27 calories a cup, cauliflower is a diet-friendly food. It's also low on the glycemic index (GI), a measure of how much a food raises your blood sugar. One study showed that low-GI vegetables led to more weight loss than starchier ones, such as peas and corn. Drizzle chopped cauliflower with olive oil and roast it -- this brings out the flavor, and olive oil's fats can curb your appetite by making you feel full.

Pistachios and an Apple



Need a midday snack? This combo offers protein, healthy fats, and fiber to fend off hunger. With about 160 calories for 50 of them, pistachios are one of the lowest-calorie nuts. Plus, they're usually packaged in their shells, which can slow you down and keep you from munching mindlessly. The apple adds sweetness and crunch to your treat, along with 4 grams of fiber.

Fish, Whole-Wheat Tortilla, and Salsa



One of the top reasons weight loss efforts fail is taste. Eating bland foods at every meal can lead to a junk food binge. So it's important to have healthy, flavorful dishes in your lineup. Fish tacos are a perfect example: Make them with white fish for lean protein and a whole-wheat tortilla for fiber. Top them with some salsa for extra vitamins.

Dark Chocolate and Almonds



Swearing off sweets sounds like a good way to drop pounds, but it can backfire. Nixing them altogether can lead to overeating. With about 7 grams of sugar per ounce, dark chocolate is one dessert you can feel good about eating. Pairing it with high-protein almonds keeps your blood sugar levels steady, and that can keep you satisfied longer. It's never too late to get started on eating healthier and three months from now, you'll thank yourself for choosing to be fit for the road.

Source: https://www.webmd.com/diet/ss/slideshow-food-combos-weight-loss?ecd=wnl_faf_030922&ctr=wnl-faf-030922_supportTop_cta_2&mb=NM%2FM5agysZ5CVaF%40pYIYKZAyWFWqf9PLQjBovLAWiDg%3D



VIRGINIA RIDER MAGAZINE

RRRuff Riders

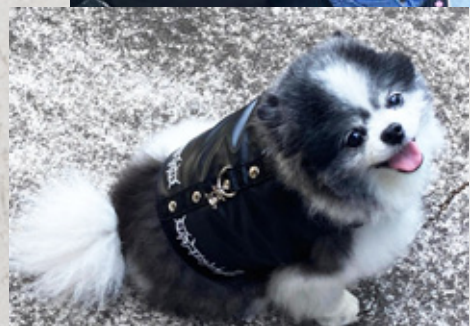
KODA



Hello and let me introduce you to a “Special “ Service Animal, Koda Bear Claypool. I first saw Koda Bear on an internet ad for Pomeranians for sale in September 2012. He and a brother were born on July 4th, 2012. When my wife and I purchased Koda and brought him home we knew that he was “Special “. He is a pure breed Pomeranian being in a “Party” variety because of multiple color. Being black and white, he is approximately 1 in 10 million for his coloring. When he was brought home, he started to get closer and nudging both my wife and I at certain times. After thought, we figured that he was acting differently when both my wife, type 1 diabetic and my, type 2 diabetic, sugars had gotten low. The job that I had been working at also was training me in handling K9s. So I found out what was needed for his training and started his education. It wasn’t long, maybe a month or 2, before he was really reliable in notifying me when my blood sugars were dropping. About 6 months later, he was reliable to notify me of my wife’s sugars levels dropping.

Koda was constantly with me and or my wife and during 2014 and 2015 the three of us traveled around the United States stopping at different places that interested us and also visiting relatives. Jan was from the Seattle area and I was originally from NE Ohio. We traveled from Florida to NE Ohio with side trips to Niagara Falls on both sides of the border. Then across the United States stopping at different locations that we wanted to see and stopping for a while to visit relatives in Seattle, Washington. When we started back, we went down the west coast to Disneyland and then back to Orlando, Florida. This had all been done by car.

My wife passed in 2017 and not long after, I purchased my first motorcycle in September 2018, since my last one in 1980. It was a 2002 Honda VTX 1800C. It is loud



RRRuff Riders

so I deliberately would hold Koda while I started it up multiple times to make sure that he wasn’t afraid of the sound. I knew that he loved to travel so I purchased a pet carrier for a motorcycle and set it on the bike. After a few short stops around Orlando I found out how much he loved to travel with his head out of the carrier. Since then we started riding again. We have traveled the 2 1/2 hours from Orlando to Boca Raton to see my kids a couple of times. Our last trip was for Christmas 2021. We stopped at a rest area between Orlando and Tampa and while there, we were stopped by about 7 truck drivers telling us that Koda was the talk of the cab radio. Chatting to one another about the cute little black and white dog on a motorcycle.

He is now going on 10 years old and I hope that he is with me for a long time to come.

It’s Always a “Great” Day Somewhere..

We’d like to thank Koda’s owner, Bill C., for sharing this wonderful story of this amazing dog!

If you have a riding companion that you’d like to share their story with us please drop us a line at virginiaridermagazine@yahoo.com or message us on facebook @virginiaridermagazine.



GOOD FOR YOU

Health Benefits of Getting Outside

It Helps You Get Exercise



Walking outside makes you more likely to exercise, especially if you’re a kid. You don’t need a gym membership, transportation, or special equipment: Just walk right out your door. You can do many gym exercises at your local park with a simple incline, pull up bar, or set of steps. The push of the wind and the uneven ground can help you vary your workout and burn more calories.

It Helps You Get Vitamin D

It’s important for your bones, blood cells, and immune system. It also helps your body absorb more of certain minerals, like calcium and phosphorus. Your body needs sunlight to make it, but you don’t need much. In the summer, just getting sun for 5 to 15 minutes, 2 or 3 times a week, should do it. In the winter, you might need a bit more.

It Lessens Anxiety

Even a simple plant in the room, or pictures of nature, can make you feel less anxious, angry, and stressed. But it’s better if you get out of that room and go out. Exercise is good for anxiety too. But it’s even better if you do it outside, compared to inside a gym. Sunlight helps keep your serotonin levels up. This helps raise your energy and keeps your mood calm, positive, and focused.

It’s Social



When you get outside your house, it’s not only Mother Nature you see. You also connect more with the people and places in your community. Human contact and a sense of

community are important to your mental health. Plan a walking route to a friend’s house, and then to the park to do some exercise. Finish up at the local coffee shop. You might be surprised how good it makes you feel.

It Improves Your Sleep



The outdoors helps set your sleep cycle. Cells in your eyes need enough light to get your body’s internal clock working right. Early morning sunlight in particular seems to help people get to sleep at night. This may be more important as you age. When you’re older, your eyes are less able to absorb light, and you’re more likely to have problems with sleep.

It Helps You Feel Better About Yourself



As little as 5 minutes of outdoor activity can help improve your self-esteem. This is especially true if you’re near water or green space. And it’s not high-intensity exercise that does it best. More relaxed activity like a walk, bike ride, or work in the garden seems to work even better.

It Improves Your Focus

It makes sense, if only for the bit of exercise you get when you do something outside. But studies show that it’s not just the activity, it’s the “greenness” of the outdoor space. In one study, kids with ADHD were able to concentrate better on a task after a walk in the park than they were after a walk through an urban area.

It Gives You Better Immunity

Better vitamin D production because of more sunlight is already good for your immune system. But the outdoors seems to help in other ways. Many plants put substances, including organic compounds called phytoncides, into

the air that seem to boost immune function. Sunlight also seems to energize special cells in your immune system called T cells that help fight infection.

It Boosts Your Creativity

Do you have a knotty problem you can’t solve? Struggling with writer’s block? Spend time outside. Studies show that time in nature can boost your creative problem-solving abilities. This is partly because the outside world engages your attention in a quieter way that lets your attention refocus. The more time you spend, the bigger the benefit, but even just “getting out for some air” can nudge your brain into a new thought pattern.

It Helps You Keep A Healthy Weight

Outdoor time will help you be more active and sleep better. Both these things help you burn calories. But getting outside in the morning in particular may help you keep the fat off. That’s partly because the light helps balance your sleep and energy use. But there may other reasons as well. You need 20-30 minutes between 8 a.m. and noon to make a difference, but the earlier you get it, the better it works.

Forest Bathing



It doesn’t involve an actual bath in the forest. It means that you spend time in a forest environment to help improve physical and mental health. The Japanese call it Shinrin Yoku. Several studies show that it can help boost your energy, immune system, and energy levels, as well as help you sleep better and recover faster if you get sick. But you don’t need a study to know that it just feels good.

Happy Spring to you Virginia Riders!

“I took a walk in the woods and came out taller than the trees.” - Henry David Thoreau

HOW TO CHOOSE THE RIGHT MOTORCYCLE FOR YOU: A BEGINNER’S GUIDE

By Jake Robison

Motorcycle sales continue to hit new highs across America each year, and they’re expected to continue to grow moving forward. In fact, a record number of people are expected to purchase a motorcycle this year, sending sales to unprecedented levels. Many of the people who are in the market for a bike will be first-time buyers. Helping You Get the Right Bike from the Start. Here at American Motorcycle Trading Co., we have a selection of gently used bikes to choose from. If you’re one of the many people looking to purchase their first motorcycle during the coming months, chances are one of the models we have to offer is exactly what you’re looking for. Feel free to browse our inventory to see which ones strike your fancy. In the meantime, check out our tips for choosing the right motorcycle for you.

Looking at the Different Types of Motorcycles

As you may already know, there are several kinds of motorcycles on the market. Each one has its benefits and is geared toward different rider preferences. While you may already have your eye on a specific style of bike, appearance is only one factor to consider.

Sport bikes

Sport bikes are known for their speed and being fairly light. They’re also among the most maneuverable bikes on the market. They can potentially allow riders to zip through traffic jams, weave around passenger vehicles on the highway, and navigate particularly tricky obstacles. Having said that, many sport bike models aren’t considered the best motorcycles for beginners. When paired with a lack of riding experience, their excessive capacities for speed can make for an unsafe combination. Still, some models with smaller engines could be a good fit for a newcomer to the world of riding. We also need to mention that sport bikes aren’t exactly comfortable for long hauls because of their high seats and forward-leaning position.

Touring Motorcycles

Whereas sport bikes are built for speed and agility, touring bikes are designed with comfort in mind. You could say they’re the limousines of the motorcycle realm.

They’re available in a range of styles with varying levels of comfort-fostering features. In general, though, they offer more storage space, a little more legroom, and a more comfortable riding position. This makes them a great option for long road trips. Touring motorcycles come in several sizes and horsepower ranges. That means you should be able to find one that’s perfect for you if this is the type of motorcycle, you’re interested in. Since they’re not as focused on speed as sport bikes, they’re perfectly suited to beginners. Some of the most popular models in this category are the Harley-Davidson Street Glide and Electra Glide.

Adventure Bikes

Adventure bikes are fairly new to the motorcycle market, but they’ve already gained a good bit of popularity. They’re basically hybrids with appearances that resemble sport bikes and features of dirt bikes, cruisers, and touring models all added to the mix. You can ride these bikes on interstates, backroads, and even off-road. Adventure motorcycles are often recommended for more experienced riders. If you’re a beginner, though, you could initially stick to the highway and gradually work your way onto rougher terrain over time. As the name indicates, these are the bikes for people who are looking for scenic adventures.

Cruisers

Cruiser bikes are nice for both long trips and everyday use. They offer a terrific blend of luxury and practicality. Higher handlebars, more contoured seats, and multiple options for foot positioning make for a comfortable ride no matter where you’re going or how

long it takes to get there. There’s no end to the customization options for cruisers, so you can tailor them to your own riding style and personality. These are classic bikes that include incredibly popular models like Harley-Davidson’s Softail and Road King. Though some cruisers are perfect fits for smaller riders and beginners, many are known for being heavier than other types of bikes. If you’re not accustomed to riding every day, their extra weight could quickly wear you out until you build up your strength.

Additional Factors to Consider

Which type of bike is best for you partially depends on the kinds of rides you plan to enjoy and the motorcycle styles that appeal to you. Of course, other aspects factor into the equation as well. It’s important to look at the bigger picture before buying a motorcycle.

Your Capabilities

All bikes have a certain amount of weight to them. This will affect not only how well you can control a motorcycle but how long you’ll be able to ride safely and comfortably. At the same time, speed is a significant element to consider. Faster bikes tend to require better reflexes and reaction times. It’s important to understand that the best beginner motorcycle for you depends on how much weight and speed you can control. Don’t buy more bike than you can handle. You’ll have plenty of room to upgrade as you become more experienced.

Size

You should never buy a bike that’s too tall or wide for you. Doing so will greatly

continued next page



detract from your safety and comfort on the road. Try out several models in person before you decide which one works best. Sit on them. Rock them back and forth. Be sure both feet can securely touch the ground while the bike is in the upright position. If you've got your sights set on a particular type of bike you found online, search for similar models near you to try on for size.

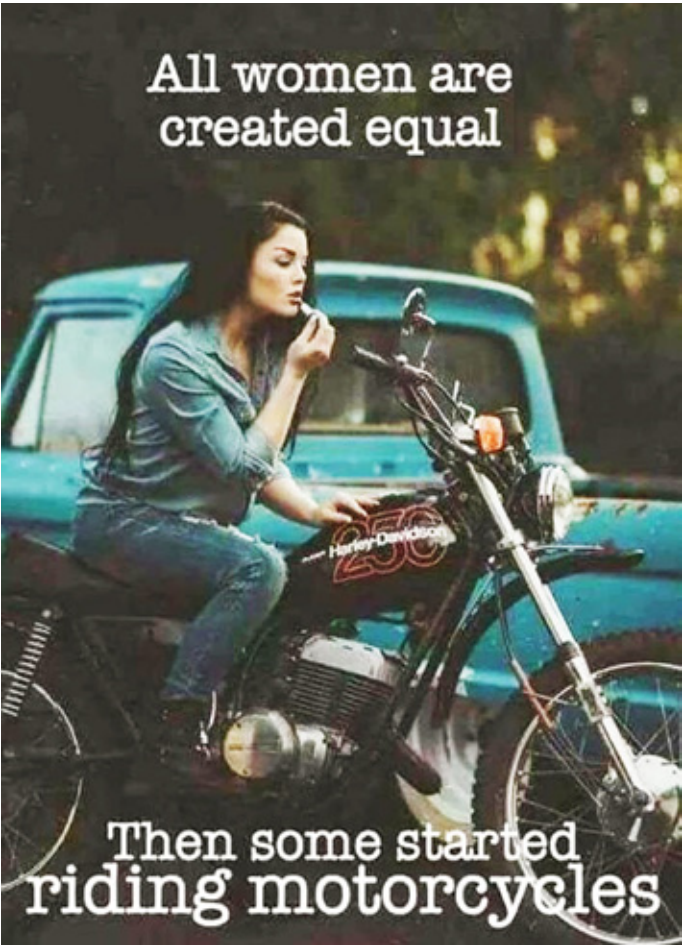
New or Used

In addition to those points, you'll need to decide whether to purchase a new or used motorcycle. Many riders dream of owning a brand-new bike that's theirs and theirs alone. There's nothing wrong with that, but you'll have a higher price tag to contend with, and you may face more expensive tags, taxes, and insurance coverage with a new model. Used models like the ones we offer give you plenty of quality and all the benefits of owning a motorcycle at a more affordable price.

Choosing a Bike that'll Meet Your Expectations

Keep all those factors in mind when choosing your first motorcycle. Think about the types of rides you imagine yourself going on as well as your personal style and preferences. From there, consider how much bike you can handle, which sizes and types of bikes fit you best from a physical perspective, and how much money you'd like to spend. If you have any additional questions, we're here to answer them; just call us or contact us online.

Source: <https://www.cleanharleys.com/blog/howtochoosetherightmotorcycle>



Testing 1-2-3 from the DMV Motorcycle Permit Test

The following questions are from real DMV written motorcycle permit tests. How many can you answer correctly?

When approaching an intersection, a motorcyclist should not:

- (1) Choose a lane position that increases their visibility.
- (2) Speed up to cross the intersection quickly.
- (3) Cover the clutch and brakes to reduce their reaction time.



Answer: (2) Speed up to cross the intersection quickly. Explanation: As you approach an intersection, select a lane position that will make you the most visible to other drivers and cover the clutch and both brakes to reduce your reaction time. Reduce your speed when approaching an intersection. Avoid changing your speed or position radically as doing so may cause surrounding drivers to misinterpret your intentions.

When being passed from behind, which portion of the lane should you ride in?

- (1) Right
- (2) Center
- (3) Left



Answer: (2) Center Explanation: When being passed, the center portion of the lane is generally the safest lane position for a motorcyclist. Riding on the side nearest the passing vehicle increases the risk of colliding with it. Riding on the side farthest from the passing vehicle can also be dangerous because it may prompt the driver to return to your lane before it is safe to do so.

A plastic, shatter-resistant face shield:

- (1) Is not necessary if you have a windshield.
- (2) Only protects your eyes.
- (3) Helps protect your whole face.



Answer: (3) Helps protect your whole face. Explanation: A plastic, shatter-resistant face shield provides protection for your entire face. A windshield is not an adequate substitute for a good face shield.

2022

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Harley-Davidson
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THURSDAY

GATES OPEN AT NOON

Campers & Vendors set up ♦ BBQ Chicken Plates on sale ♦ LIVE Tobacco Road Band

FRIDAY

GATES OPEN AT NOON

Food/Other Vendors On Site ♦ Red Line Dyno ♦ Loudest Bike Competition ♦ Bike Wash
♦ Cruise In - 4pm Until ♦ LIVE Moonshine Sons @7pm ♦ 21 & Up After 8pm

SATURDAY

GATES OPEN AT 7 AM

21 & Up All Day ♦ Registration for ALL events of the day start @ 8am ♦ Poker Run 1st Bike Out 10am
♦ LIVE Tobacco Road Band @ 12 noon to 4pm ♦ Red Line Dyno All Day
♦ Loudest Bike Competition ♦ Bike Show ♦ Bike Audio Sound Show ♦ Rodeo Events, Burnout Pit
♦ Bike Wash ♦ LIVE Misbehavin' @ 7pm until

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