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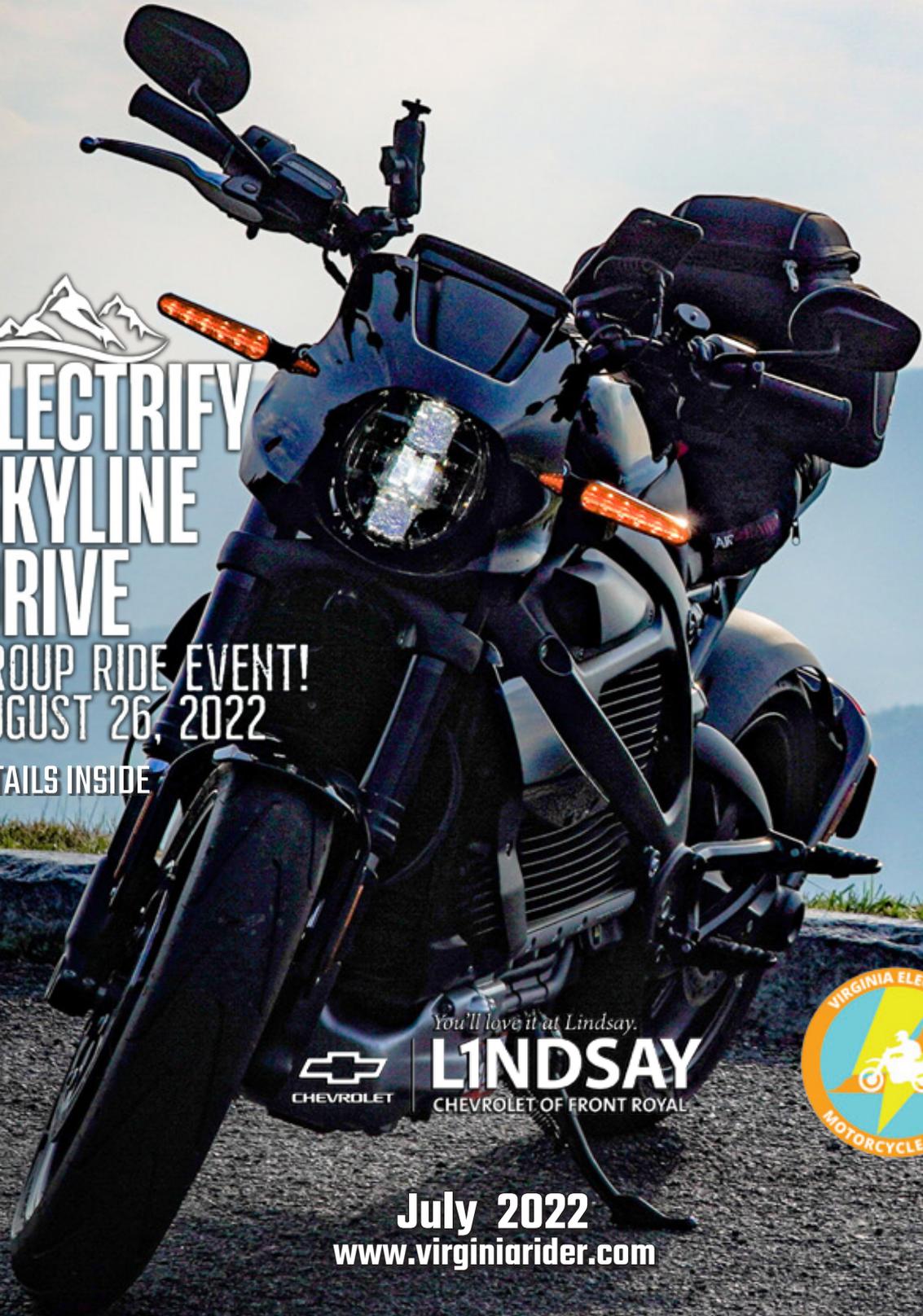
Magazine™



ELECTRIFY SKYLINE DRIVE

GROUP RIDE EVENT!
AUGUST 26, 2022

DETAILS INSIDE



You'll love it at Lindsay.



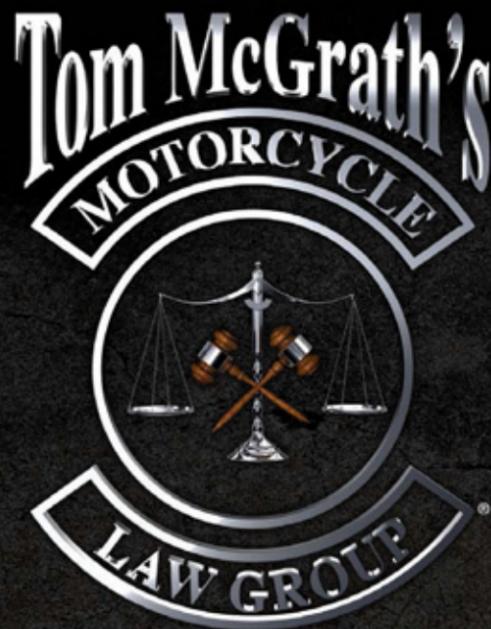
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July 2022

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from the editor's desk

Is it just me or is Summer really flying by!?! Welcome back friends as we head into the hottest weeks of the year for the Virginias. And for our coastal riders, the tropics are starting to ramp up for hurricane season so get ready to be ready!

There's so many important articles this month that would be super helpful to any rider and even if you don't ride, it's good info to know. We want to help keep you safe & healthy, keep you out of jail, (lol) & help you make it through these scorching days ahead!

There's something pretty cool that'll be happening on the Skyline Drive, starting in Front Royal, VA....It's Electric! Well, it will be electrified on August 26th when electric motorcycles, and all other types of bikes too, take to the scenic parkway for an incredible day of riding, gorgeous scenery & lots of making new friends & seeing some old ones too! Check out the details in this issue & visit their Facebook page often for all of the latest details on this epic day of riding! Electric bikes have taken the road by storm so join all the great folks who will be riding the storm out!

How would you like to show off your bike a little? We invite you to share your story with pictures in an upcoming edition of Virginia Rider in the MY RIDE feature section. Just send us an email to virginiaridermagazine@yahoo.com, include 6 to 10 photos of you & your bike, and share some info on your bike, when you started riding, favorite places to ride or anything you'd like. Drop us a line anytime!

Speaking of anytime, you're always invited to send us your pictures for our SHOTZ pages. We love sharing your adventures on the road & all the great places you ride.

Stay connected with us on our Facebook or Instagram pages at [@virginiaridermagazine](https://www.facebook.com/virginiaridermagazine). Visit our website often as well – virginiarider.com, for all the best rider-friendly businesses in VA & WV in our directory & stay up to date on what's happening out there on our Events page as we update events daily. Our site is seen by 10s of thousands of viewers & riders so if your ride isn't there, drop us a quick line & we'll get it posted right away.

Whatever you may need for the road just let us know.... we're here for you!

Til we meet again, be safe & stay awesome!

Kelly



IN THIS ISSUE

On August 26th, come out & help Electrify Skyline Drive! ALL bikes are welcome! Join electric motorcycle riders as they ride an amazing route on Skyline Drive, the scenic National Parkway that runs through the Shenandoah National Park in the Blue Ridge Mountains of Virginia. Also see our article on the HD Livewire in this issue.



In the next few issues, we'll take you through the **Motorcycle Tire Guide**, covering every aspect of tires for your bike, including The Ride, Selecting A Tire, Tire Sidewall Information, Cross-Reference Chart for Popular Tire Sizes, New Tire Installation and Precautions, How Motorcycle Tires Work, and Sudden Air Loss and Tire Repair.



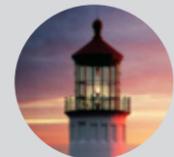
There are many exercises to maintain yourself for riding. Motorcycling is a physical sport. Excellence in riding technique and safety requires strength and coordination. Just like athletes exercise and train for their sport, we motorcycle riders need to self-maintain to be **FIT TO RIDE**, too.



GREAT PLACES TO RIDE reminds us of how much our rides may seem to have an uncanny knack of filling a void that would have otherwise remained barren, and they can become much more a part of us than we ever realized. Marc has often thought, that it is in the wind where we find those we've lost. And a somber ride is some of the best therapy there is.



We have two articles for you this month, one about the benefits of "Eating Your Water" by choosing foods that hydrate you naturally, and the other about distinguishing the differences between Heat Exhaustion and Heat Stroke. They are often confused and mistaken for each other.



THE LIGHTHOUSE tells the story of Jack and Bob and the tragic story of what happens when people speed. Ultimately, the story is about the fact that we are all subject to make mistakes, and about how we need to forgive others and ourselves for them.



Tom McGrath's Law Group explains all the myriad things a rider should do after a motorcycle accident occurs. There's a lot of information here, so make sure you are versed in everything you need to know, whether you or someone else is the rider.

Kelly Collins - Owner/Editor
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ON OUR COVER:
Get ready for the awesome
Electrify Skyline Drive riding event
on August 26, 2022.
Details inside this issue.



PRODUCED BY TOM McGRATH'S MOTORCYCLE LAW GROUP, HOLLYDAYS, INC. and SUFFOLK FESTIVALS, INC.
in conjunction with SUFFOLK PEANUT FEST



SWAMP ROAR MOTORCYCLE RALLY SUFFOLK, VA

SUNDAY, OCT 9, 2022

Biker registration begins at 8:00am
at the Suffolk Executive Airport on Highway 13,
just south of downtown Suffolk. Send-off begins at 11:00am.

Rain date: October 16
(Sherri Parker Memorial Poker Run & Bike Show)

REGISTRATION

\$20 per driver | \$10 per passenger
Includes commemorative event pin and admission
to Suffolk Peanut Fest (a \$10 value)
First **100 drivers** registered to receive ride t-shirt*.

CASH or CHECKS ONLY

Please make checks payable to: Suffolk Festivals, Inc.
SuffolkPeanutFest.com



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Circle T-Shirt* Size S M L XL 2X 3X 4X 5X

Passenger Name

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City, State, Zip

Daytime Phone

E-mail Address

CONSENT TO THE USE OF PHOTOGRAPHS:

I understand that photographs may be taken of me and/or my child at the Suffolk Peanut Fest and Suffolk Swamp Roar Motorcycle Rally for publication in materials used to promote the Suffolk Peanut Festival and associated activities.

WAIVER FOR PARTICIPATION: I hereby agree to participate in the Swamp Roar Motorcycle Rally produced by Suffolk Festivals, Inc., Tom McGrath's Motorcycle Law Group, and HollyDays, Inc., upon the understanding and condition that I agree to abide by the rules, policies, and procedures of the festival.

I will not hold the City of Suffolk, Tom McGrath's Motorcycle Law Group, HollyDays, Inc., or Suffolk Festivals, Inc., its staff, employees, representatives, volunteers or agents responsible for loss of personal property or for medical or dental expenses incurred as a result of said participation including liabilities, expenses, or judgments, attorney's fees or court costs, except claims caused by the gross negligence or willful misconduct of the Suffolk Festivals, Inc.. In the event of injury, I give permission to have myself or my child transported to the nearest medical facility and have appropriate care administered.

Driver Signature

Date

Passenger Signature

Date

(Parent or guardian if passenger is under 18 years of age)



GREAT PLACES TO RIDE

Ghosts in the Wind

with Marc Ritchie and Rose Grant

If ever there were a time that anyone truly needs a motorcycle ride, it's after a loss. It had been a little over a week since Rose got the call that her dear friend, Helen, had passed away suddenly. They were best friends for nearly 40 years and very close. There are only so many special people in our lives and she was definitely one of them.

We were asking a lot from a machine, especially Rose. Windy, as always, was up for the task. As if on cue, "Silver, Blue and Gold" shuffled on the audio system on an open stretch of 250 before Monterey. Although, mostly about the end of a relationship, some of the lyrics cut to the bone. I pegged the volume and grabbed a little extra throttle. I sensed Rose was having a chat with a ghost in the wind and reached back and gave her leg a squeeze. It was probably the first time both pairs of eyes ever flooded simultaneously while riding. Thank you Windy. We're so glad you're not a minivan.

We headed up Snowy Mountain Road. Rose and I had gotten a scare a few weeks earlier from an oncoming, empty log truck hogging both lanes, if you call our side a lane. It's such a great view at the top though, and always a little bit exciting, especially while the last half of "Rats in the Cellar" is playing.

Rose and I arrived at The Gateway Restaurant. There was only one other patron eating at the counter, so the smartass in me



asked our waitress how long the wait was. As our food was being prepared, we watched I Love Lucy on the TV. As we enjoyed our breakfast, Greg LeMond arrived on his bicycle. And we overheard him asking our waitress if they had any pastries to go saying he was trying to make it back to Harrisonburg. I thought to myself, "Dude! That's three mountains! Twice!"

I sat on a rocking chair on the porch after paying the exorbitant \$14 tab, doing my best impersonation of a Crackle Barrel food coma. It was starting to warm up, but I thought twice about opening Windy's vents and taking off our outer layers. 4863 above MSL on Spruce Knob might not be as warm and it wasn't.

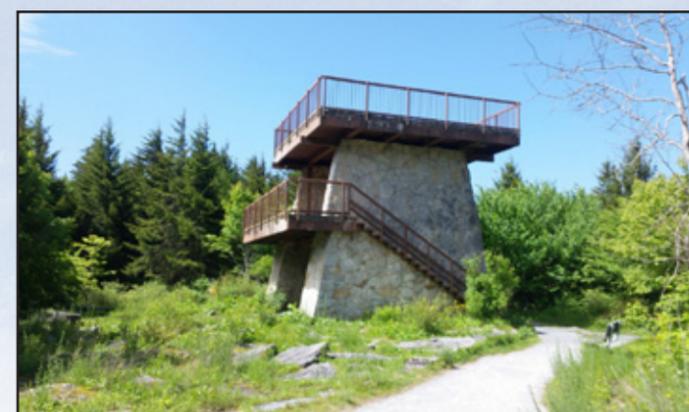
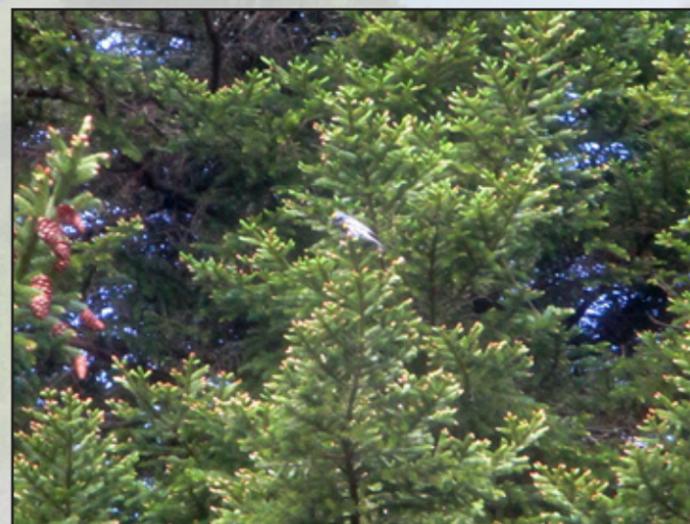
The painted portion of our ascent is always a challenge. West Virginia could put a DMV right there and use it for their motorcycle road test. As we climbed, the road narrowed. We saw deer and the shadows from the trees made the road hard to see. Like a Sinatra tune, it was "Nice 'n' Easy." And it was a good thing, because in a blind right hander we met an oncoming van and box trailer that wasn't even trying. I braked and came to a stop, hoping I could put my right foot down on anything but air. The trailer missed us by six inches.



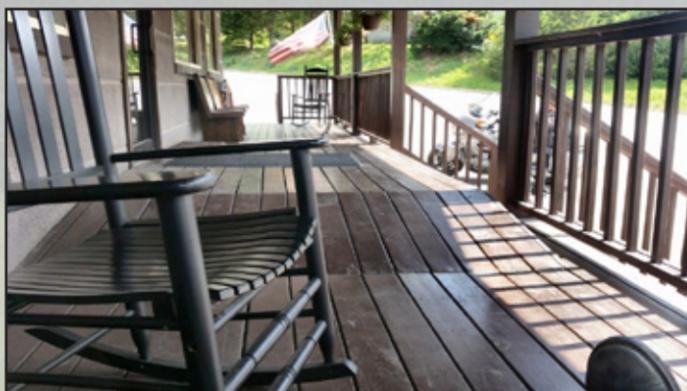
I reached down and pushed Windy's Info button. The temp read 59F. The sky was mostly clear at the summit and appeared a darker blue than lower altitudes. Three adventure bikes had just arrived at the parking lot. Rose and I started off to the observation tower, hand in hand, when she spotted a colorful bird. She kept trying to get a pic, but it kept flying away and coming back as if it were playing a game. She finally got one in spite of my laughter.

The adventure guys met up with us on the tower. They were from PA and spending a couple of days here in the Alleghenies. We told them where we were from and that we come here every year or so, and that it's always harder getting up these stairs than the time before. They were in great spirits and seemed to lift ours as well. I was very happy for them. They were doing what we all love. And it was truly refreshing to see their joyful enthusiasm, as their day on a motorcycle, far from home, unfolded.

Rose and I started our descent. It's always a bit of an encore catching the last glimpses of the mountains towards the west before getting back in the trees. I narrowly avoided a pothole the size of a kiddie pool camouflaged in the shadows. That would have required a rollback if hit. We didn't encounter any powered vehicles in the opposite direction other than Greg tackling mountain number four.



We arrived safely home after taking the long way to Franklin where we stopped for provisions. The landscapes, wildlife, and wide-open spaces all to ourselves in the wind, always manage to do the trick and put things in a different perspective. I've often thought, it is in the wind, where we find those we've lost. And a somber ride is some of the best therapy there is. Their ghosts seem to lurk around every bend, and behind every hill. And so too, are our silent conversations with them. It is only fitting, as our lives revolve around these unstationary machines, that they too, have a place, and a purpose in difficult times, and not just the better ones. They seem to have an uncanny knack of filling a void that would have otherwise remained barren, and can become much more a part of us than we ever realized. If ever there were league of leagues we were privileged to find ourselves in, it would certainly contain motorcycles.



MOTORCYCLE TIRE GUIDE



**What riders need to know
about street motorcycle tires**



**MOTORCYCLE
INDUSTRY
COUNCIL**



INTRODUCTION



Never underestimate the importance of having good, properly inflated tires on your motorcycle. The small contact patches provided by the front and rear tires are the motorcycle's only source of traction. Deterioration of your tires' condition can jeopardize this contact patch and bring a good ride to a quick end.

Safe riding depends on selecting the right tires, inspecting and maintaining them, and replacing them as necessary.

INSPECTION AND MAINTENANCE



Inflation Pressure

It's all about inflation, inflation, inflation. Proper air pressure is critical for tire performance and tire life. Under-inflation or overloading can cause heavy steering, irregular wear, and internal damage due to over-flexing, and can cause the tire to separate from the rim. Over-inflation can reduce the contact area (and therefore available traction), and can make the motorcycle react harshly to bumps. Check the air pressure with a gauge when the tires are cold (at least three hours since the last ride), as part of your pre-ride "T-CLOCS" inspection

LOAD	TIRE PRESSURE (COLD)			
	FRONT		REAR	
	PSI	kPa	PSI	kPa
Solo rider	36	248	36	248
Rider and passenger	36	248	40	276

MOUNT	TYPE	SIZE	OPTION 1	OPTION 2
front	radial-ply, tubeless	120/70 ZR17	Brand X - F	Brand Y - F
rear	radial-ply, tubeless	190/50 ZR17	Brand X - R	Brand Y - R

page 22 Specifications

Sample Owner's Manual



(T-CLOCS - means Tires and Wheels, Controls, Lights, Oil, Chassis, and Stands; see page 14 for a complete MSF T-CLOCS checklist), and adjust it according to your motorcycle's owner's manual or the tire information label on the chain guard, frame or swingarm. There may be two sets of recommendations for tire pressure (as well as suspension settings): one for solo riding and one for riding with a passenger and/or cargo. Do not exceed the maximum inflation pressure listed on the tire's sidewall. And never exceed the motorcycle's or tire's load limit (combined weight of operator, passenger, cargo, and accessories), since that can cause tire failure. (Refer to the Load Limit Calculator on page 17.)

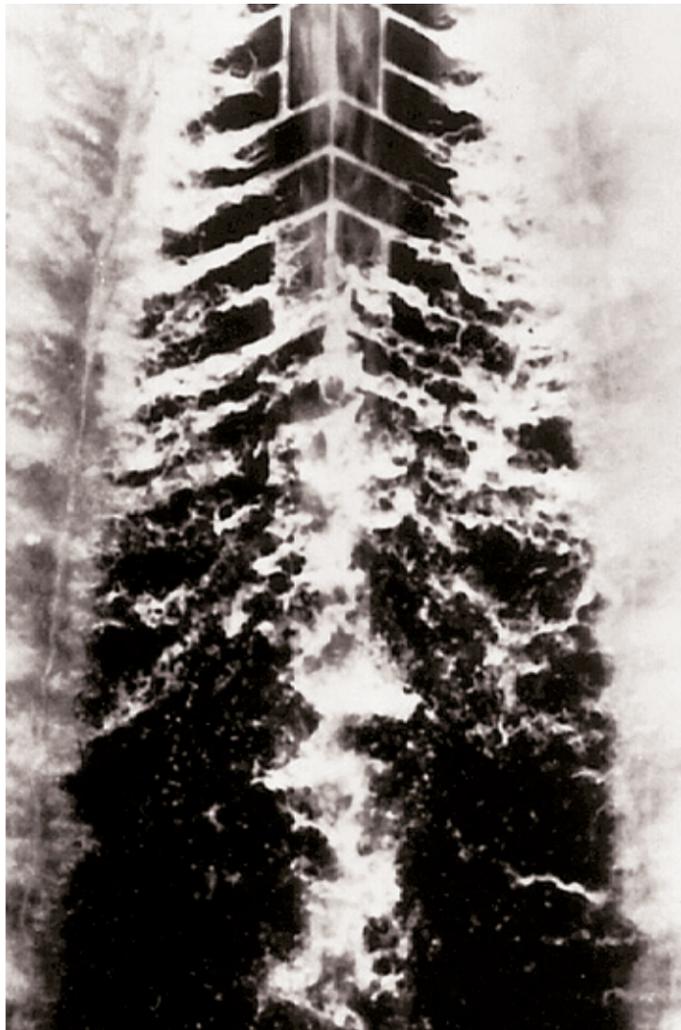
At a minimum, check your tires' cold inflation pressures at least once a week and before long trips. Visually inspect tires for surface conditions before each ride. However, be aware that it is impossible to determine proper inflation by appearance alone. An accurate pressure gauge is needed, even if your motorcycle is equipped with a Tire Pressure Monitoring System that gives specific pressure readouts.

Regularly inspect the tire tread depth to ensure that adequate tread remains. Tires have small wear bars molded into the tread grooves. When the tread is worn down to the level of the wear bars (indicating 1/32 inches of tread remaining), the wear bars become exposed and the tire should be replaced. Some tire manufacturers recommend replacing the tire when there



The circled areas show how the wear bars appear on a new tire and on a completely worn-out tire.

are 2/32 or 3/32 inches of tread remaining, before the wear bars are exposed. Although it may look like there is a sufficient amount, it may not be enough to maintain traction in wet conditions. The deep grooves in new tires help channel water away from the contact patch, and worn tires are thinner and easier to puncture. For a quick check, if you insert a penny into a groove in the center of your tire, 2/32 of an inch is right at the top of Lincoln's head.



In addition to tread depth, glance over the tires' surface for any evidence of uneven wear, cuts, embedded objects, bulges, or sidewall cracking.

Heat Cycles and Tire Age

Every time you ride, the tires go through a "heat cycle" as they go from ambient to operating temperature and back down again. Each successive heat cycle slowly hardens the tread. Also, chemical reactions over time may cause the rubber to harden, even with nonuse. Whether through heat cycles or aging, the tire's surface becomes less spongy and less able to interlock with the protrusions and pores in the road surface, thereby decreasing maximum traction capability. (If you have an old tire and a new tire, you can press your fingernail into the surfaces of each to see the difference in how they react.) So, tires eventually have to be replaced, even if they have plenty of tread left. However, tires don't have an "expiration date," since operating conditions, storage conditions, exposure to sunlight, number of heat cycles, and wear are the primary factors that determine their usable tread life. Consult your motorcycle service professional or tire manufacturer for guidelines. We recommend against buying used tires; you don't know how many heat cycles they've gone through. This also means that when you buy a used motorcycle, you should thoroughly inspect the tires, and replace them if their condition is questionable.

Cleaning

To clean your sidewalls, use a mild soap solution and rinse off with plain water. Do not use chemical cleaners or protectants, as they may degrade the rubber, causing cracks in the sidewalls, and spread to the contact patch, causing loss of traction.

Storage

If you'll be storing your motorcycle for more than a month, and it has a center stand, set the bike on its center stand to raise the rear tire off the ground and use blocks under the frame or fork to lift the front tire slightly off the ground. If it doesn't have a center stand, periodically roll the bike forward or backward a few inches so the tires don't develop flat spots in the tread. Store the motorcycle in a dry, well-ventilated area, away from electric motors and generators, and ensure the tires do not come in contact with petroleum-based products or solvents.

In the next two issues of Virginia Rider Magazine, we will cover additional aspects of motorcycle tires, including The Ride, Selecting A Tire, Tire Sidewall Information, Cross-Reference Chart for Popular Tire Sizes, New Tire Installation and Precautions, How Motorcycle Tires Work, and Sudden Air Loss and Tire Repair.

Electrify the Skyline Drive

FRIDAY, AUGUST 26, 2022 AT 10 AM

CHECK OUR EVENT PAGE OFTEN FOR UPDATES!

Visit the "Electrify the Skyline Drive" event Facebook page for more details
<https://www.facebook.com/events/1208162436635915>

ALL BIKES ARE WELCOME!!!

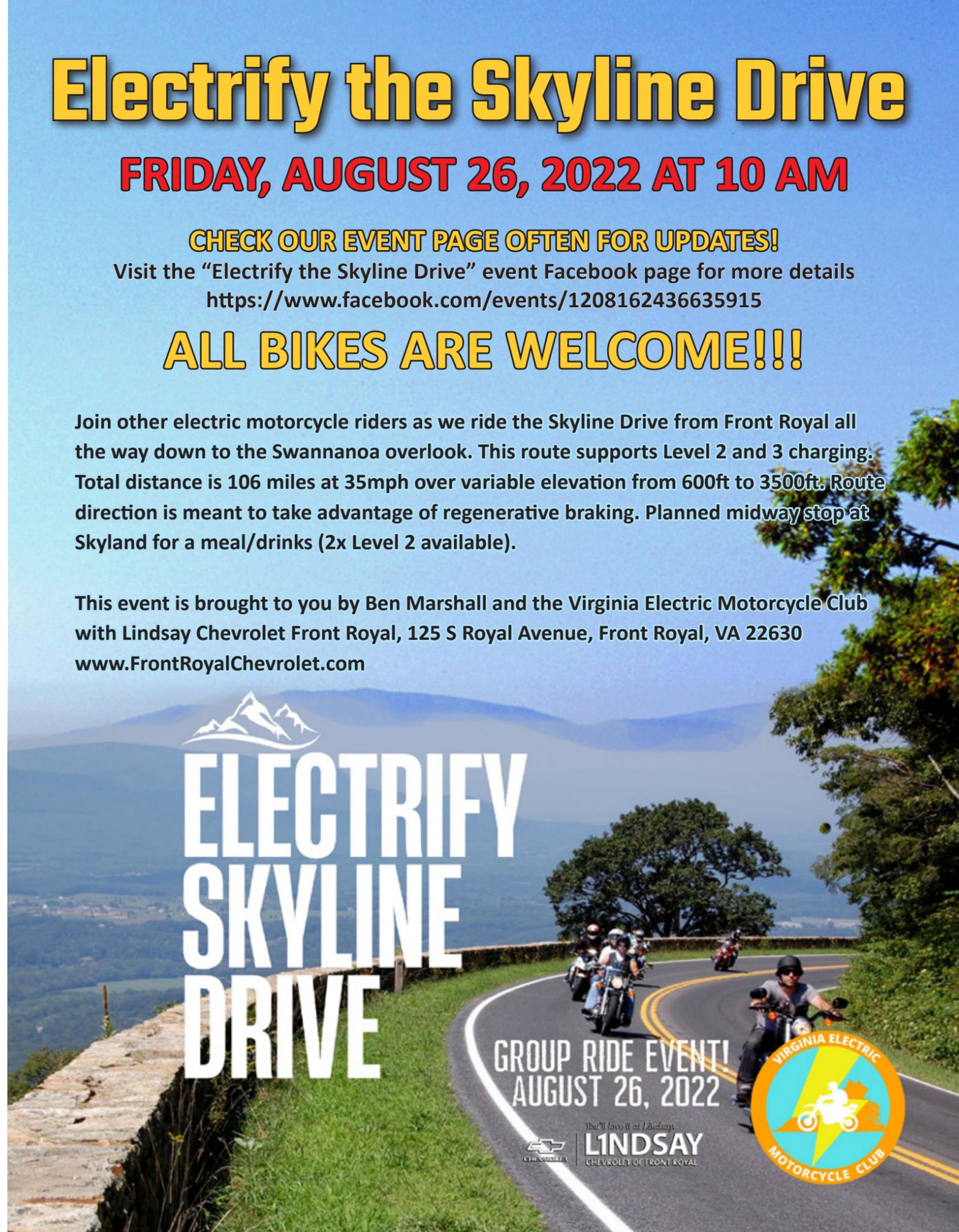
Join other electric motorcycle riders as we ride the Skyline Drive from Front Royal all the way down to the Swannanoa overlook. This route supports Level 2 and 3 charging. Total distance is 106 miles at 35mph over variable elevation from 600ft to 3500ft. Route direction is meant to take advantage of regenerative braking. Planned midway stop at Skyland for a meal/drinks (2x Level 2 available).

This event is brought to you by Ben Marshall and the Virginia Electric Motorcycle Club with Lindsay Chevrolet Front Royal, 125 S Royal Avenue, Front Royal, VA 22630
www.FrontRoyalChevrolet.com

**ELECTRIFY
SKYLINE
DRIVE**

GROUP RIDE EVENT!
AUGUST 26, 2022

You'll love it at Lindsay
LINDSAY
 CHEVROLET OF FRONT ROYAL



ROAD TRIP with Rob Singh

Fort Valley Road from Front Royal to 211/Skyline through Washington to Hume to Marshall.



KNOW BEFORE YOU GO

Do you have an "M" designation on your driver's license? Are you up to snuff on the motorcycle rules of the road in your state? Every state has their own statutes and laws regarding the operation and maintenance of motorcycles. Knowing these statutes not only allows you to avoid needless charges, it helps you to know when your rights have been violated. At The Motorcycle Law GroupSM we keep up with new and existing statutes affecting motorcyclists in Virginia, West Virginia, North Carolina and South Carolina. If you're riding in any of these states, the statutes are good to know before you go.

In the spotlight this month: TRAFFIC LIGHTS

Traffic lights; penalty (§ 46.2-833).

Comment: Paragraph B allows motorcyclists to treat red lights as stop signs when the sensor fails to recognize the motorcycle after either two minutes or two cycles of the light, whichever is shortest.

A. Signals by traffic lights shall be as follows:

Steady red indicates that moving traffic shall stop and remain stopped as long as the red signal is shown, except in the direction indicated by a lighted green arrow.

Green indicates the traffic shall move in the direction of the signal and remain in motion as long as the green signal is given, except that such traffic shall yield to other vehicles and pedestrians lawfully within the intersection.

Steady amber indicates that a change is about to be made in the direction of the moving of traffic. When the amber signal is shown, traffic which has not already entered the intersection, including the crosswalks, shall stop if it is not reasonably safe to continue, but traffic which has already entered the intersection shall continue to move until the intersection has been cleared. The amber signal is a warning that the steady red signal is imminent.

Flashing red indicates that traffic shall stop before entering an intersection.

Flashing amber indicates that traffic may proceed through the intersection or past such signal with reasonable care under the circumstances.

B. Notwithstanding any other provision of law, if a driver of a motorcycle or moped or a bicycle rider approaches an intersection

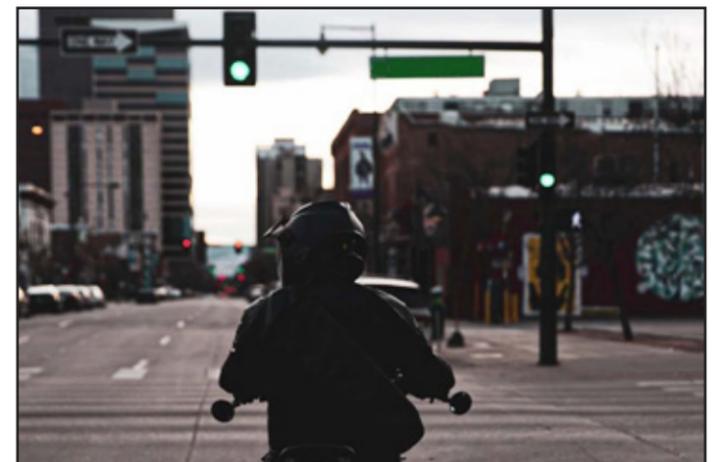
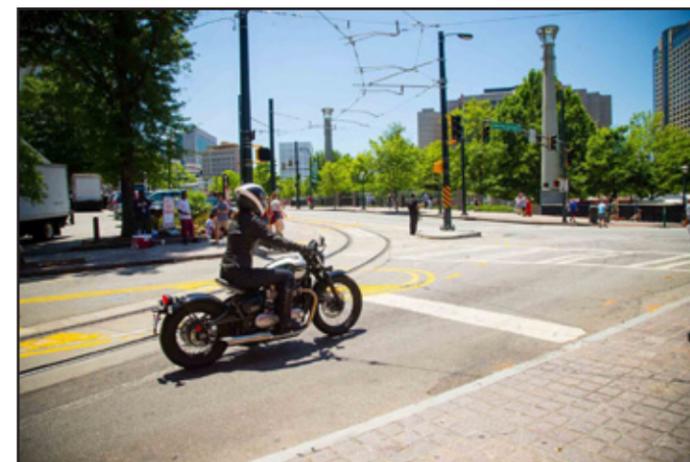
that is controlled by a traffic light, the driver or rider may proceed through the intersection on a steady red light only if the driver or rider (i) comes to a full and complete stop at the intersection for two complete cycles of the traffic light or for two minutes, whichever is shorter, (ii) exercises due care as provided by law, (iii) otherwise treats the traffic control device as a stop sign, (iv) determines that it is safe to proceed, and (v) yields the right of way to the driver of any vehicle approaching on such other highway from either direction.

C. If the traffic lights controlling an intersection are out of service because of a power failure or other event that prevents the giving of signals by the traffic lights, the drivers of vehicles approaching such an intersection shall proceed as though such intersection were controlled by a stop sign on all approaches. The provisions of this subsection shall not apply to: intersections controlled by portable stop signs, intersections with law-enforcement officers or other authorized persons directing traffic, or intersections controlled by traffic lights displaying flashing red or flashing amber lights as provided in subsection A.

D. The driver of any motor vehicle may be detained or arrested for a violation of this section if the detaining law-enforcement officer is in uniform, displays his badge of authority, and (i) has observed the violation or (ii) has received a message by radio or other wireless telecommunication device from another law-enforcement officer who observed the violation. In the case of a person being detained or arrested based on a radio message, the message shall be sent immediately after the violation is observed, and the observing officer shall furnish the license number or other positive identification of the vehicle to the detaining officer.

Violation of any provision of this section shall constitute a traffic infraction punishable by a fine of no more than \$350.

If you have a question about any specific motorcycle law or feel that your rights have been violated, call us at (855) 529-7433 and speak with one of our personal injury attorneys who practice in Virginia and are familiar with current Virginia motorcycle laws, visit <https://www.motorcyclegroup.com/motorcycle-statutes> for more info.



LEMONADE STOP



I was coming back through Craigsville today and passed 3 little girls working a #Lemonade stand. I turned around and met Kynlea, Brooklyn and Savvy. Kynlea had some art for sale and I asked her if she could draw my bike for me, and without hesitation she went to work. Downed my Lemonade and cookie and the art was done. Just a great day!
Ronald Smith, Staunton, VA

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.

- ◆ Join a group actively protecting and defending your rights
- ◆ Meet people who love freedom and having a good time
- ◆ Enjoy discounted memberships for additions in the same household
- ◆ Get your first year free if you are 18 to 29 years old

Check out the local chapter nearest you at abateva.org
BECOME INVOLVED AND JOIN TODAY!

WHEN MAGIC FILLS THE AIR

Extraordinary Tales on Two Wheels

MARC RITCHIE

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:
www.amazon.com/author/marcritchie



THE HARLEY-DAVIDSON LIVEWIRE



Electric LiveWire®

What a thrill! I had the opportunity in Daytona to take the Livewire out for a demo ride and I was shocked by how much fun this bike was to ride! I had no idea what an adrenaline rush it would truly be on a bike going from 0 to 60 in under 3 seconds. So much fun that, I had to ride it a few more times while I was there. I recommend if you ever have the opportunity to take a demo ride on the Livewire that you do! I have been riding for almost 37 years and I have never experienced anything quite like it. It was kind of nice I must admit not having to think about shifting since it's automatic, there is no clutch or shifter; just brakes and throttle baby. It was that feeling like you were on a roller coaster ride where your stomach goes into your throat because of the drop or speed, so fun! The only other bike I ever rode that was an automatic was my dad's Boss Hoss motorcycle, which is a lot bigger and a little scarier. The Livewire was well balanced; it felt very light at just 549 lbs. It may not be one that you are going to replace your current ICE (internal combustion engine) bike with, but it would be a fun one to have in addition to it. It was so cool watching the old timers take it out for a demo and the smiles on their faces when they came back was hilarious. So just try it Mikey, you just might like it! I am also really looking forward to taking a demo ride on Harley's new adventure touring bike; the Pan America, which is now in production.



Livewire
THIS IS THE RIGHT BIKE FOR

- Riders looking for a new riding experience
- Instant acceleration combined with sophisticated technology
- Revelation™ PM Electric Motor and SHOWA® front and rear suspension

Compare this bike

146 MILES CITY RANGE

The high-voltage battery provides 146 miles (235 km) of city range or 95 miles (152 km) of combined stop-and-go and highway range.**

TWO EASY WAYS TO CHARGE

Use the onboard Level 1 charger and power cord to connect to any standard household outlet and get a full charge overnight. For a faster charge, visit any public Level 3 DC Fast Charge station for 80% charge in 40 minutes or 100% charge in an hour.

RIDE MODES

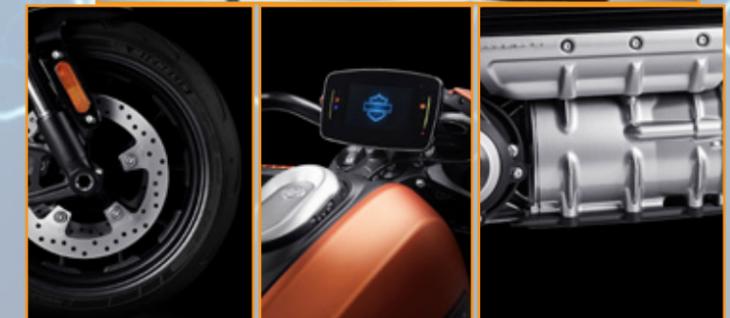
LiveWire® offers seven selectable Ride Modes that electronically control the performance characteristics of the motorcycle and the level of Reflex™ Defensive Rider Systems (RDRS) intervention. Each Ride Mode consists of a specific combination of power, regeneration, throttle response, and traction control settings. LiveWire comes with four pre-programmed modes: sport, road, range, and rain, along with three ride modes the rider can customize.

H-D REVELATION™ POWERTRAIN

The permanent magnet electric motor can produce 100 percent of its rated torque instantly – it's the reason for LiveWire® motorcycle's incredible acceleration. It's located below the battery to lower the center of gravity for easier handling.

REFLEX™ DEFENSIVE RIDER SYSTEMS

A new collection of technologies that help give you confidence and control in less-than-ideal situations. The systems utilize advanced chassis control, electronic brake control and powertrain technology to assist you with accelerating and braking in a straight line or while in a turn.



Sherrri Parker Memorial

POKER RUN AND BIKE SHOW



SUNDAY OCT. 16, 2022

Driver Village - Suffolk, VA
driverevents.com

This is a TAMA Sponsored Ride
\$20 donation per person includes
a complimentary t-shirt for the first
150 registrants (pre-registered t-shirts
can be picked up at on-site
registration on ride day)

See Reverse
for Registration Form

POKER RUN REGISTRATION

9:30am-11am

The Skeleton Key Bar & Grille (Back Entrance)
4300 Portsmouth Blvd., Chesapeake, VA
Parade of Bikes will stage at Sleepy Hole Park
in Suffolk at 12:30pm prior to ride
into Driver at 1pm

BIKE SHOW REGISTRATION

12pm-1:30pm in Driver Village

CLASSES

- Touring ● Custom Bagger
- Softtail ● Ladies ● Sportster
- Foreign ● Rubbermount
- Antique ● Special Construction

DOOR PRIZES & VENDORS

Contact Holly Hoffler
(757) 676-3808
HOLLYDAYSFLORAL@aol.com

Proceeds to Benefit
THE GENIEVE SHELTER
which strives to provide a safe refuge
and supportive environment for the victims
of domestic violence, sexual assault, stalking,
and human trafficking; provide information,
education, and training services that focus
on ending the cycle of violence.



SHERRI PARKER MEMORIAL POKER RUN & BIKE SHOW REGISTRATION FORM

\$20 donation per participant includes complimentary t-shirt for the first 150 registrants.
Detach and complete registration form and return with your check made payable to:

Sherrri Parker Memorial Fund, Inc., c/o Holly Hoffler and send to 4237 Driver Lane, Suffolk, VA 23435

Please check one
(Bike Show only):

- Touring
- Custom Bagger
- Softtail
- Ladies
- Sportster
- Foreign
- Rubbermount
(DYNA & FXR)
- Antique
- Special Construction
(Competition Bikes)

Name: _____

T-shirt Size: _____

Street Address: _____

City, State, Zip: _____

Phone: _____ E-mail: _____

Waiver for Participation: I hereby agree to participate in the Sherrri Parker Memorial Poker Run & Bike Show upon the understanding and condition that I agree to abide by the rules, policies and procedures of the Poker Run & Bike Show.

I will not hold the Sherrri Parker Memorial Fund, Inc. or Driver merchants, agents or representatives, responsible for any loss of property or for medical or dental expenses incurred as a result of said participation including liabilities, expenses, judgments, attorney's fees or court costs. In the event of injury, I give permission to have myself or my child transported to the nearest medical facility.

Signature: _____ Date: _____

Special Thanks

to

Beech Grove United Methodist Church
 Boyce Performance Cycles | Suffolk Tourism
 Driver Business Association | Holly Days! Inc.
 Law Offices of Tom McGrath, Danielson, Sorrell & Fuller
 TAMA | Tidewater Motorcycles
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GOOD FOR YOU EAT YOUR WATER

Water is essential for human health, but water alone does not hydrate the body. In fact, people can increase their hydration level and water intake with many foods and other drinks. Eating healthful hydrating foods — especially during warm weather, when the body loses water and vital electrolytes through sweating — can keep hydration levels up and provide a variety of nutrients. These 20 foods contain at least 85% water, making them a great choice for a person's hydration needs.

1. Cucumber - Water content: 96.73%



Cucumbers are a source of potassium and also contain phosphorus, magnesium, and a small amount of calcium. Although they do not boast the high vitamin and mineral content of some other fruits and vegetables, they do contain special nutrients called cucurbitacins, which some evidence suggests could have an antidiabetic effect. Cucumber water is also a popular summer drink for people who do not like the taste of plain water.

2. Iceberg lettuce - Water content: 95.64%



Although this pale green, crunchy lettuce variety is not as nutrient dense as some of its leafy green counterparts, it still offers health benefits. It is low in carbohydrates and sugar but contains fiber, vitamins A and K, potassium, and zinc. People may be surprised to learn that lettuce could help them fall asleep.

3. Celery - Water content: 95.43%



This light green, crunchy vegetable is low in calories, protein, and carbohydrates but packs a punch with fiber. It also provides vitamins A and K, as well as folate and potassium. Celery also makes a good snack. Popular serving ideas include spreading peanut butter or almond butter on the top, which adds lots of extra protein.

4. Tomatoes - Water content: 94.52%



Although many people consider the tomato to be a vegetable, it is botanically a fruit that is rich in fiber, vitamins C and K, folate, and potassium. Tomatoes also contain lycopene, which helps prevent cell damage. Tomatoes are the main source of dietary lycopene for people in the United States.

5. Romaine lettuce - Water content: 93.47%



Romaine lettuce is crisp and not far behind iceberg lettuce in terms of water content. Romaine lettuce offers more nutritional benefits. In general, darker greens are more healthful. Romaine lettuce is a good source of vitamins C and K, as well as folate, vitamin A, and fiber.

6. Zucchini - Water content: 92.73%



Commonly called summer squash, zucchini contains manganese, potassium, magnesium, vitamins A, C, and K, and fiber. It also contains antioxidants such as lutein and zeaxanthin, which may help fight damage to the body's DNA.

7. Watermelon - Water content: 91.45%



Watermelon is a staple food at many summer barbecues, as its hydrating benefits are a great fit for hot weather. This sweet fruit contains mostly water, as well as vitamin C, vitamin A, several B vitamins, potassium, zinc, copper, and many other minerals. A cup of diced watermelon also contains just 45.6 calories.

8. Spinach - Water content: 91.4%



This leafy green vegetable packs a lot of nutrition and fiber with very few calories. It is a good source of magnesium and also contains calcium, iron, potassium, vitamin A, vitamin K, fiber, and folate. Spinach makes a great base for salads. People can also blend it into a smoothie with sweet fruit. For those who find spinach too bitter, mixing it with sweet fruit in a smoothie can help balance out the taste.

9. Strawberries - Water content: 90.95%



Strawberries, with their sweet taste and high vitamin C content, are a popular berry. Strawberries contain antioxidants that fight damage from free radicals. They are high in fiber and low in calories.

10. Skim milk - Water content: 90.84%



Skim, or fat free, milk is a healthful beverage to drink on its own, as well as a useful ingredient in cooking or for foods such as cereal. It is a good source of calcium, vitamin D, and protein. People whose bodies can tolerate lactose may find that drinking skim milk is a good way to stay hydrated.

11. Soy milk - Water content: 90.36%



Soy milk is a mixture of water and soybeans that forms a milk-like drink. It is naturally high in water and a good choice for hydration. Many commercial brands of soy milk contain added calcium, vitamin D, and several B vitamins.

12. Cantaloupe - Water content: 90.15%



Also known as muskmelon, cantaloupe is high in vitamin C and fiber, and it makes an excellent summer snack. Like many other orange fruits and vegetables, it is also a source of beta carotene, which the body converts to vitamin A.

13. Honeydew melon - Water content: 89.82%



This sweet, yellow-green melon is a type of muskmelon that is a good source of potassium

and vitamin C. It also contains folate, magnesium, and vitamin K. Like most melons, it has a high sugar content.

14. Kale - Water content: 89.63%



Kale is a nutrient dense, leafy green vegetable with a high dose of vitamins A, C, and K. It also contains calcium, fiber, protein, and omega-3 fatty acids. Kale is a good plant based source of iron and some B vitamins, as well as anti-inflammatory phytochemicals.

15. Broccoli - Water content: 89.3%



Broccoli may not be the first food that comes to mind when people think of hydrating foods, but this cruciferous vegetable is almost 90% water. It contains several different antioxidants and is also a source of fiber, iron, potassium, vitamin C, and vitamin K. Try steaming broccoli or eating it raw to get the most out of its nutrients.

16. Peaches - Water content: 88.87%



This juicy fruit contains plenty of vitamins, including C, A, E, and K. It is also a good source of potassium and phosphorus. People can eat peaches as a quick snack, or they can incorporate them into salsas, salads, or smoothies.

17. Carrots - Water content: 88.29%



With their bright orange color, carrots contain a high amount of beta carotene, or vitamin A. Other varieties, such as purple and white carrots, usually have an orange core. This makes them a great source of vitamin A, as well. They are also a good source of potassium, folate, vitamin K, and fiber. Beta carotene benefits the body in a variety of ways. Learn about which foods contain the most beta carotene here.

18. Oranges - Water content: 86.75%



Known best for their vitamin C content, oranges are also rich in fiber and potassium. Citrus fruits can also help the body absorb iron from other foods. Oranges also contain several B vitamins, magnesium, selenium, and copper.

19. Pineapple - Water content: 86%



This spiny, tropical fruit is packed with nutrition, including vitamin C. It also contains magnesium, potassium, manganese, and B vitamins. It contains bromelain, an enzyme with anti-inflammatory effects. Some people use bromelain to help treat sinusitis, osteoarthritis, and digestive problems.

continued next page

20. Apples - Water content: 85.56%



Apples come in many varieties, from deep red and crunchy to green and crisp. In general, apples are a good source of water, but they also contain plenty of fiber, vitamin C, and antioxidants such as quercetin and catechin.

Alternatives to water

Water is the most healthful beverage, as the body can easily use it, and it contains no additives, calories, sugar, or other ingredients. However, some people do not like the taste of plain water or simply want more variety. People can stay hydrated by adding fruits, vegetables, and herbs to water, which will add flavor without adding calories or sugars. Some options to add include:
 watermelon
 cucumber
 mint leaves
 strawberries
 lemon
 lime
 pineapple

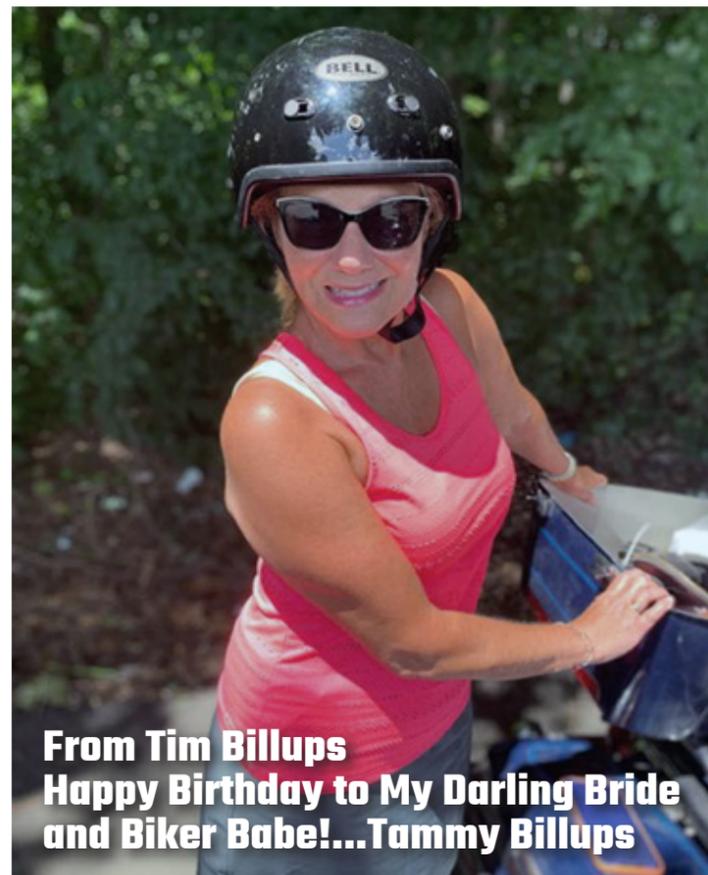
Try crushing these foods before mixing them in to bring out their natural juices and flavors, or let them soak in a pitcher of water in the refrigerator for several hours. Many herbal teas are good alternatives to water. Look for varieties without added sugar or sweeteners. People who enjoy green or black teas may wish to sip on decaffeinated varieties to stay hydrated. For people who often drink soda, switching to sparkling water with lemon or lime can drastically reduce their daily sugar intake. Is caffeine dehydrating? Many people avoid caffeine because they believe it can be dehydrating. However, some recent studies refute this, saying that there is no evidence to suggest that coffee is dehydrating. Nonetheless, the Food and Drug Administration (FDA) Trusted Source suggest that people limit their caffeine consumption to 400 milligrams (mg) per day. This is roughly four to five cups of coffee. Some people may need to consume much less than the 400 mg recommendation if they are sensitive to caffeine, are pregnant, have anxiety, or have certain health conditions. Other tips Most people can stay hydrated by sipping water throughout the day and by consuming hydrating foods. There is no set amount of water that is right for everyone. In general, a person may need to increase their water intake if they: are exercising and sweating

are in a hot environment have certain health conditions are pregnant or breastfeeding As well as drinking enough water, limiting intake of salty foods can also reduce a person's risk of dehydration. Snacks such as chips and packaged crackers, as well as cured meats and canned soups, are just a few of the salty foods that can decrease a person's hydration level. Many people think that sports drinks are a good alternative to water. Sports drinks contain electrolytes such as sodium and potassium, which can be helpful during vigorous exercise or prolonged exposure to heat.

However, most of the time, plain water is the best choice because it is free of sugars, sweeteners, and other additives. The American Academy of Pediatrics recommend limiting children's consumption of sports drinks because they can lead to excess calories and weight gain, as well as tooth decay.

Summary
 Hydration is about more than drinking water. Many foods contain water and additional nutrients that are vital for good health. Eating a diet rich in fruits and vegetables is a good way to supply the body with vitamins, minerals, and fiber. Adding to your daily water intake is always good for you!

Source:
www.medicalnewstoday.com/articles/325958#summary



**From Tim Billups
 Happy Birthday to My Darling Bride
 and Biker Babe!...Tammy Billups**



**CAUGHT ON CAMERA
 Bigfoot riding the
 Blue Ridge Parkway**

IT'S A GREAT DAY FOR A RIDE



Do you have a Facebook group that brings riders together for day trips or rides in your area? If so, we'd love to share your adventures of the roads that you're travelling in Virginia and/or West Virginia & the rider-friendly places you're visiting along the way. Message us on Facebook @virginiaridermagazine or email virginiaridermagazine@yahoo.com.



A day with Augusta County Bikers – July 16, 2022

ACB had a great little ride today after I got off work. We took off to Lexington for some Sloppy Sauce Burgers and then hit the Parkway for one of the best rides back that we have had. No heat or bugs. Weather was with us as we had no rain.

Thank you to everyone that showed up at noon. We had a good time today. We need to do more noon rides. See you again soon.

About the group- AUGUSTA COUNTY BIKERS was formed in 2019. We are a Facebook group here in Augusta County Virginia that that likes to meet up and take small or even overnight rides on our motorcycles. Anyone can join our group here on Facebook and any make of motorcycle will be welcome to ride with us. No, you don't have to live in Augusta County to join. We hope you check back often with us to see what we are up to. You never know when something new will be posted.



The Lighthouse

The Lord will keep you from all harm -he will watch over your life;
the Lord will watch over your coming and going both now and forevermore.
- Psalm 121:7-8 NIV

SPEEDING

Jack took a long look at his speedometer before slowing down: 73 in a 55 zone. Fourth time in as many months. How could a guy get caught so often?

When his car had slowed to 10 miles an hour, Jack pulled over, but only partially. Let the cop worry about the potential traffic hazard. Maybe some other car will tweak his backside with a mirror. The cop was stepping out of his car, the big pad in hand.

Bob? Bob from Church? Jack sunk farther into his trench coat. This was worse than the coming ticket. A cop catching a guy from his own church. A guy who happened to be a little eager to get home after a long day at the office. A guy he was about to play golf with tomorrow.

Jumping out of the car, he approached a man he saw every Sunday, a man he'd never seen in uniform.

"Hi, Bob. Fancy meeting you like this."

"Hello, Jack." No smile.

"Guess you caught me red-handed in a rush to see my wife and kids."

"Yeah, I guess." Bob seemed uncertain. Good.

"I've seen some long days at the office lately. I'm afraid I bent the rules a bit - just this once."

Jack toed at a pebble on the pavement. "Diane said something about roast beef and potatoes tonight. Know what I mean?"

"I know what you mean. I also know that you have a reputation in our precinct." Ouch. This was not going in the right direction. Time to change tactics.

"What'd you clock me at?"

"Seventy. Would you sit back in your car please?"

"Now wait a minute here, Bob. I checked as soon as I saw you. I was barely nudging 65." The lie seemed to come easier with every ticket.

"Please, Jack, in the car"

Flustered, Jack hunched himself through the still-open door. Slamming it shut, he stared at the dashboard. He was in no rush to open the window.



The minutes ticked by. Bob scribbled away on the pad. Why hadn't he asked for a driver's license?

Whatever the reason, it would be a month of Sundays before Jack ever sat near this cop again. A tap on the door jerked his head to the left. There was Bob, a folded paper in hand. Jack rolled down the window a mere two inches, just enough room for Bob to pass him the slip. "Thanks." Jack could not quite keep the sneer out of his voice.

Bob returned to his police car without a word. Jack watched his retreat in the mirror. Jack unfolded the sheet of paper. How much was this one going to cost?

Wait a minute. What was this? Some kind of joke?

Certainly not a ticket. Jack began to read:

"Dear Jack,

Once upon a time, I had a daughter. She was six when killed by a car. You guessed it - a speeding driver. A fine and three months in jail, and the man was free. Free to hug his daughters, all three of them. I had only one, and I'm going to have to wait until Heaven before I can ever hug her again.

A thousand times I've tried to forgive that man. A thousand times I thought I had. Maybe I did, but I need to do it again. Even now. Pray for me. And be careful, Jack, my son is all I have left.

-Bob"

Jack turned around in time to see Bob's car pull away and head down the road. Jack watched until it disappeared. A full 15 minutes later, he too, pulled away and drove slowly home, praying for forgiveness and hugging a surprised wife and kids when he arrived.

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you." - Matthew 6:14



FIT FOR THE ROAD

Self Maintenance

With summer vacations at their peak this month, more bikes will be hitting the road, and longer trips are being planned. If you haven't already, now's a good time to do some maintenance on your bike.

Take time to do some self-examination of your roadworthiness, too. We encourage you to make Self Maintenance your top priority!

Exercise is important

Motorcycling is a physical sport.

Excellence in riding technique and safety requires strength and coordination. Just like athletes exercise and train for their sport, we motorcycle riders need to be in good shape to ride, too.

Riding for a long time, like performing any other physical activity, employs some muscles that aren't used often—and will tax others that are used in unaccustomed ways. It takes time to regain ride-ready muscles.

Here are some areas to consider in your motorcycle exercise program. And don't forget—before starting any exercise program, consult with your doctor.

Legs

Our legs are the largest muscle group in our bodies. We use our legs to lift our motorcycles from their side stands, support them at stops, and, at times, push them around.

While there are several weight-training exercises you can work on at a gym, the simple act of walking will do wonders. It's also free. Walking one mile a day,



more if you have the time, will keep your legs strong and offer benefits to your cardiovascular system. Simply put, walking is a winning endeavor.

Core strength

Core muscles support our spine, hips, and shoulders, giving us the strength for good posture when riding our motorcycles. If your back, neck, or shoulders are achy after the first ride of the spring, this is a sure sign you need to work on your core. Before you start working on core strength, you might want to consider a session with a professional trainer to learn the proper techniques. Here is a partial list of some exercises that work on your core:

Sit-ups

Modified sit-ups

Abdominal crunches

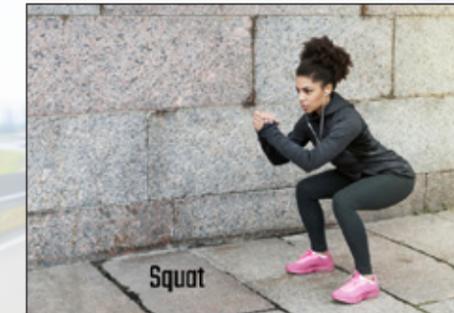
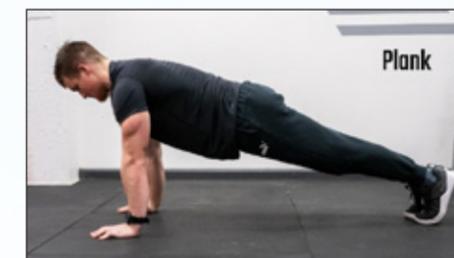
Plank

Side plank

Push-ups

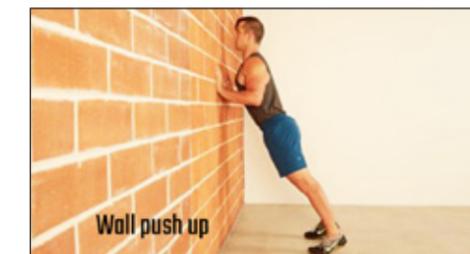
Squats

Back extensions



Arms and upper body

Depending on the style of motorcycle you ride, the riding position will vary from sitting upright to leaning forward. The



position you hold will have an effect on how much upper body strength you will employ while riding, and it can help you focus your exercise routine.

Some use of modest weights or resistance devices may be required to strengthen your arms and upper body. Here are some arm and upper body exercises to consider:

Chest press

Rowing

Bicep curls

Triceps press down

Wall push-ups

Hand grip squeezes

Start slowly and build up your exercise routine gradually. This will help avoid strains. Just like riding, proper technique and form is important. There are a lot of exercise techniques online and in books, but nothing beats learning from a professional.

Your motorcycle deserves good maintenance, and so do you. Both bring more pleasure and safety to your riding experience.

Till next time, ride safe!

Source: <https://www.dairylandinsurance.com/motorcycle/on-the-road/safety/get-in-shape-for-riding-season>

What's The Difference Between Heat Stroke And Heat Exhaustion?

Paying close attention to heat advisories in your area during the hot summer months can be life-saving, because some outdoor activities can become dangerous.

If you'll be riding your bike, ATV or other vehicle where you're open to the elements, it's important to know the signs of heat-related illnesses like heatstroke and heat exhaustion. This goes as well for if you're not riding but you plan on being outdoors, and especially if you're planning on being active. During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses.

Heat Exhaustion	Heat Stroke
<p>ACT FAST</p> <ul style="list-style-type: none"> Move to a cooler area Loosen clothing Sip cool water Seek medical help if symptoms don't improve 	<p>ACT FAST</p> <p>CALL 911</p> <ul style="list-style-type: none"> Move person to a cooler area Loosen clothing and remove extra layers Cool with water or ice
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

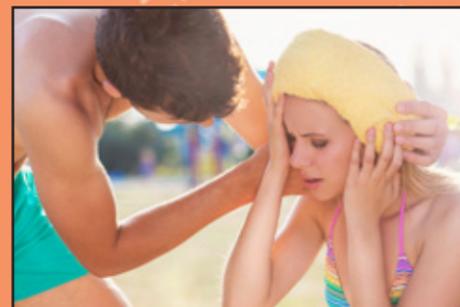


vomits, symptoms worsen or last longer than 1 hour

Heat Stroke

Symptoms: Throbbing headache, confusion, nausea, dizziness, body temperature above 103°F, hot, red, dry or damp skin, rapid and strong pulse, fainting, loss of consciousness. First Aid: Call 911 or get the victim to a hospital immediately. Heat stroke is a severe medical emergency. Delay can be fatal. Move the victim to a cooler, preferably air-conditioned, environment. Reduce body temperature with cool cloths or bath. Use fan if heat index temperatures are below the high 90s. A fan can make you hotter at higher temperatures. Do NOT give fluids.

Using a fan to blow air in someone's direction may actually make them hotter if heat index



temperatures are above the 90s. Heat illnesses can be very serious and potentially life-threatening. Both heatstroke and heat exhaustion may have similar symptoms, and by understanding the symptoms, you can get the right care for yourself and loved ones. If you think someone has heatstroke or if you are experiencing a life-threatening emergency,



immediately call 911 or seek emergency care. For more information on all of these heat related illnesses, see the Centers for Disease Control and Prevention (CDC) site - <https://www.cdc.gov/disasters/extremeheat/warning.html>.

Source: <https://www.weather.gov/safety/heat-illness> <https://healthcare.ascension.org/blog/2017/03/heat-stroke-vs-heat-exhaustion>



The Centers for Disease Control and Prevention (CDC) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below.

Heat Cramps

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

Symptoms: Painful muscle cramps and spasms usually in legs and abdomen and Heavy sweating.

First Aid: Apply firm pressure on cramping muscles or gently massage to relieve spasm.

Give sips of water unless the person complains of nausea, then stop giving water.

Seek immediate medical attention if cramps last longer than 1 hour.

Heat Exhaustion

Symptoms: Heavy sweating, Weakness or tiredness, cool, pale, clammy skin; fast, weak pulse, muscle cramps, dizziness, nausea or vomiting, headache, fainting,

First Aid: Move person to a cooler environment, preferably a well airconditioned room. Loosen clothing. Apply cool, wet cloths or have person sit in a cool bath. Offer sips of water. Seek immediate medical attention if the person



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Almost a foot of sun at my place.
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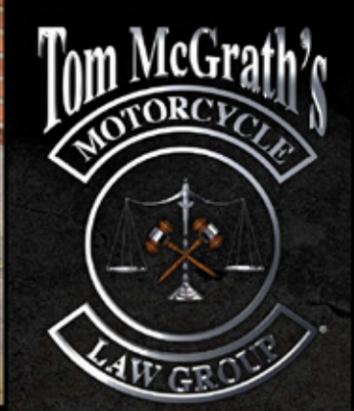
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Share the road with motorcycles



MY RIDE Vince "Reno" Ferguson - Powhatan, Virginia

I am retired Army and ride with my brothers in the Pipe Hitters Union Motorcycle Club-Regulators Chapter out of the Midlo/Powhatan area. My bike is NANNR, a 2013 stock Street Glide with customized accessories. I have had countless number of street bikes through the years from the day I was able to get my license, three of which have been Harley's. This touring bike is meant to be on the road and have miles put on her. I have ridden the bike just over 61,000 since I bought her new in 2013. I bought the chrome yellow pearl bike because it was different and I could spot it from a far when she was sitting in a parking lot with 5000 black motorcycles. Not to mention, a bright yellow bike riding down the road can be seen by all the idiot drivers in cages. My fiancé Jenny enjoys riding and we have been on several road trips through the years. Although she cannot get out and ride as much as she would like anymore, we still enjoy small rides on NANNR to dinner or for lunch a few times a month.



WHAT TO DO AFTER A MOTORCYCLE ACCIDENT



You never want to think about getting in a crash, but like any possible emergency, it's important to know what to do in the event the unexpected strikes like knowing how to put out a grease fire, perform CPR, or administer minor burn relief. It is similarly important to know what to do to protect yourself legally in the event you are in a car, motorcycle, or truck crash.

Most Importantly

- Get out of harm's way (if you are able) and call 911 to get responders to the scene. If you are able, check on others and ensure they are getting medical attention.
- Make no statements at the scene of the accident. This is your right under the Fifth Amendment! You can give your name, phone number, and other identifying information, but say nothing regarding how the accident unfolded to the police or others at the scene. We understand that "saying nothing" is easier said than done; you may be under pressure to describe how the events unfolded, particularly if you believe you are not at fault or if the other party in the accident is a chatterbox.
- Saying the wrong thing, even by mistake, can reduce your right to recover damages, or worse, eliminate your right to collect an award altogether. Simply tell the officers and others that you are not in a condition to make a statement at that time (due to stress or injury). Assure those on site that you will be happy to make a statement at a later time after you have received medical attention or spoken to a personal injury attorney.

Once Medical Help is En Route:

- Look around and find witnesses. Record the names and contact information of all witnesses. If you are physically

- unable to collect others' names but have someone with you who can, have them do it. Do not assume that the police will collect names for you. Many times, the investigating officer assumes the case against the defendant is clear and, therefore, does not record the names of witnesses. This can complicate your case if the defendant's insurance company determines that you are either solely or partially at fault.
- If you are involved in a tractor-trailer crash, be sure to get photos of the license plates and USDOT numbers these are usually found on the driver-side door. Take multiple pictures of the tractor trailer and the driver.
- Take photographs of the accident scene to include the location of the vehicles involved and any debris in the road. Make sure to take both close-up photos and photos at a distance (wide shots) for various perspectives.
- Do not give a statement to any insurance company (the defendant's or yours) without first consulting with a personal injury attorney. Do not call your insurance company until you have spoken to an attorney.
- Seek medical attention and make the medical professionals treating you aware of all pain that you are experiencing regardless of how minor.
- Do not share photos or discuss any aspect of the accident on social media (Instagram, Facebook, Twitter, Snapchat, etc) and do not text about your injury or the accident unless absolutely necessary. Insurance companies routinely surf social media and mobile devices in order to find information that they can use to attack your credibility.

Knowing how to react in a crash is critical to ensuring everyone receives the medical attention they require and that you protect yourself, both medically and legally, in the event the unexpected strikes.

If you have been involved in a motorcycle, car, or tractor-trailer crash, call us at 1-855-LAW-RIDERS and speak with a personal injury attorney who practices in Virginia, North Carolina, South Carolina, Georgia and West Virginia. We will come to you, wherever you are.

So, your next question might involve trying to find out what to do with your motorcycle after an accident. We've included all the answers to that and much more for you in the August edition of Virginia Rider.



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The 5-Second Rule you Should NEVER Ignore!



Do this test on sand or any other hard surface your dog will walk on also!

It takes less than 1 minute for Hot Asphalt to blister the paw pads of your pet. If you cannot hold the back of your hand on the pavement for 5 full seconds, it's TOO HOT for your pet to walk on.

DOGS IN CARS ON HOT DAYS

VIRGINIA RIDER
Robert Lerner



Car=Oven

JUST RUNNING INTO A STORE?

10 MINUTES IS TOO LONG ON A 85 DEGREE DAY TO LEAVE YOUR DOG IN THE CAR, EVEN WITH CRACKED WINDOWS, THE CAR WILL REACH 102 IN 10 MINUTES.

Keep the Doggos Safe!!!
Leave him/her Home!

EASY DOES IT

Good Food Simply Made

Not Your Mama's Meatloaf

Good food doesn't have to be complicated! Three ingredients is all you need to enjoy this good eats! YUM, meatloaf. A classic comfort food. Many people only eat it during the colder months but we think it should be an all-season favorite, especially in the summer! You won't believe how easy this is!

Here's Your 3 ingredient line up:

- 2 pounds 80/20 ground beef
- 1 box of Kraft Stove-Top Stuffing Mix – any flavor you like (we like the pork flavor ☑)
- 1/2 cup of Milk



Here's all you do:

Pre-heat your oven to 350 degrees Fahrenheit

Add all three ingredients into a large mixing bowl. Mix until everything evenly distributed.

Bake in 350 degrees oven about 40 mins to an 1 hour depending on size and shape, or until internal temp is 160°F. Allow it to rest for at least 10 minutes after cooking before slicing. Serve with some creamy mashed potatoes, your favorite greens & Let's eat!☑ Bon appetit!

Tip: At this point you can add in any special spices or ingredients you like. (we love to add garlic powder & chopped sweet onion) Place the mixture into a baking dish, form into a loaf no more than a few inches high. Cover with foil.

Tip: Before covering with foil, if you want to make it look a bit more decorative, add a thin layer of ketchup on top or some shredded cheese!



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?

- Fatalities or injuries occur in _____ of alcohol-involved motorcycle crashes?
- (1) 27 percent
 - (2) 50 percent
 - (3) 92 percent



Explanation: Fatalities or injuries occur in 92 percent of alcohol-involved motorcycle crashes. Do not drink and ride.

Answer: (3) 92 percent

- To operate a two-wheeled motorcycle, you must have at least a _____ designation on your license.
- (1) Class M1
 - (2) Class M2
 - (3) Class M3



Explanation: The appropriate classification, M2 for two-wheeled motorcycles or M3 for three-wheeled motorcycles, will be marked on an applicant's license once all requirements are met. Riders who test on both two-wheeled and three-wheeled motorcycles, or complete training courses for both types of vehicles, will receive an M classification.

Answer: (2) M2

- When motorcyclists ride in a group:
- (1) Inexperienced riders should lead the group.
 - (2) Inexperienced riders should be near the front of the group.
 - (3) Inexperienced riders should be in the back of the group.



Explanation: When traveling in a group, less experienced riders should be placed near the front of the group behind the leader. This way, more experienced riders can lead the way and watch the inexperienced riders at the same time.

Answer: (2) Inexperienced riders should be near the front of the group.

VIRGINIA RIDER

We're Here For You!



If you enjoy life riding on 2, 3 or 4 wheels, Virginia Rider is your go-to source for everything you need to enjoy your riding life.

As a rider, you'll know where to go and who your friends are out on the road. We connect you to area events, rider services, and rider-friendly businesses where you can shop, eat, sleep, stay and play. Plus, we'll show you great places to ride to enjoy awesome scenic byways and some of the best motorcycle roads in the country.

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