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Magazine™

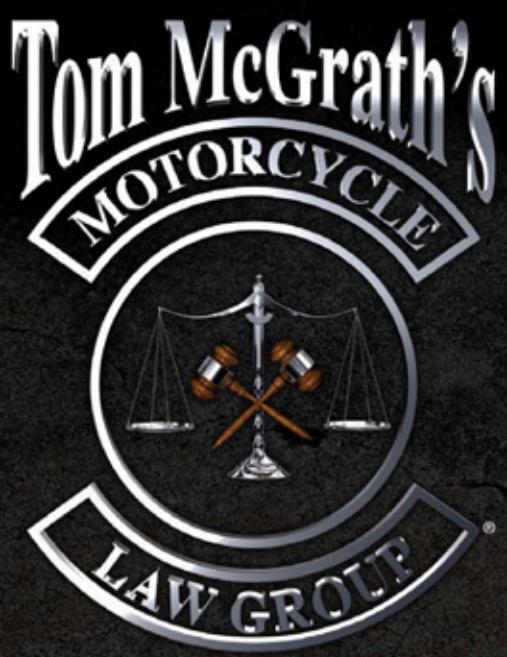
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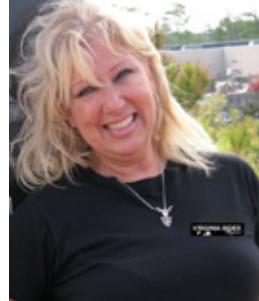


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from the editor's desk

Welcome friends! The weeks are really flying by and we are almost halfway through the year already! It seems like we just got done with one edition of the magazine and here we are publishing another! There are no complaints here by far as we truly LOVE putting the magazine together for you each month. The saying by Marc Anthony definitely holds true for myself – “If you do what you love, you’ll never work a day in your life.”. This is me everyday. I might say that I’m “working” or I’m at “work” but really it feels more like a passion than a job. This is definitely no 9 to 5 job and sometimes I have to check my phone or the calendar to see what day of the week it is as the time flies by. I enjoy myself so much working (<ooops, there’s that word “work” ha ha) on all of the items that Virginia Rider brings to the readers. Between my staff and myself, there should be no doubt in any of our viewer’s minds that Virginia Rider magazine is created each month with plenty of love and passion for motorcycling and for our region’s riding communities on 2, 3 or 4 wheels....we are all family!

We sure do appreciate you being with us and supporting our rider friendly businesses. We may be the people who create the magazine every month but it’s our advertisers and other rider friendly businesses who make it possible for us to bring it to you through their support. As a rider, it’s good to know who you can trust out there for services, products and destinations. Our Rider Friendly Business Directory on our website, virginiarider.com/rider-friendly-business-directory, is your BEST resource for Everything you need and want to enjoy your moto life. If there are any businesses that you know of who are “rider-friendly”, please drop us a line so that we can include them as well.

The Events page of our site virginiarider.com/events, is filling up fast with all sorts of great rides and events to attend this year. Be sure to check back often as we update the page daily. 99% of the events are on Facebook so we’ve included the links to take you right to their pages for all of the details.

Did you know that Virginia Rider Magazine has our own You Tube channel? Ride along with our Great Places To Ride Host, Marc Ritchie, as he explores some ‘Lesser Known Roads’ of our region that you may want to add to your great places to ride list. Check it out.

We would love to hear from you! Drop us a line at virginiaridermagazine@yahoo.com or send us a message on our Facebook page. You’re always welcome to send your pictures, stories, comments or suggestions. There’s plenty of great riding to be had out there so we hope you’re getting out as often as you can to enjoy the road and make some new adventures. Until next month....

Be safe & stay awesome!

Kelly



IN THIS ISSUE



GOOD FOR YOU

Transplanted Brazilian Diego Gomes is now a “self-proclaimed” Virginian! He shares his awesome bike, a customized 2005 Yamaha Road Star Warrior 1700. (that’s 102ci, for our Harley friends), with a mere 11k miles on it. Diego says, “She’s pristine, and I’m utterly in love!”

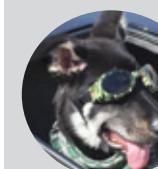
Is “Be Cool In Bed” the same thing as staying cool in bed? We’ll let you decide that one! We do have some good tips on the latter. Now that hot weather is here, these will serve you well.



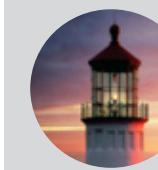
BIKE SAVERS is not about Haunted Houses, despite the title. As John says, “I know it seems a little weird to be writing about haunted houses in May, but oftentimes it seems when you’re saving a bike that’s what you come across – a bike that’s been relegated to the darkest recesses of whatever tomb you find it in”.



GREAT PLACES TO RIDE Leave it to Marc and Rose to find “Runs, Gaps, Creeks, Lakes and Holes” to discover. Where did they find them this time? “Like our last ride together, we headed towards Brandywine via Sugar Grove. And once again, squirrels were performing their well-rehearsed routines, creating havoc.



It all started with my first German Shepherd Dog (GSD), Winky. I raised him to ride. After I lost Winky, I picked up Greb at 9 weeks old. He had his first ride at 3 months old. I just realized the other day that Greb actually was born to ride. Greb’s first ride was in a Bushtec trailer. Read about Winky and Greb in **RUFF RIDERS**.



In **THE LIGHTHOUSE** this month, we revisit the now classic poem, “Footprints In The Sand”, in which the writer tells us how when two sets of footprints turned into one on a beach, that was when God was carrying his child.



Losing a fellow rider and friend is never easy. This month we remember Greg Grifana, Motorcycle Enthusiast, builder, fabricator and Professional ISCA Certified Car Show Judge, and who established GS Grifana Car shows Inc. thirty eight years ago.

Kelly Collins - Owner/Editor
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ON OUR COVER:
Be sure to check out the
South Central Bike Fest, happening
June 9, 10 and 11 in beautiful Chase City, VA

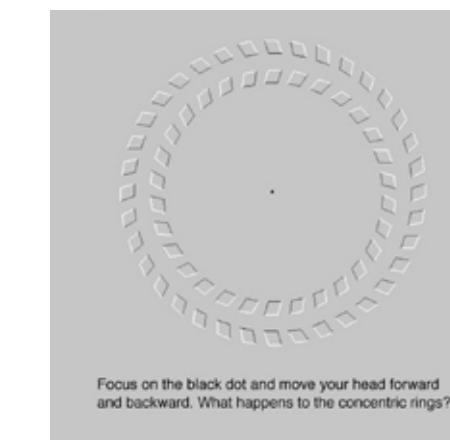


SEEING IS BELIEVING (OPTICAL ILLUSIONS)

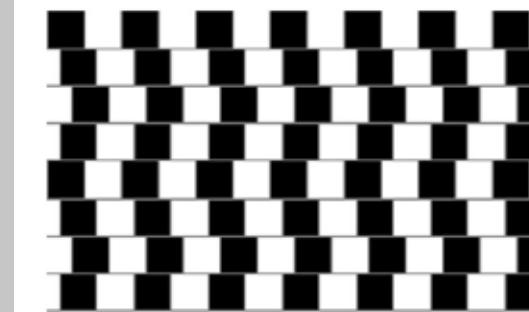
Safe riding is a skill of the eyes and mind as much as it is a skill of the hands and feet. It’s important that riders have well-developed perceptive skills. Having good perception means to “see and understand accurately.” Our eyes see but our mind interprets, and sometimes we can be fooled into perceiving something that’s not there or missing something that is; and that can be disastrous when evaluating risk factors in traffic. The MSF RiderCourse uses the strategy of Search, Evaluate, Execute (S.E.E.) to describe the decision-making process that should be used while riding. Our eyes do the searching and our brain does the evaluating. But do we perceive accurately?

Take a look at these visual workouts to discover how our eyes can sometimes trick us.....

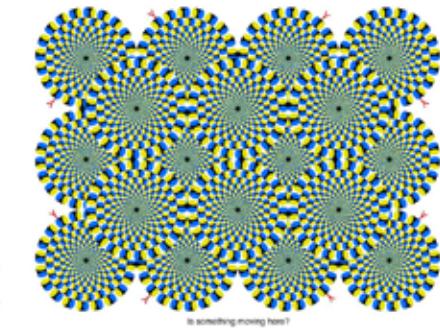
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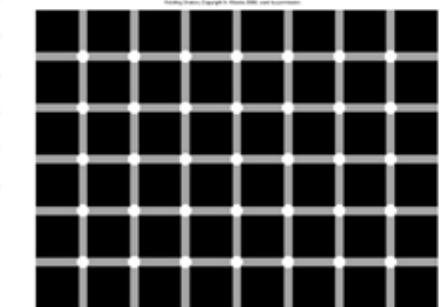
Focus on the black dot and move your head forward and backward. What happens to the concentric rings?



Are the horizontal lines parallel or do they slope?



Is something moving here?

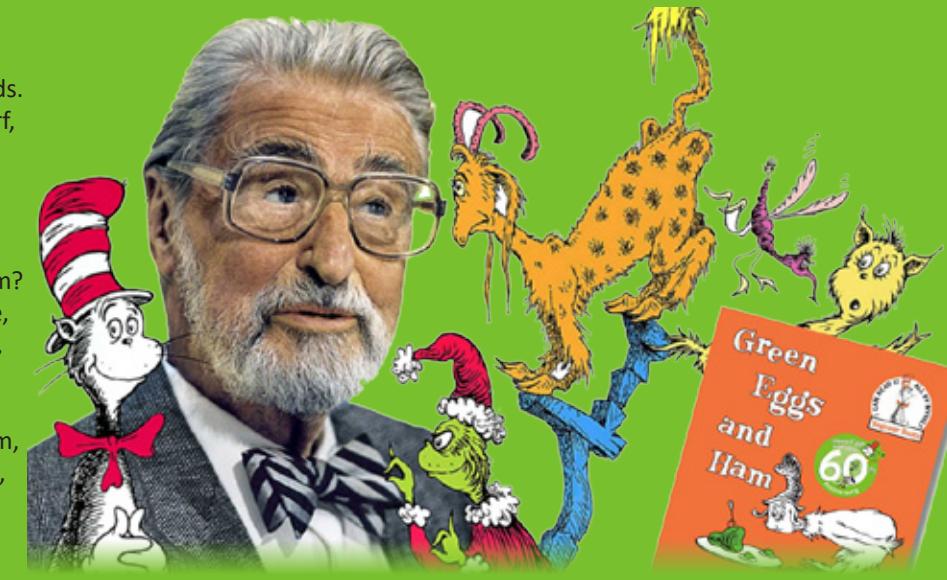


Can you count the black dots?

RANDOMNESS

Dr. Seuss, (Theodor Seuss Geisel), wrote “Green Eggs and Ham” on a bet that he couldn’t write a book with 50 or fewer words. The bet was made in 1960 with Bennett Cerf, the co-founder of Random House, and was for \$50. The finished product contains 50 words on the dot.

What are the 50 words in Green Eggs and Ham? The 50 words are a, am, and, anywhere, are, be, boat, box, car, could, dark, do, eat, eggs, fox, goat, good, green, ham, here, house, I, if, in, let, like, may, me, mouse, not, on, or, rain, Sam, say, see, so, thank, that, the, them, there, they, train, tree, try, will, with, would, you.





I will never leave you, nor forsake you. – Hebrews 13:5

Footprints in the Sand

On one beautiful night, a devotee after worshiping God, went to his cozy bed for sleep. It was a cold night of the winter season and in his quilt he was having deep sleep. He had a very stunning dream; he dreamed that he was walking along the beautiful beach in the company of his loving God. While he was walking along the sea shore, the scenes of different incidents and situations from his life flashed one by one across the dark sky. He kept moving and watching the different stages of his life, the good times as well as bad ones.

After the last scene of life flashed before him, he looked back and noticed the footprints in the sand. For each scene, he noticed two sets of footprints in the sand. One was his own and the other one to his Lord. All of sudden he noticed that at many times along the path of his life; especially at the very lowest and saddest times, there was only one set of footprints.

This really disturbed him, so he asked God about it. He asked, "God, you said once I decided to follow you, you'd walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don't understand why, when I needed you the most, you were not there for me."

God smiled and after some silence whispered, "My precious child, I love you and never left you. When you were fine & healthy, I used to walk beside you. So, the extra pair of footprints was visible. When you saw only one set of footprints, it was then that I carried you during your tough times. Whenever you were in difficulties and problems, I was still protecting you."

I will carry you in My arms just like a father carries his child – Deuteronomy 1:31

Direct my footsteps
according to your word;
let no sin rule over me.

Psalms 119:33 (NIV)



MY RIDE

Diego En Fuego Gomes



Although born and raised in Brazil, I'm a self-proclaimed Virginia Beach Native. I moved here back in 1997, when I was 14. Now, at the ripe young age of 39 (and a half), I've lived in the US for well over half of my life and it's unequivocally home. After owning a few scooters and mini-bikes in my late teens, I finally bought my first "real bike", on which I could learn and get my license. It was 2001 Honda Rebel 250. I later upgraded to a Honda Shadow 600, and subsequently, a Honda VTX1300. The VTX was my baby for a good 9 years! When the pandemic hit, she was the perfect "social distancing" activity. Unfortunately, in 2021 she would not start! I wasn't about to let the 2022 season slip from my grip. I towed the VTX to the shop, and bought a temp bike, on which to ride in the meantime. That Yamaha V-Star 650 wasn't much of a bike, compared to my VTX, but it was better than not getting to ride at all! I also got a killer deal on it, so when I received the astronomically high estimate for all that the VTX needed, I sold both bikes and purchased the current apple of my eye! She's the one pictured here. 2005 Yamaha Road Star Warrior 1700 (that's 102ci, for my Harley friends), with a mere 11k miles on it. She's pristine, and I'm utterly in love!

The most memorial place I've ever ridden, I'd have to say was Sturgis, SD. Being a full time musician, I had the distinct honor and privilege of playing main stage at the Buffalo Chip, alongside 38 Special, Brantley Gilbert, The Guess Who, and Styx, amongst other bands that played that same week, including Lynyrd Skynyrd, Godsmack, Shinedown, Social D, and more! Indian Motorcycles gave us

bikes on which to ride during the trip.

My favorite local ride is taking Princess Anne Rd; cruising down Marsh Causeway; quick stop at Munden Point Park; then head

down to Knotts Island, hopping on the ferry to Currituck, and getting some BBQ at Southland (border of VA & NC).

If time was no object, I'd keep heading south into North Carolina, past Kitty Hawk, Kill Devil Hills, and visit Jockey's Ridge, which just so happens to

be one of my favorite places! I usually head back to Virginia Beach via Battlefield Blvd to Elbow Rd.



Now, let me stop here, since that bike is not gonna ride itself.

Ride on and keep the shiny side up!



GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Runs Gaps Creeks Lakes and Holes

It was Rose's birthday. The weather was forecast to be beautiful, and we were going to be able to ride together for the first time in over a month. Windy had a fresh set of tires and rear pads thanks to Gavin, owner of Bodkin Service and Repair, and fresh oil courtesy of some old guy with a wrench or two. Rose and I anxiously awaited for the inevitable KSU amidst all the birthday messages and texts. It was touch and go there for a while, but we finally managed to exit the tarmac and were cleared for takeoff on runway three-zero for points north and west.

Like our last ride together, we headed towards Brandywine via Sugar Grove. And once again, squirrels were performing their well-rehearsed routines, creating havoc. And fortunately again, we managed to avoid them all. But something was different this time. Maybe it was the weather. We were in our summer jackets and Windy was in tropical trim with all of her vents open. Or perhaps it was the music shuffling. Driven, from Rush, was playing. One section of the lyrics stood out. "The road unwinds towards me. What was there is gone. The road unwinds before me. And I go riding on. It's my turn to drive. But it's my turn to drive." Vital Signs and Manhattan Project followed suit. Not an entirely impossible three-peat, but quite noteworthy to this Rush fan, beginning the day with a friendly voice.



I sensed it was all of it, like some sort of harmonic convergence with everything falling into place: the weather, the music, the free time, and riding a functioning motorcycle once again, that was just a few days before, a seemingly impossible dream. I felt a strange sense of destiny. Intentions and results were finally existing on the same plane. Then another lyric emerged, "Courageous convictions will drag the dream to existence."

Needless to say, Rose and I were enjoying our new-again motorcycle. And we couldn't think of a better stretch to savor her new tires, brakes and oil, than the flawless pavement of highway gear sweepers on Sugar Grove Road. And after that miserable experience, we turned on Kiser Gap Road for even more agony. By the time we reached South Mill Creek Lake, I think we had checked every degree on the compass and every gear in the box. And in that 16 mile span, we had experienced most every type of riding, a street bike could in a day. It was that awful.

The parking lot had quite a few vehicles, some with trailers, as johnboats were seen trolling in the distance. Rose and I made quick work of the tripod/camera thing and then began



to mill about. I relaxed at a picnic table while Rose explored for mushrooms along the tree line. I was admiring what I later referred to as "The world's oldest living oak tree," when I heard it: the sound of nothingness except for the birds and the breeze filling the air. It only lasted for a few minutes. But that's all it took for nature to be the perfect reset button once again.

We enjoyed more horrible riding on well paved roads to Petersburg and eventually found route 28 after sitting through a couple of intersections with strange things called traffic lights. Windy settled in the highway gear after making quick work of James May in his reasonably priced car, and the open road awaited. Sensing this refound freedom, I reached back for Rose's leg and breathed deeply, as Steve Perry's powerful voice sliced through the wind and echoed off the rocks and hills.

I always enjoy stopping at the Smoke Hole Gift Shop. It's just simply beautiful, inside and out. Even if it's just to browse, there's lots to look at in addition to the items for sale. They have a snack bar, clean plumbing rooms, and perhaps most importantly if you're like me, rocking chairs on an inviting patio. Rose especially liked the hot pepper flavored lollipops. And unlike the grocery store, I enjoyed watching Rose checking out the entire shop. It was another reset by the time we got back on the bike: not that we needed one at that point. For anyone wish-

Cheers and thanks for reading!
Marc Ritchie
Photos: Rose Grant



HOW LONG DO MOTORCYCLE TIRES LAST?

Your bike is your freedom. Your key to the open road. So you take pains to maintain and protect it—like investing in quality motorcycle tires, which don't come cheap. But motorcyclists like you know they're worth every penny.

Yes, maintaining our rides can be costly, but the consequences of riding on worn-out tires can be even more serious. That begs the question, how long do motorcycle tires last? Further, how can you help them last longer?

Balance lifespan, performance, safety, and value

When you're in the market to replace your motorcycle's tires, you want good value. Tire life seems to go hand-in-hand with price.

True value is achieving a satisfying balance between lifespan, performance, price, and safety. To do that, it's important to understand all the things that affect how long motorcycle tires last.

Understand motorcycle tire life factors

Consider how these work in concert and contribute in varying degrees to tire lifespan:

- **How far you ride:** You, like most riders, use mileage as a measure to gauge tire life.
- **How fast you ride:** Speed creates heat and heat increases the treadwear rate.
- Seasonal maintenance: Correct cold tire inflation helps extend tire life.
- **Motorcycle type:** Manufacturers design and construct tires to match the bike type. For example, a sport bike will get a softer tire with more grip for aggressive cornering, but a soft tire won't last as long as a touring bike tire made with harder compounds.
- **Riding style:** Are you a long-distance freeway cruiser, commuter, canyon-carving sport rider, or dual sport adventurer?
- **Road hazards:** Stuff happens on the road, like punctures and cuts, that can shorten your tires' lifespan.
- **Road surfaces:** Frequent riding on rough road surfaces wears tires faster than smooth pavement.
- The load you carry: A heavily laden motorcycle and two-up riding will wear out a rear tire sooner than a front tire.
- **Motorcycle tire construction:** Some tires are made to be sticky and provide great grip. Other tires sacrifice grip to get higher mileage.

Motorcycle tire age

Before they leave the manufacturing floor, tires are dated. This sets their lifespan in motion. You can determine how old

your tires are by checking the Tire Identification Number (TIN) on the tire sidewall. The last four digits tell the week and year of manufacture. For example, 0221 represents the second week of 2021.

A common recommendation by industry insiders is to stop riding on motorcycle tires more than five years old. The new tires you buy, however, could already be a few years old. If you purchase tires from a reputable supplier that stores them correctly, it's potentially safe to ride on them longer.

Motorcycle tire life beyond five years

Some manufacturers will tell you that you can ride on tires until they're 10 years old. So, five or 10? Even if your motorcycle tires look good to you after five years from the date they were manufactured, have them inspected each year by a tire professional. Motorcycle tires never last longer than 10 years. If your bike's tires are older than this, you need to replace them.

Tire tread

Manufacturers cut grooves called rain sipes into street tires to disperse water on the road and provide traction. If you look at the edge of the tread on the motorcycle tire sidewall, you'll find tread wear indicator (TWI) markings. At the TWI, you'll find a raised bar across the tire in the rain sipes. When the tread has worn down to be level with that bar, your tires are worn out. Order new ones now.

Check for motorcycle tire defects

Make inspecting your tires part of your routine, pre-ride motorcycle safety inspection. Motorcycle tires are vulnerable to wear and abuse from the road surface. Pull over and check your tires if you hit a pothole or run over debris.

Here are some tire defects you need to look for:

- **Cracks, fractures, and cuts:** Cracks on the sidewalls or in the rain sipes or tread develop when a tire is aging out. Fractures could indicate the tire is failing. Cuts come from impacts on the road. If you see any of these, replace that tire.
- **Punctures:** Running over a nail or other sharp object can puncture the tire tread. A thin puncture in the tread might be pluggable. View this repair as a temporary solution so you can get to a shop and replace the tire. You cannot repair a sidewall puncture.

• **Inflation and pressure:** Motorcycle tires need to be properly inflated when cold. Consider the load the bike is carrying when inflating. Riding with a passenger or heavy luggage requires a higher cold pressure. Never exceed the maximum pressure indicated on the sidewall.

• **How the bike handles:** If you notice a change in how your motorcycle handles, it may indicate your tires are wearing out. Abrupt sensations when cornering or braking or vibration on smooth straight pavement are signs of advanced tread wear. Inspect the tires or have a tire professional inspect them.

• **Don't leave yourself unprotected if the unexpected happens on your next ride.** Review your current coverage and get a free motorcycle insurance quote today.

Check the tire mileage

It's important to record your motorcycle's mileage when you have new tires mounted. This gives you a starting point to track tire lifespan. Many riders expect to get the same mileage from each set of new tires, but tire life factors change over time. Experienced riders also consider factors like logging more two-up touring or track-like days in gauging their expectations and replacement plans.

Think about motorcycle storage

How you store your motorcycle will also affect how long your motorcycle tires last. Exposure to the sun ages tires, as do temperature extremes and fluctuations. Generally, storing your bike in a garage will lengthen your tires' lifespan. When you bring a motorcycle out from storage, it's time to check your tires' age and perform a careful inspection.

Choose to get new tires

Your motorcycle tires connect you to the road—which is why it's dangerous to try and get the last possible mile out of your tires. When the tread nears the wear marks or looks like it's wearing unevenly, or your tires are showing signs of aging, it's time for a new set.

You have many choices of motorcycle tires. Stay with your motorcycle manufacturer's recommended size and don't mix brands or types on the front and rear. Your best bet is to change both at the same time. A rear tire may wear out first, but a new set will give you better handling and may make your motorcycle feel new again.

Tires are the second-most frequently incurred expense in motorcycle maintenance after oil changes. While quality tires aren't cheap, they're worth it considering what rides on them. To discover more ways you can help protect your bike—and yourself—get a free, quick quote from Dairyland® today.

Till next time, ride safe!

Source: <https://www.dairylandinsurance.com/motorcycle/on-the-road/safety/how-long-do-motorcycle-tires-last> The general information in this blog is for informational or entertainment purposes only. View our blog disclaimer.



VIRGINIA RIDER MAGAZINE

Remembering Greg Grifana



Motorcycle Enthusiast, builder, fabricator and Professional ISCA Certified Car Show Judge, established GS Grifana Car shows Inc. thirty eight years ago.

Former Founding Father of the Northern Virginia Street Machines Car Club in Fairfax Virginia

1977, Greg dedicated his life and passion to drag racing, motorcycle riding, and car show judging. Greg had a true passion for the motorcycle world, and this was shown in his bike build of a 2000 HD Ultra Classic Motorcycle, which he later named, "The Escape Carnival Ride". This bike, better known for its extensive chrome, chrome flames, Cadillac tail lights, and very unique built-in oil cooler system with a crash bar engine guard, which was anything but "Stock."

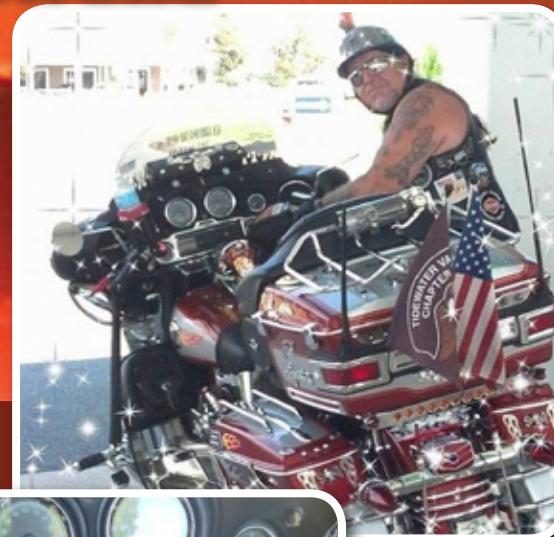
Greg took great pride in turning all his own wrenches and doing all his own metal work, electrical repair and mechanical repair. With a Kendall Johnson Motor, 122 HP to the back wheel, LS2 Chevy Injectors and 140 Big Pig Kit. This clearly is a one of kind motorcycle which profoundly demonstrates the "Power of the Build."

Greg always believed in taking his work to the next level, and by adding more power, this set his motorcycles apart from the rest. Greg even added an original piece of art to the bike with a "Jimmy Shine" dual dice shifter knob mounted directly to the gas cap cover of his Ultra Classic Bagger.

Over the years Greg had the opportunity to meet many famous bike builders that shared his same passion and talents. Jesse James, Billy Lane, Indian Larry, Arlen Ness, Rick Fairless, as well as the Teutuls from OCC Choppers, just to name a few. Greg's Ultra Classic has been shown in various motorcycle magazines and photo shoots over the years, as well as participated in several bike shows and charity events on the east coast. His motorcycle was even filmed in one episode of My Classic Car with Dennis Gage, and most recently filmed in a YouTube Video with The Coastal Virginia Auto Show in 2021.

Sadly, Greg Grifana passed away January 31, 2022 of COVID 19, but he leaves behind a legacy of talent, dedication, and passion for the freedom to create rolling works of art. Greg's motto, "If you can't fix it, hit it with a bigger hammer!" and always remember, "Shiny side up, rubber side down."

Greg Grifana, GS Grifana Car shows Inc, gone but not forgotten.



EASY DOES IT

Good Food Simply Made

JALAPENO POPPERS

Good food doesn't have to be complicated! Three ingredients is all you need to enjoy this good eats! This delectable combo of peppers, cream cheese & bacon is super easy to make & only takes a couple of minutes to prep. This is the perfect appetizer, side or snack for any season that will have your tastebuds begging you to make more.

Here's your 3 ingredient line up:

- 4 jalapeños
- 8 slices bacon
- 8 oz cream cheese, softened

Here's all you do:
Preheat oven to 400°F (200°C).

Slice the jalapeños in half, then remove the seeds by scraping out the insides using a small spoon.



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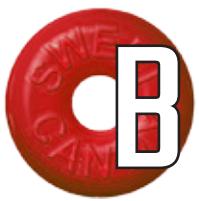
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Spread the cream cheese evenly among the jalapeño shells.

Wrap each jalapeño in bacon.

Place the bacon-wrapped jalapeños on a baking sheet lined with parchment paper. Bake for 20 minutes, until bacon is browned and peppers are tender. Makes 8 poppers.

Bon appetit!



BIKE SAVERS

with John Peterson



HAUNTED HOUSES

(Start playing Michael Jackson's 'Thriller' in your head, here).

I know it seems a little weird to be writing about haunted houses in May, but oftentimes it seems when you're saving a bike that's what you come across – a bike that's been relegated to the darkest recesses of whatever tomb you find it in, gathering dust and time as spiders with deep red eyes skitter across their webs in the dark as time weaves its inexorable finger on its metal skin...or something like that.

Very 'dramatic', I know... but plausible, if you have an active imagination.

But that's also part of the fun of saving an old bike, least for me. I always think that pulling a bike out into the sunshine after God knows how long starts a curative effect on it – like it kind of knows what's going to happen and is anticipating the big massage you're about to give it... I know, I'm weird. It IS just a machine, after all – or IS it??

But the 'haunted house' thing comes into play when you start your initial assessment – looking the bike over, cleaning it up, spraying the nuts and bolts with PB Blaster to loosen them up a little and hoping those teeny-tiny screws in the gauges - or elsewhere - aren't time-welded to their threads and don't strip out the minute you lay a screwdriver in the soft cheese of their heads.

(pic of gauge screws??)

The fun part, for me at least, is when I start taking off the bigger parts – the side covers, the headlight, taking the forks apart and seeing what falls out of them – more on that in a moment - and assessing what you're going to need to bring this bike back from the grave.

Case in point is the black 1962 Honda CA77 I had, which I wrote about in a previous column. I had gotten it from a guy in West Virginia who said the bike had spent a great portion of its time resting under an outdoor shed that didn't really cover it all that well. I had bought it for the gas tank, a rare seamless model that I was going to use for another project I had until I opened up the cases and saw what

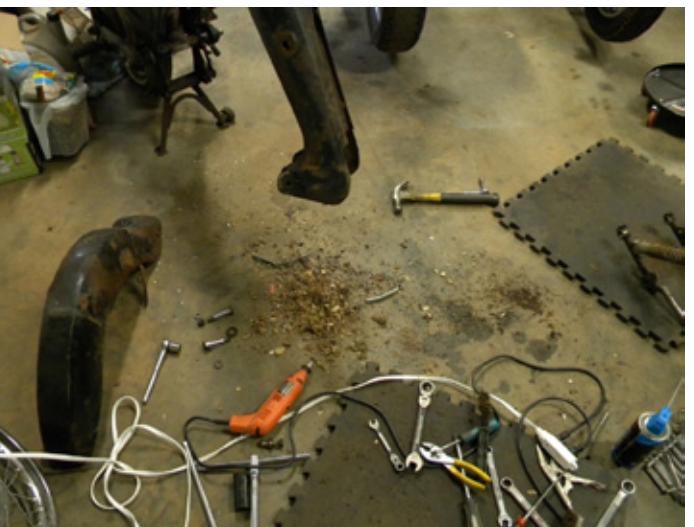


great condition its innards were in.

This is the way it looked when I first opened up the left case...not too shabby, eh...? Although if you look hard enough you can see time and rust had turned the center stand into a rusty shiv...

In the process of tearing her down, though, (and the inspiration for this month's column) I started to find all sorts of scary stuff that I was actually looking forward to clearing away and getting her to shine once again.

The forks, for instance -- after I finally got the wheel out, look at all the spooky crap that dropped out of them...!

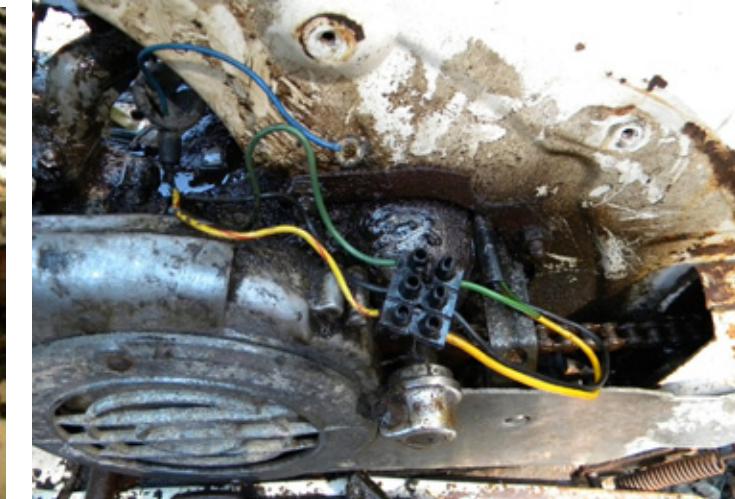


Not to mention the cute little Black Widow spider that came out with it – which to my adrenaline-filled surprise I first found crawling up my ARM (!), ostensibly headed for my jugular. I brushed her off and she rappelled down to the garage floor where...well... it didn't end well for her.

And the forks – that front fender you can see above was hiding a bigger secret which I was a bit concerned to see, if only for the knowledge that I was going to have to shell out more money to find a replacement -



Yeaahhh...bad things happen when you ride around on corroded forks, though, so it was kind of a 'Must Do'. Check out the cases though – I took off the right side and was greeted by this-



Pretty Spooky, huh...? Cobwebs hanging everywhere, the collected grime of ages...I half-expected to see a little Vincent Price standing in there...believe it or not, all I had to do was hose and brush it out really well and of course replace the chain, and it came back pretty well. The rotor and stator worked fine!

More Spookiness: Check out the headlight of this 1968 Puch 250 I picked up: a neat little bike, a two-stroke as a matter of fact, which was cool because I had never before come across a bike that didn't use valves, which kind of blew my mind – but this is what I found when I opened up the headlight - !



Yikes!! Luckily whoever lived there had moved out long ago...but look at the upper-right section – it looks like something out of 'Alien'...the little suckers had spit-wrapped the wire going to the Ignition light so well it remains there to this day, although I did get the rest out – that whole wasp-comb was a good three inches across! The light works, though, so I just left that remaining bit there; call it 'patina'. More OILY spookiness: the first look at a little Puch DS 60 scooter I picked up as a 'fun' thing to work on:

I was really kind of concerned about where all that oily spookiness was coming from - but it cleaned up nicely, I think.



Yes, it still needs a little work – the seat and headlight, obviously, and other bits I'm sure your discerning eye can pick out - but it runs!

So there you have it - haunted houses, with all the scary stuff cleaned out to roll once again with a little help from your cleansing hands, to get in there with a flashlight and clean out all those ghosts and cobwebs.

I have no idea if you're into saving old bikes, or are thinking about getting to that dusty, spooky machine in the corner of that deep, dark, place where you can see its pale, baleful eye in the dimness but afraid of what you'll find...but open those doors, pull back those tattered curtains, let some Light in on that forgotten mummy wrapped in the rags of Time and languishing in its dank corner...bring it back to the light of day, put it on the slab...grab your tools, run the wires, give it fluids, charge the electrodes, and BRING THAT MONSTER TO LIFE!!

"Look - it's moving...! It's Alive...! It's ALIVE...! ...IT'S ALIIIVE!!!"

Now that wasn't very scary at all, was it..? (...and think of Vincent Price laughing maniacally at the end of 'Thriller' here...).

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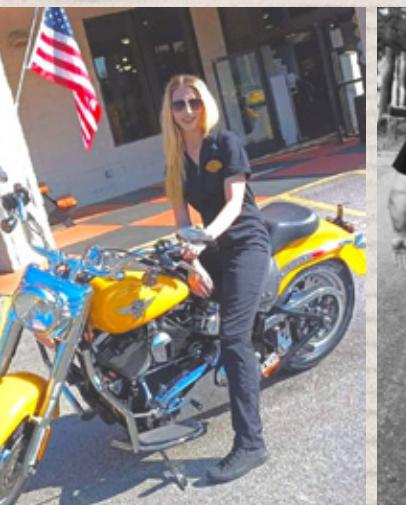
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Dress Right for Your Next Motorcycle Road Trip

The clothing you wear when you're riding is a matter of personal preference. For many riders it depends on the weather, what's most comfortable and the level of protection they want while on their motorcycle.

The majority of frequent riders aren't deterred by weather, which is why there are a lot of gear options for motorcyclists facing all types of temperature extremes.

Summer Motorcycle Riding Clothes

If you do want additional motorcycle accident injury protection and comfort in triple-digit temperatures there are an array of mesh, perforated and airflow-optimized jackets and riding pants that provide both armor and breathability.

These jackets and gloves are available at an array of price points. Higher end stuff will undoubtedly set you back a few hundred dollars, but there are some mesh jacket options available for around \$100.

Moisture-wicking shirts and underwear, ventilated gloves and boots and mesh or vented jackets can still provide better protection than a t-shirt even though they are made of lighter weight and more breathable materials than heavier armors or leather.

Some riders prefer full-length gloves and long-sleeve shirts or jackets for added sun protection. Light-colored clothing is usually a plus for reflecting heat rather than absorbing it.

Base layers that are both stretchy and snug fitting also provide a bit of compression, which promotes better circulation. You might be surprised how much the light compression can help you feel more alert and stave off fatigue. If what you're wearing helps you stay more alert, you may also feel less inclined to consume a lot of caffeine, which will help prevent caffeine-induced dehydration.

Another piece of gear that will help stave off dehydration are the hydration packs popular with hikers and runners. If you want to minimize stops on your ride, these little backpacks can be a lifesaver. Some riders also like racing gear, like motorsports one-piece mesh suits, for their simplicity, strength

and breathability. These suits cover your whole body, so you don't have to worry about wearing a bunch of extra layers or other protective clothing if you don't want to. The mesh versions of these one-piece suits also provide great ventilation and protection from sunburns.

What you wear when you ride is up to your personal preference. There aren't really laws requiring you to wear leather jackets or jeans, so wear what makes you comfortable from both a temperature and safety standpoint.

Road Trip Gear

Riders embarking on long road trips, especially cross-country trips that will include a lot of environment and elevation changes, may need to be prepared for both hot and cold temperatures. Packing light and dressing in layers is always a plus. A lot of your riding clothes can function in both hot and cold weather scenarios – just peel off layers as things get hotter and put some back on when the temperatures drop.

The more clothes you have on you the less room they'll take up in your saddlebags, just don't wear so many layers that your movements are restricted. It's also a good idea to keep some kind of waterproof nylon or polyethene bag in your saddlebags so you can separate wet top layers you remove from your dry clothes.

No Amount of Protection Will Prevent All Motorcycle Injuries

Protective gear may be able to reduce the severity of motorcycle accident injuries in some circumstances, but there's only so much clothing can do. If you or a loved one have been involved in a motorcycle accident while riding in Virginia, South Carolina, North Carolina, West Virginia or Georgia, the motorcycle accident lawyers at the Motorcycle Law Group will fight for the compensation you deserve.

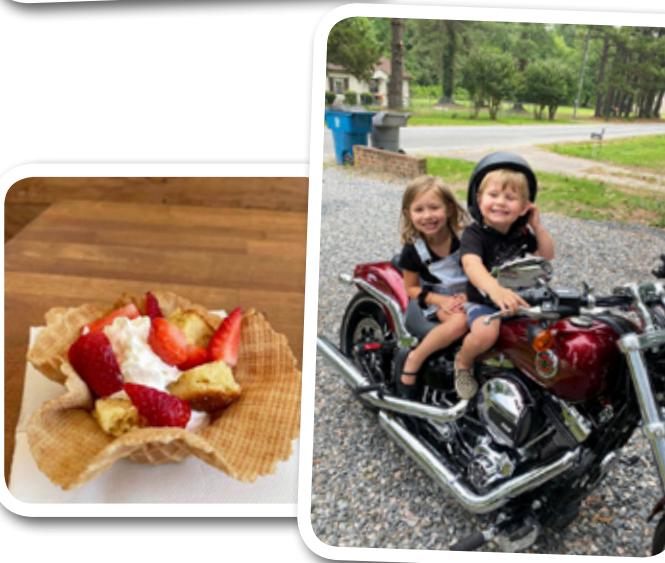
Contact us at (855) 529-7433 for a free initial consultation.

Congratulations Kristy And Logan Just married



Took a great ride to Graham's Ice Cream,
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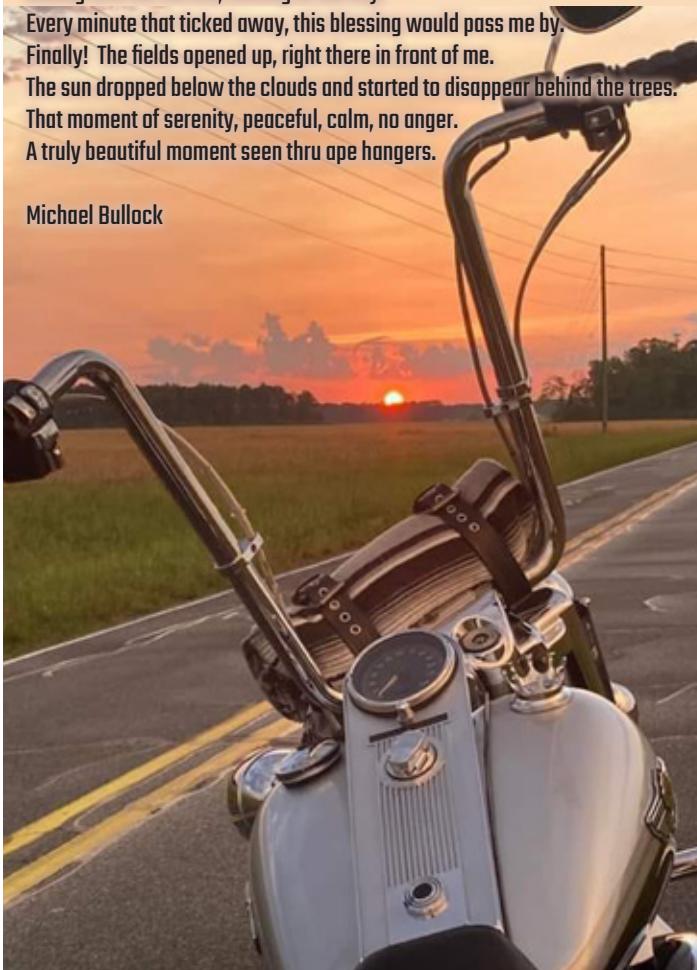
-Chris Martin



The View

The view behind bars, what a sight!
I had to stop and admire it, on my way home tonight.
The sun was setting, going down fast!
I was riding hard, and I knew it wouldn't last.
The sun was dipping behind the clouds and I rolled on the gas.
I gotta see this, I just can't let it pass.
Rolling thru the curves, looking at the sky.
Every minute that ticked away, this blessing would pass me by.
Finally! The fields opened up, right there in front of me.
The sun dropped below the clouds and started to disappear behind the trees.
That moment of serenity, peaceful, calm, no anger.
A truly beautiful moment seen thru ape hangers.

Michael Bullock



HELPING HANDS

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Thursday June 9th: Gates Open at Noon.

Campers & Vendors set up * Free admission

* Live Music by Tobacco Road Band Thursday Night

Friday June 10th: Gates Open at Noon.

Food & Other Vendors on Site * Red Line Dyno

* Friday Night Cruise-in 4pm to 8pm

Show off your ride! Cars, Trucks & Bikes!

* Free Admission for Cruise in participants! * DJ Sound Dog!

Compete in the Loudest Bike competition! * Bike Wash

* Live Music by Moonshine Sons Band @7pm.

21 years & Over after 8pm.

Saturday June 11th: Gates Open at 7am.

21 & Up All Day. Registration for ALL Events of the day start at

8am * Poker Run – first bike out @ 10am Live Music by Tobacco

Road Band 12 noon to 4pm * Red Line Dyno All Day Compete in

the Loudest Bike Competition! * Bike Show

* Bike Audio Sound Show

Rodeo Events & Burnout Pit * Bike Wash

*Live Music by Tobacco Road Band 4pm-7pm and Ain't

Misbehavin' @7pm Saturday Night.

Proceeds from this event will benefit the Barksdale Cancer

Foundation and the Mecklenburg County Cancer Association

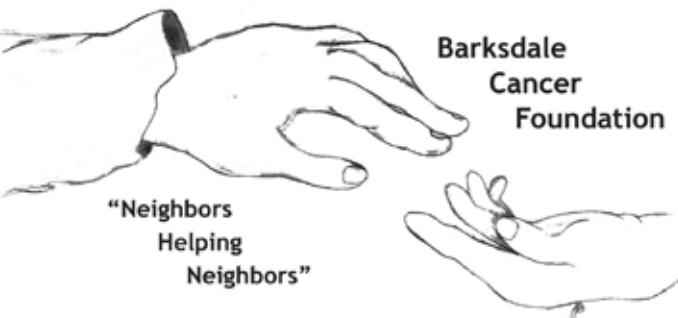
Located at the Fire Training Grounds @534 Jonbil Road, Chase

City, VA 23924 Find us on Facebook

If you have any questions or need further info please contact

Lee Brankley at (434) 210-1503.

SOUTH CENTRAL BIKE FEST BENEFACTORS



The Barksdale Cancer Foundation

The Barksdale Cancer Foundation was founded in 1999 after the Barksdale family from Phenix, Virginia lost three family members in a four-year period to cancer. Its sole purpose is to help cancer patients in Charlotte County, Virginia who need financial assistance in dealing with this dreaded disease. To date the 501(c)3 organization has given out more than 200 grants totaling more than \$125,000. For more information on this organization, call Wendy S. Lankford at 434-470-1538.



Mecklenburg County Cancer Association

Mecklenburg County Cancer Association (MCCA) is a 501(c)3 organization founded in 2006 by Wendell Watterson after winning his battle with cancer with the mission to assist cancer patients in Mecklenburg County, Virginia by providing financial assistance to help defer the costs associated with fighting cancer. For more information regarding MCCA go to: www.mecklenburgcancer.org.

2022

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• 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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FIT FOR THE ROAD

Easy Exercises for Long-Distance Motorcycle Riding

Long-distance motorcycle riding requires good physical condition and stamina. Motorcycle riding is a fun and adventurous activity, but when you have to ride for hours, it can be challenging if you don't exercise regularly.

Here are some easy exercises to help you avoid neck, back and butt pain after long-distance motorcycle riding and they will help your body to become stronger. These exercises include the core, quadriceps, hamstrings, biceps, and calves which you use most when riding.



- Pushups: It helps to tighten your chest and shoulder muscles. This will help you have better posture when riding a motorcycle for long hours. Push-ups also make the arms stronger which is important when using clutch or engine braking while turning a corner.



- Squats: These exercises are helpful in strengthening your thigh and gluteal muscles which are critical when riding a motorcycle.



- Swimmers Exercise: Swimming is very helpful for motorcyclists. For example, Dolphin kicks help exercise the movement & strength of your feet for when you want to clutch the bike with both of them instead of just one leg.
- Sit-ups: Sit-ups are one of the best exercises for those who want to

ride a motorcycle. This exercise can help you strengthen and tone your abs, back muscles as well as your shoulders. Moreover, it will get rid of any postures that might create discomfort while riding on a long-distance trip. Doing these exercises regularly will help you get a good solid posture and build strong back muscles.

- In and Outs: This exercise is usually done by athletes. It's a simple one – all you need to do is bring your knees in and out, back and forth while sitting on the ground or chair with your feet touching each other.

3. Other Exercises

- Swiss Ball Squat Squeeze: This exercise requires an exercise ball and you have to squat in one position. You then have to squeeze the ball hard while squatting, hold for a few seconds, and release it when getting back up.



- Side Box Step-up: Stand side-on to your bench, either with or without dumbbells, and place the nearer foot on the bench, leaving enough space on the bench for your other foot. Drive up and stand with both feet on the bench, then step down to the same side you came up from. Try to do 2 or 3 sets of repeating up to 10 times then switch legs.



- Drop Lunges: In an upright position, reach forward with the hands and step back across your body at a 45 degree angle. Descend until your back knee touches the floor. Push off the front leg and return to the starting position. Repeat for the desired number of repetitions on both sides.

- Towel Hammer Curls: Grab a medium-weight kettlebell. Wrap a towel around its handle, then grasp the ends of the towel, using a neutral grip. Stand with the load, core tight, glutes squeezed, and shoulder blades tight. Keeping your upper arms as still as possible, bend at the elbows, curling the weight up until your forearms are parallel with the ground. Pause. Lower until your arms are nearly straight, then curl the weight as high as possible without lifting your elbows. Squeeze your biceps and forearms at the top. Lower back to the start. That's 1 rep. Do 3 sets of 8 to 10.

- Mountain Climbers: This is another exercise that you can do without using any equipment, just a good floor, and your own body. This exercise looks similar to push-ups but you have to move your legs like you are running.

- Standing Quad Stretch: This is another easy and funny exercise to do if you have to ride a motorcycle for long distances. This is not an exercise but a stretching technique. This stretch can be done by standing up and bending your right leg back while holding onto the knee with both hands, then you have to put pressure on that heel using your left foot for



about ten seconds before switching over. This stretch is mostly done to reduce the pressure in your inner thigh.



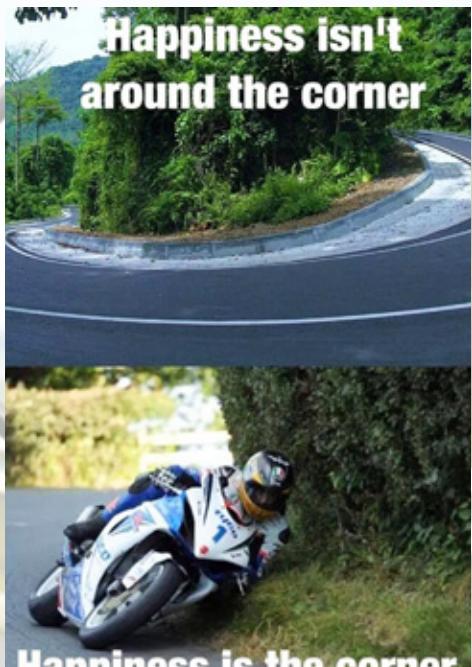
- Seated Hamstring Stretch: A hamstring stretch is a super easy exercise that you can do if you have to ride a motorcycle for long distances and it feels really good. You just need one leg, which means either left or right one and you have to sit on the floor, then lean forward as much as possible.

There are so many great exercises to help your body get stronger & more agile for endurance which will help you be a better rider. We'll be covering more in upcoming editions but these are great to get started with. Be all you can be so that you're fit for the road. Stay safe!

Source: <https://hotvehs.com/exercises-for-long-distance-motorcycle-riding/>



This is how we do it!



Happiness isn't around the corner





WINKY & GREB



It all started with my first German Shepherd Dog (GSD), Winky. I raised him to ride. In ten years we put on 96,000 kilometers/ over 60,000 miles. We rode from Alberta, Canada to Las Vegas six times taking different routes all the time. We rode into Tombstone three times.

Over the course of time, Winky gathered a huge following and I had to give him his own face book page. Winky rides was his original page which is now @Winky rides/Greb Glides.

I had a pup ordered from Royalair Shepherds in Grinnell Iowa for Winky to train. I lost Winky and waited three months for Greb's litter to be born. The second picture I saw of Greb I knew he was the one. I had to pick online as I'm in Alberta, Canada. I had first pick on the litter.

I flew down and picked up Greb at 9 weeks old. He had his first ride at 3 months old. I just realized the other day that Greb actually was born to ride.

Greb flew from Des Moines to Chicago, then to Calgary and from there to Fort McMurray in a carry on kennel under the seat in front of me. The noise and vibration probably helped to get him ready to ride in hindsight.

Greb's first ride was in a Bushtec trailer and then I had a Car Replica trailer, "The Grebmobile", made for him because he was growing so fast.

Later we bought a 1194 Heritage Softail with a sidecar and then a 2014 Indian Chieftain with a sidecar.

Greb is four and has logged 35,500 kilometers/over 20,000 miles. He has ridden to Las Vegas and Tombstone once in the Grebmobile and once in his Indian sidecar.

Greb is named after American boxing legend Harry Greb, an amazing character and story. He is 115 pounds, scared to death of cats, and loves to howl with Linda Perry on "What's Up." Also, with Taylor Momsen on "Take me down". His videos are on his page.

He loves to stick his head up and fill his chops with Wind. I call it his "Gumflap". Our city celebrates "Winky Day" every year on June 6th, Winky's birthday. We



do a memorial ride and our local SPCA has a day of events for pets and families. I get an official proclamation every year proclaiming that its officially Winky Day.

Winky started raising money for the SPCA by selling t shirts and then doing sponsored rides. He raised over \$30,000 before he passed. The total is over \$143,000 at the moment with Greb as frontman. Winky has shirts in 19 countries and Greb has his in 11 countries.

Greb does a yearly ride for cancer every year and his total is over \$11,000 so far. He is a PAWs therapy dog and has portraits by a local artist all over Canada and the United States of America.

He hides my socks out of the hamper when I'm working. Lol You can see all of this on his page as I mentioned.

We couldn't ride to the US last year because of COVID so we rode to every Harley shop in Alberta. 10 in total.

He has a girlfriend named Fallan, she's also a GSD. We call them "Greblan". They do a charity event for local youth called, "The Justin Slade Youth Foundation", that is ran by Fallan's mom, Cassandra Slade, a dear friend and dog lover. Her daughter has her own sled dog team, "Mush McMurray" and races in some big races here in Canada. .

Greb and Winky have been featured in local magazines, radio and tv as you can see on his page.

The pictures here include one of Winky and I on our last ride which was featured on Cheech and Chong's Facebook page. Greb has, T shirts , bandanas, hats, calendars, magnets and stickers as well as limited art prints with all proceeds going to his charities.

<https://www.facebook.com/Winky-rides-Greb-Glides>
THANK YOU so much to Winky and Greb's dad,
Allan Alexander Mac Donald (Sandy), for sharing with us!



GOOD FOR YOU BE COOL IN BED

Sleep is essential for a person's health and wellbeing, yet millions of people do not get enough sleep and many suffer from lack of sleep. The warmer temperatures are already upon us and we're not even into June yet! When it's too hot to sleep, get cool - Lowering your body temperature before you sleep is one of the best ways to help you get a good restful night's sleep.

Ideally bedrooms should be around 60-65°F but if, at nighttime, the outside temperature remains higher, or your bedroom has retained the heat from the day, it can be difficult to keep cool. Your body temperature needs to lower slightly before you go to sleep which is why it's difficult to drop off when you're too hot."

If you have trouble sleeping in the heat, here's some simple and effective tips from The Sleep Council to help you stay cool and comfortable in bed this summer;

Tips to stay cool and sleep

- Open windows and doors to create a cool draft through your bedroom.
- Keep curtains or blinds drawn during the day to keep the sun out and your room cooler at night.
- Get rid of the comforter and heavy blankets and sleep with just a cotton sheet. If you need a little more, choose a lightweight blanket that doesn't hold in heat.
- Sleep naked – in addition to being more comfortable with no clothes on your skin, you'll have improved blood circulation which is good for your heart & muscles. It also reduces stress.
- If sleeping naked is just too much to "bare", wear light cotton nightwear – this may feel better than wearing nothing at all as natural fabric (cotton) will absorb any perspiration.
- If you've got long hair, tie it back. Hair around your neck can make you feel warmer in bed.



- Have a cool shower or bath before bedtime to lower your core body temperature.

- Drink plenty of cold water during the evening and keep a glass by the bed. * Try not to drink a lot within 2 hours of bedtime or you'll be awakened by a trip to the bathroom

- Avoid too much caffeine, alcohol or a big meal before bedtime as this can make you feel hot in the middle of the night because of dehydration and over-active digestion.



- Cool a pillow case in the fridge before bedtime or try one of the new cooling pillows that are available to buy – both will help you keep a cool head!

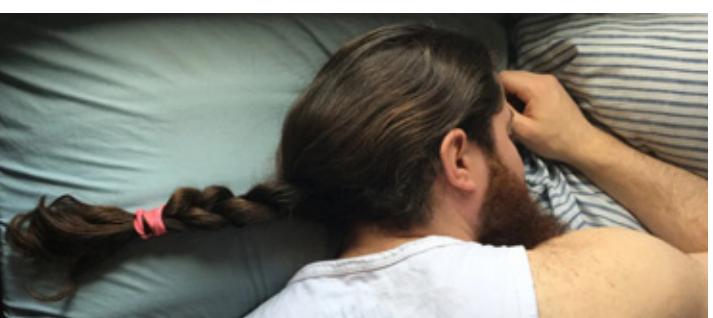
- Also, try putting socks in the fridge and wear them in bed – cooling your feet lowers the overall temperature of your skin and body, ideal during a hot summer's night.



- Use an electric fan to cool you down at night. If it's really hot, put a tray of ice and a little water in front of the fan which will cool the air even more.

- If you share a bed, make sure it's big enough for two people so you can sleep without disturbing each other – a 5ft wide bed should be your minimum.

When your room is cool you are more apt to quickly fall asleep and stay that way. Sleeping in a cool room at night is so good for you and it helps you to get better sleep, and when your body is well rested, then it will work more efficiently. Pleasant dreams and stay cool!



EXTRAORDINARY

We found some EXTRAordinary helmets with the emphasis on the "EXTRA"! Would you head out on the road in any of these?



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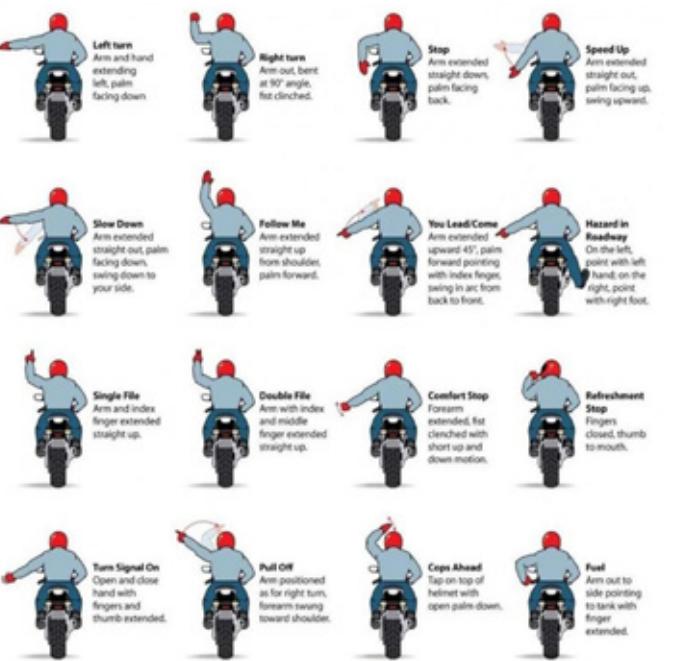
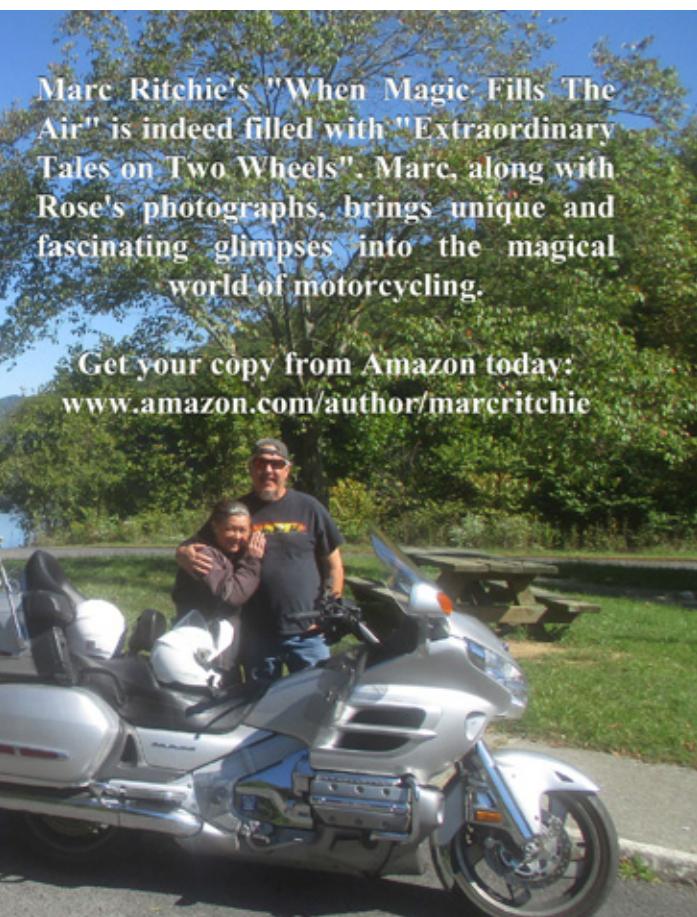


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WHEN MAGIC FILLS THE AIR

Extraordinary Tales on Two Wheels

MARC RITCHIE



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

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

In which of the following situations should you increase your following distance to four seconds?

- (1) The pavement is slippery from rain or snow.
- (2) The roadway has more than one lane.
- (3) There is very little traffic.



Explanation: While a three-second following distance is generally recommended, you should increase your following distance to four seconds if riding under conditions that may create longer stopping distances than usual. When the road is slippery, increase your answer: (1) The pavement is slippery from rain or snow.

When looking through a turn, you should:

- (1) Turn both your head and your shoulders to get a better look.
- (2) Only move your eyes, not your head.
- (3) Turn just your head, not your shoulders.



Explanation: When turning, look through the turn to where you want to go. Turn just your head, not your shoulders, and keep your eyes level with the horizon.

A sign that your front tire has gone flat is that your steering suddenly feels:

- (1) Heavy.
- (2) Loose.
- (3) Soft.



Explanation: If steering suddenly feels heavy, it is possible that your front tire has gone flat. Stop riding and check your tires as soon as possible.

Answer: (1) Heavy.

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Check out the local chapter nearest you at abateva.org
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