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Serving the Riders of Virginia & West Virginia

MAGAZINE

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THE HEART OF FALL
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FALL BACK
End of Daylight Saving Time
"Turn your clocks back one hour"
Sunday 2 a.m.
November 3rd
At 2 AM on Sunday, November 2nd, 2025





Greetings friends! It's great to have you with us for our fall edition of Virginia Rider! This is such a beautiful time of the year to get out & ride. Most of you have already broken out the heavier riding gear to keep you warm as the cool autumn temps settle in. Up in the higher elevations, many of you are already packing the heated gear, as those mountain temps can make for a brisk but exhilarating ride while you take in those gorgeous views of the fall foliage!!!!...thanks to the annual fine arts show, compliments of Mother Nature!

We've got some great info for you in this issue, including how to handle some of the special challenges that the fall season brings & much more!

As the days grow shorter and daylight saving time makes its way to us on November 2nd, the early darkness has a major effect on our bodies that many of us don't even realize. We have a great article that may help keep you fit for the road as you adjust to the changes that getting darker earlier can bring.

Pumpkins are in just about everything this time of the year so we thought you might like to know that pumpkins are really good for you!

Do motorcycles really make you stronger & smarter? You might be very surprised at what we found out is the answer to this!

There's plenty more good reads packed in this issue, so we hope you'll enjoy relaxing in the pages ahead.

Two of my favorite events are coming up! First, The 23rd Annual Swamp Roar Motorcycle Rally on Oct 12th – this was my very first charity ride that I ever rode in back in 2004. It's a beautiful scenic ride that you are sure to enjoy & ends with admission to the Suffolk Peanut Festival...lots of fun! Then on Oct 19th is the 24th Annual Sherri Parker Memorial Poker Run and Bike Show. THIS event is awesome! You get to ride in the poker run, then in the parade of bikes going into downtown Driver for their Driver Days Festival, then the bike show with door prizes & vendors...it's such a fun event to gather with amazing people to honor & remember an iconic member of our motorcycle community, Sherri Parker, who was taken by a hit & run driver years ago. Her sister Holly is the heart of this event each year..she keeps the love for Sherri alive & cherished by riders everywhere...please try to attend! You'll want to come back again next year for sure!

Stay safe out there friends & if you need ANYthing, just let us know...we are here for YOU!

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE Virginia and West Virginia have some of the most iconic and well-known routes for motorcycle riding in the world. We take a look at twelve of them in this month's article. You owe it to yourself to get out and experience the wonderful landscapes and diversity of terrain, from the mountains to the beaches.



DO MOTORCYCLES MAKE YOU STRONGER & SMARTER As a rider, it probably doesn't come as news that motorcycle riding is not only good for the body, but also the brain. Now science proves that riding is a healthy, low-impact, aerobic sport activity that activates the prefrontal areas of the brain, keeping it functioning at peak levels.



THE BIKE SAVER Have you ever been working on something with your hands & then it slips through your fingers & onto the floor?...then when you go to look for it, it is nowhere to be found, like it just vanished? If so, you're ot alone... John P tells us about his experience with that type of phenomenon going down at his Bike Saver shop with "The Magic Floor", in the pages ahead.



MUSIC AND MOTORCYCLES "Ride the Wind" is a song by American glam metal band Poison. The track is one of several that reflects the band's maturing songwriting. The lyrics are similar to those found in Western music. "Ride the Wind" reached number 25 on the mainstream rock charts and the 38 position on the Billboard Hot 100.



GIVE 'EM PUMPKIN TO TALK ABOUT It's technically a fruit since it contains seeds. But in terms of nutrition, it's more like a vegetable. We're used to seeing it in soups, pies and breads but many pumpkin eaters, including Peter, were unaware that this humble fruit is super nutritious and has a huge range of health benefits!



THE LIGHTHOUSE When someone tells you about a problem they have or a situation they are in, there is a tendency to want to offer lots of advice or maybe just share some experiences. But sometimes the very best solution is to sit quietly with the person and simply listen to what they're going through and letting them know you see and hear them.



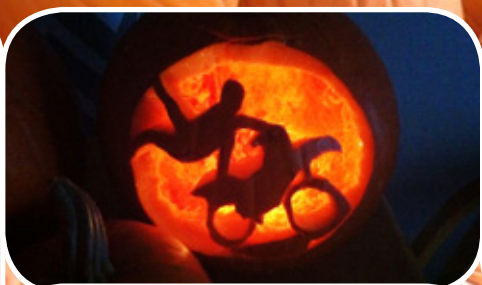
HOW DAYLIGHT SAVING TIME AFFECTS RIDERS An extra hour of sleep sounds like a gift. Whether you get that extra sleep or stay up later is a personal choice. The return to standard time means the sun will rise and set an hour earlier, with the hours of daylight continuing to shorten until the winter solstice. Does this one-hour time shift affect us as riders?

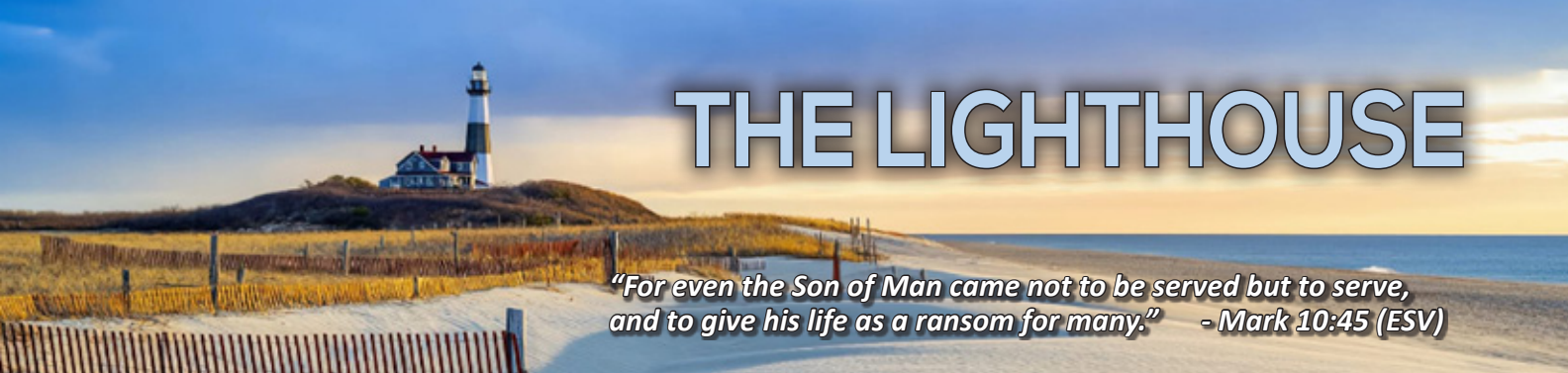
October 2025

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FALL FUN WITH PUMPKINS





THE LIGHTHOUSE

“For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.” - Mark 10:45 (ESV)

Astonishing

“My name’s Joe. I’m 78. Retired janitor from the high school here in Springfield. Forty years mopping floors, fixing leaky faucets, and wiping gum off desks. Last year, I hung up my keys. Felt like a ghost walking around my own house. My wife, Rose, has bad arthritis now and can’t even hold her coffee cup steady. Some days, I’d sit with her, watching her struggle, and think, What good am I? Just taking up space.

Then, one Tuesday last October, I saw her. A girl. Maybe 15. Sitting alone on the curb outside the school gates after pickup time. Head buried in her hands. Rain was coming down cold. Everyone else was gone, kids in cars, parents rushing home. But she just sat there, shivering in a thin jacket. Like the world forgot her.

I didn’t plan it. Just walked over. Didn’t ask “What’s wrong?” Like people always do. Didn’t offer advice. I just sat on my folding camp chair, I always carry it now, lightweight and said real quiet, “Rough day?”

She looked up. Eyes red. Sniffed. “My mom’s in the hospital. Again. And... and my math test was a disaster. And my best friend won’t talk to me.” She choked out the words fast, like they’d burn her tongue. “Everyone just says, ‘It’ll be okay.’ But it won’t. Not today.”

I nodded. Didn’t say a word. Just sat. Listened. Let her cry. Let her yell at the sky. When she ran out of steam, I handed her my clean handkerchief (Rose taught me to always carry one). She wiped her face. Whispered, “Thanks for... for not fixing it.” Then she walked away.

Something clicked in my old heart.

The next day, I brought the chair back. Held a piece of cardboard “FREE LISTENING. NO ADVICE. JUST HEARING YOU.”



First week? Nobody came. Kids stared. Parents sped up cars. One dad rolled his window down “You some kind of creep?” I just smiled. “Nah. Just a tired old man who knows what it’s like to feel invisible.”

Then Stella came back. The girl from the curb. Brought her friend Liam. He mumbled about failing band tryouts. I listened. Didn’t say “Practice more!” Just nodded. “That stings, don’t it?” He nodded back, eyes wide like I’d given him gold.

Word got around. Slowly. Kids started showing up, not for fixes, but to unload. Sarah talked about her parents fighting. Ben, about being scared to tell his dad he’s gay. I’d just sit. Hear them. Say “I’m here.” Sometimes hold Rose’s handkerchief out. That’s all.

The school called me in. Principal Martinez, stern as a ruler. “Joe, we can’t have strangers talking to students.” My heart sank. But then Stella’s teacher, Ms. Rivera, spoke up. “He’s not a stranger. He’s the only one who heard Stella when her mom was in ICU. She told me.” She showed Martinez a note Stella left on her desk, “Joe listened. I didn’t feel alone. -M”

Principal Martinez just sighed. “Okay, Joe. But stay by the gate. And... maybe get a bigger chair?”

People started noticing. Not just kids. Old Mr. Henry, who lost his dog, sat with me. Mrs. Gupta, new to town and lonely, brought samosas. We didn’t solve anything. Just shared the weight.

Then something wild happened. Liam, band kid filmed a 30-second video. Just me listening to Sarah, nodding, handing her the handkerchief. Posted it, “This man doesn’t try to fix you. He just lets you be broken. And it heals you.”

It blew up. Not like celebrities. Real people. Thousands shared it. “We need this.” “I cried.” “Where’s your chair? I’ll sit.”

Now? Every town I hear about has a “Listening Corner.” A park bench (okay, one bench, but it’s not mine!), a library nook, even a bus stop. People just sitting. Waiting. Hearing. No fixes. No judgment. Just “I’m here. Tell me.”

Rose smiles now when I come home. “You found your mop bucket again, didn’t you?” she says, patting my hand. Her hands shake less when she holds mine.

I still sit by the school gate. Yesterday, a new girl came, maybe 12. Quiet. Sat down. Didn’t talk for 10 minutes. Then she whispered, “My brother died. I miss his laugh.”

I didn’t say “He’s in a better place.” Didn’t say anything. Just sat. Listened to the silence with her.

After she left, I looked at my empty chair. Thought about Rose. Thought about Stella’s mom getting better. Thought about Liam playing trumpet at graduation last week.

Funny thing. I spent 40 years cleaning up messes. But the only thing that really matters?

Letting people be messy.

And saying “I see you.”

That’s all we ever need.

Someone to see us.

Someone to listen.

No magic. No fairytales.

Just a man, a chair, and a handkerchief.

Go find your someone today.

Sit with them.

Hear them.

The world gets lighter that way.”

Let this story reach more hearts...

*Please follow us: Astonishing
By Mary Nelson*





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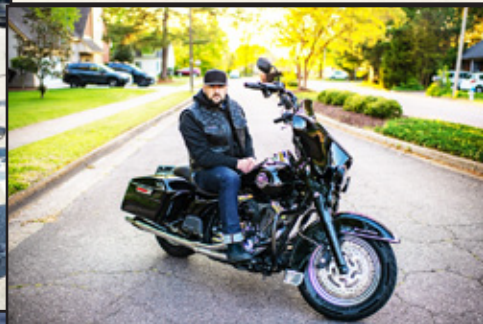
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LET'S DO SOME SHOTZ!!!
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GREAT PLACES TO RIDE

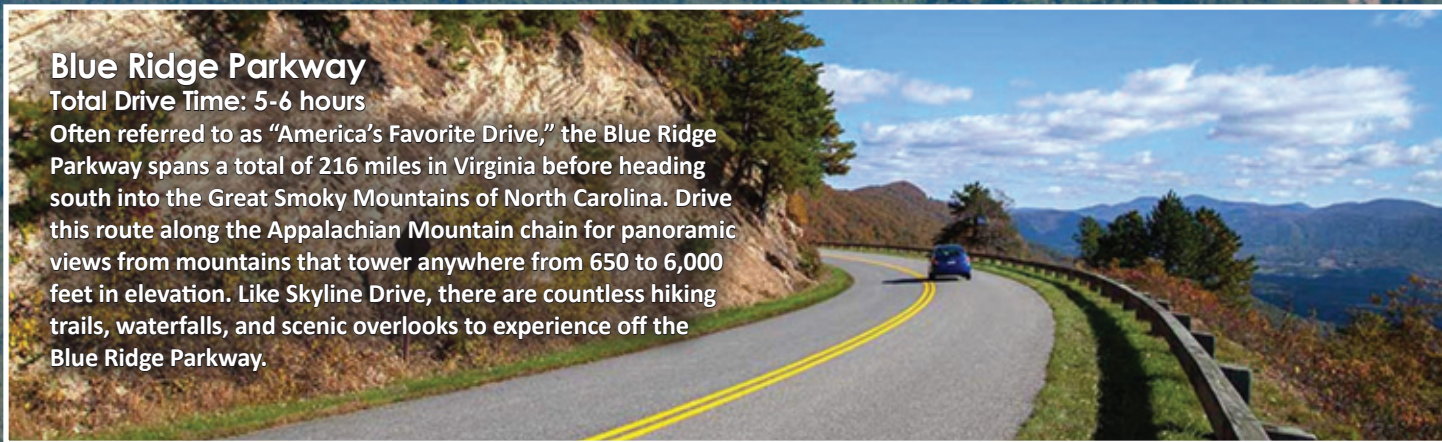
Virginia is for Motorcycle Lovers!

With stunning scenery lining Virginia's roads, any time of year is perfect for a memorable motorcycle ride. Whether you are planning a trip to a specific historic destination or simply looking for scenic motorcycle rides through the countryside, we have a beautiful bike route that will give you the full experience. Hit the road and discover some of Virginia's most unforgettable motorcycle rides.

Blue Ridge Parkway

Total Drive Time: 5-6 hours

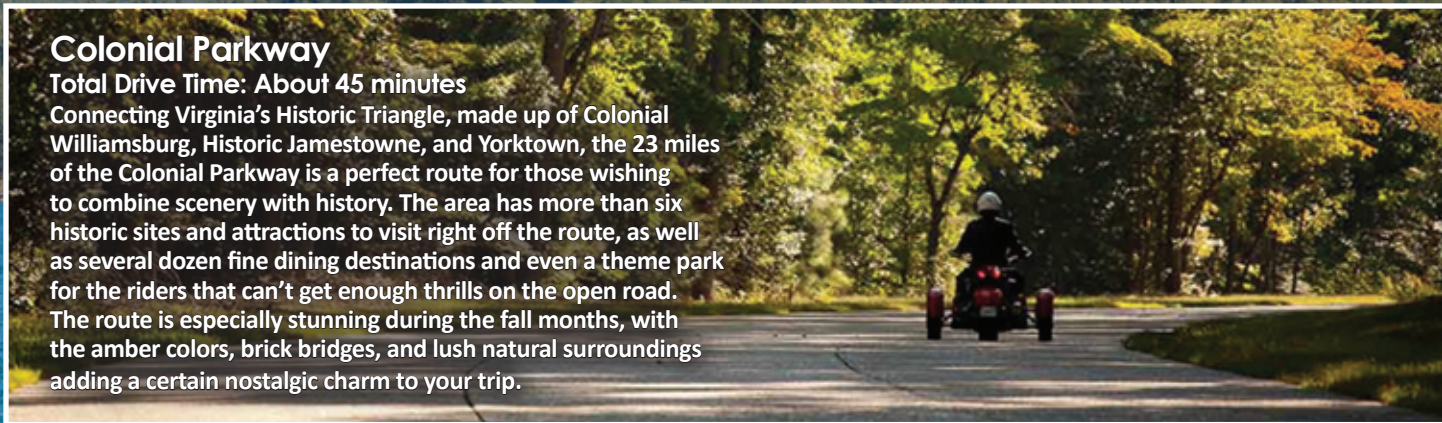
Often referred to as "America's Favorite Drive," the Blue Ridge Parkway spans a total of 216 miles in Virginia before heading south into the Great Smoky Mountains of North Carolina. Drive this route along the Appalachian Mountain chain for panoramic views from mountains that tower anywhere from 650 to 6,000 feet in elevation. Like Skyline Drive, there are countless hiking trails, waterfalls, and scenic overlooks to experience off the Blue Ridge Parkway.



Colonial Parkway

Total Drive Time: About 45 minutes

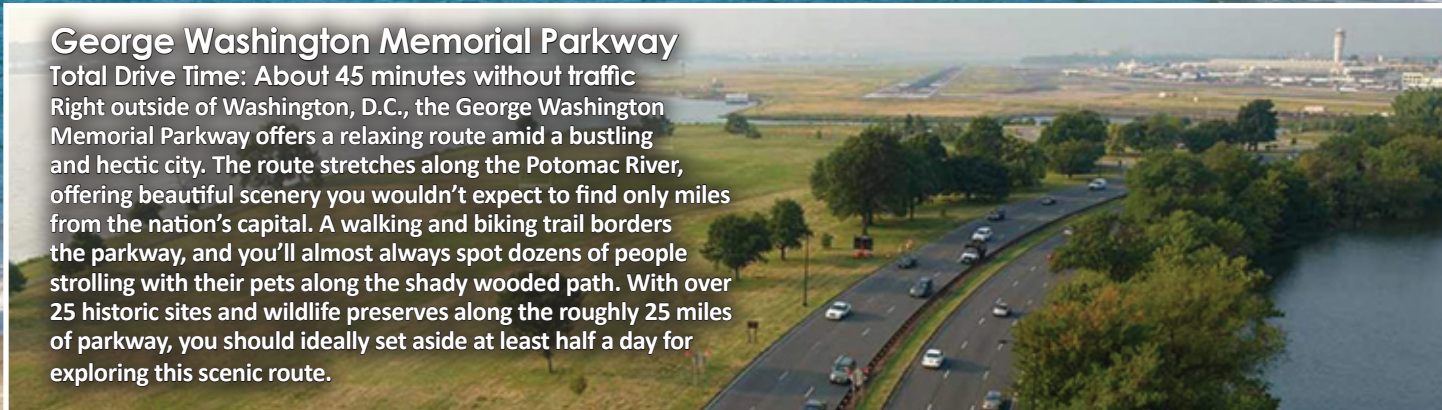
Connecting Virginia's Historic Triangle, made up of Colonial Williamsburg, Historic Jamestowne, and Yorktown, the 23 miles of the Colonial Parkway is a perfect route for those wishing to combine scenery with history. The area has more than six historic sites and attractions to visit right off the route, as well as several dozen fine dining destinations and even a theme park for the riders that can't get enough thrills on the open road. The route is especially stunning during the fall months, with the amber colors, brick bridges, and lush natural surroundings adding a certain nostalgic charm to your trip.



George Washington Memorial Parkway

Total Drive Time: About 45 minutes without traffic

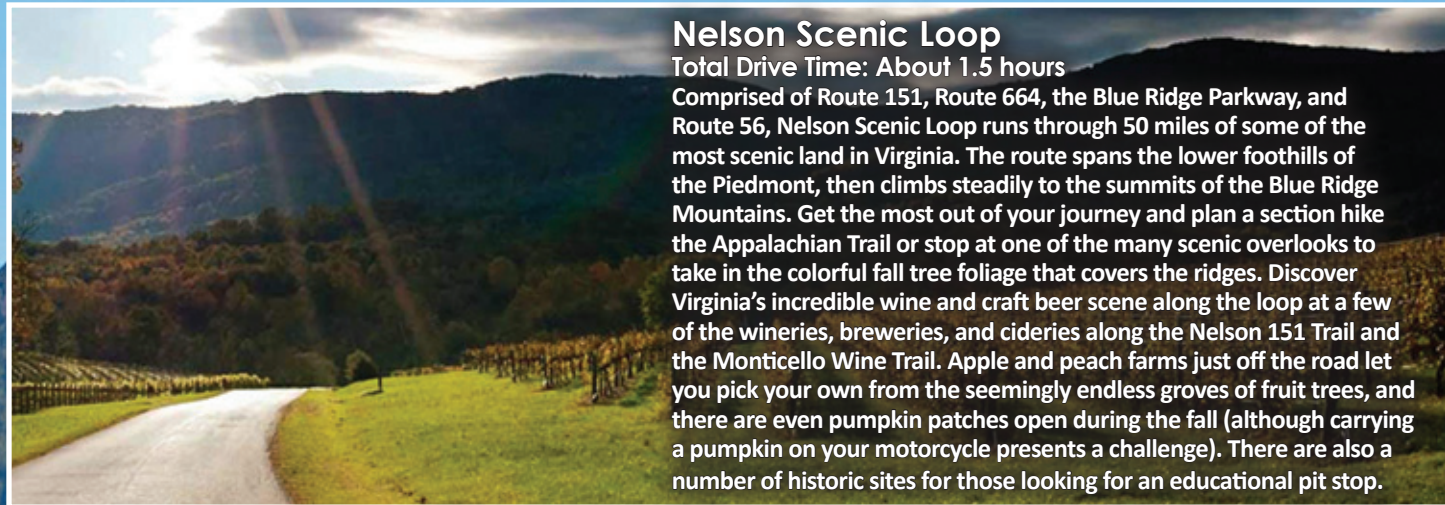
Right outside of Washington, D.C., the George Washington Memorial Parkway offers a relaxing route amid a bustling and hectic city. The route stretches along the Potomac River, offering beautiful scenery you wouldn't expect to find only miles from the nation's capital. A walking and biking trail borders the parkway, and you'll almost always spot dozens of people strolling with their pets along the shady wooded path. With over 25 historic sites and wildlife preserves along the roughly 25 miles of parkway, you should ideally set aside at least half a day for exploring this scenic route.



Nelson Scenic Loop

Total Drive Time: About 1.5 hours

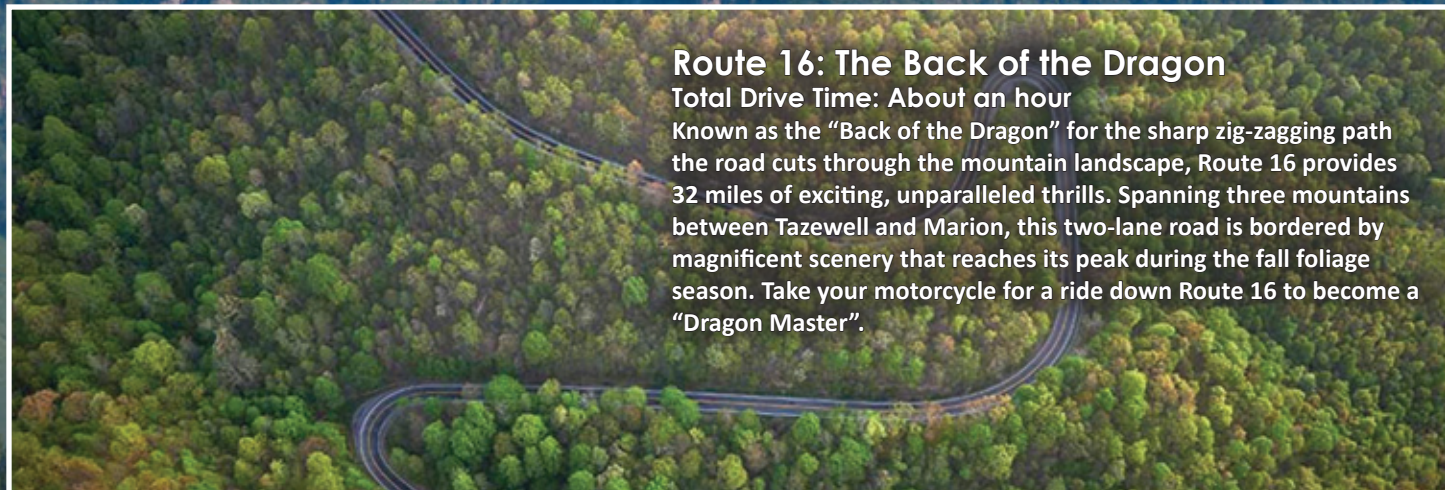
Comprised of Route 151, Route 664, the Blue Ridge Parkway, and Route 56, Nelson Scenic Loop runs through 50 miles of some of the most scenic land in Virginia. The route spans the lower foothills of the Piedmont, then climbs steadily to the summits of the Blue Ridge Mountains. Get the most out of your journey and plan a section hike the Appalachian Trail or stop at one of the many scenic overlooks to take in the colorful fall tree foliage that covers the ridges. Discover Virginia's incredible wine and craft beer scene along the loop at a few of the wineries, breweries, and cideries along the Nelson 151 Trail and the Monticello Wine Trail. Apple and peach farms just off the road let you pick your own from the seemingly endless groves of fruit trees, and there are even pumpkin patches open during the fall (although carrying a pumpkin on your motorcycle presents a challenge). There are also a number of historic sites for those looking for an educational pit stop.



Route 16: The Back of the Dragon

Total Drive Time: About an hour

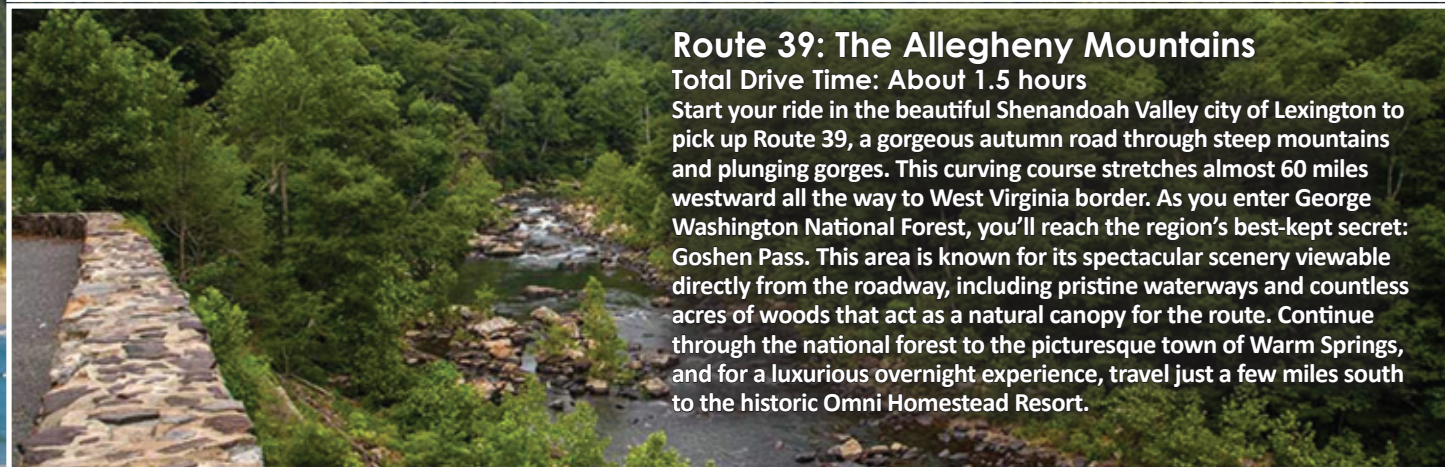
Known as the "Back of the Dragon" for the sharp zig-zagging path the road cuts through the mountain landscape, Route 16 provides 32 miles of exciting, unparalleled thrills. Spanning three mountains between Tazewell and Marion, this two-lane road is bordered by magnificent scenery that reaches its peak during the fall foliage season. Take your motorcycle for a ride down Route 16 to become a "Dragon Master".



Route 39: The Allegheny Mountains

Total Drive Time: About 1.5 hours

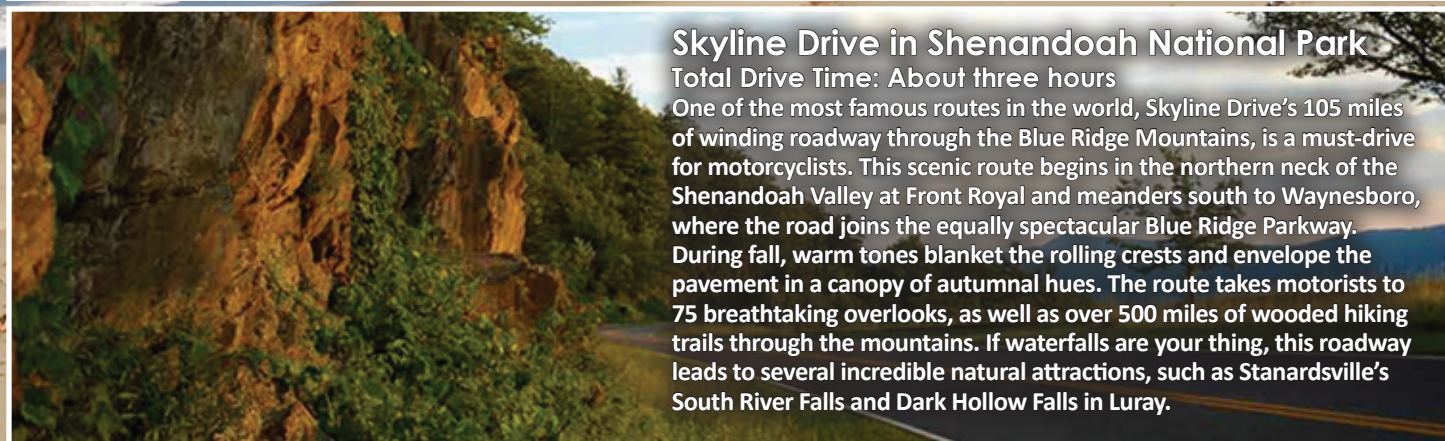
Start your ride in the beautiful Shenandoah Valley city of Lexington to pick up Route 39, a gorgeous autumn road through steep mountains and plunging gorges. This curving course stretches almost 60 miles westward all the way to West Virginia border. As you enter George Washington National Forest, you'll reach the region's best-kept secret: Goshen Pass. This area is known for its spectacular scenery viewable directly from the roadway, including pristine waterways and countless acres of woods that act as a natural canopy for the route. Continue through the national forest to the picturesque town of Warm Springs, and for a luxurious overnight experience, travel just a few miles south to the historic Omni Homestead Resort.

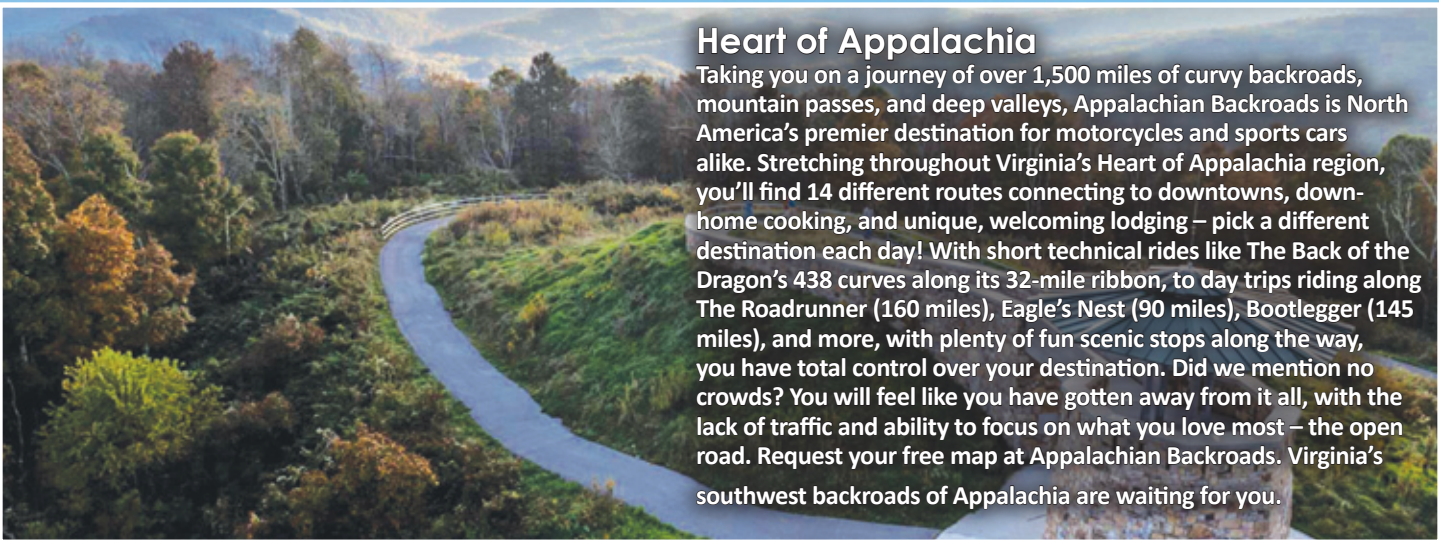


Skyline Drive in Shenandoah National Park

Total Drive Time: About three hours

One of the most famous routes in the world, Skyline Drive's 105 miles of winding roadway through the Blue Ridge Mountains, is a must-drive for motorcyclists. This scenic route begins in the northern neck of the Shenandoah Valley at Front Royal and meanders south to Waynesboro, where the road joins the equally spectacular Blue Ridge Parkway. During fall, warm tones blanket the rolling crests and envelope the pavement in a canopy of autumnal hues. The route takes motorists to 75 breathtaking overlooks, as well as over 500 miles of wooded hiking trails through the mountains. If waterfalls are your thing, this roadway leads to several incredible natural attractions, such as Stanardsville's South River Falls and Dark Hollow Falls in Luray.





Heart of Appalachia

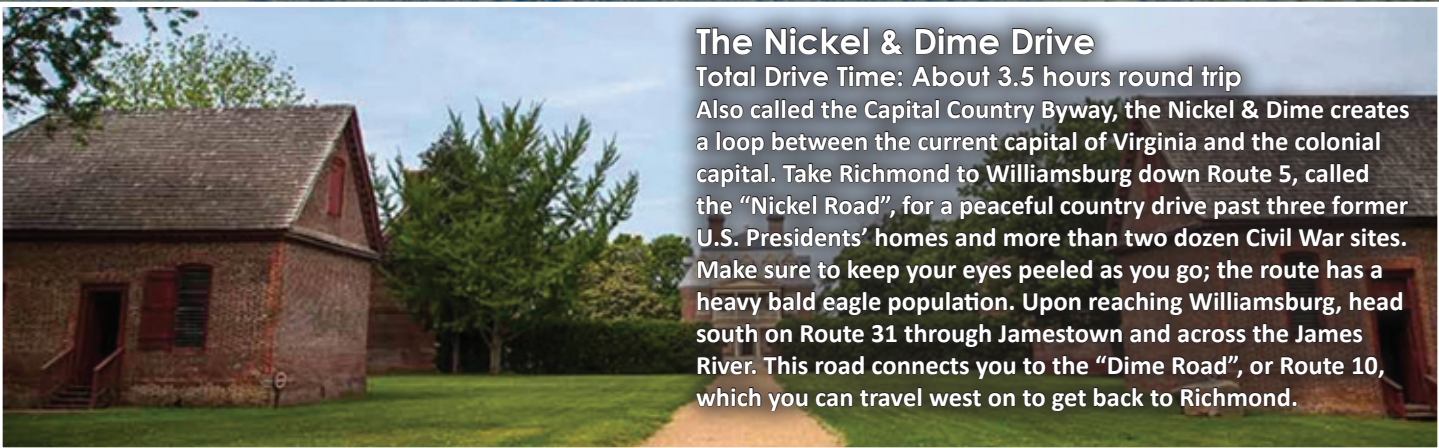
Taking you on a journey of over 1,500 miles of curvy backroads, mountain passes, and deep valleys, Appalachian Backroads is North America's premier destination for motorcycles and sports cars alike. Stretching throughout Virginia's Heart of Appalachia region, you'll find 14 different routes connecting to downtowns, down-home cooking, and unique, welcoming lodging – pick a different destination each day! With short technical rides like The Back of the Dragon's 438 curves along its 32-mile ribbon, to day trips riding along The Roadrunner (160 miles), Eagle's Nest (90 miles), Bootlegger (145 miles), and more, with plenty of fun scenic stops along the way, you have total control over your destination. Did we mention no crowds? You will feel like you have gotten away from it all, with the lack of traffic and ability to focus on what you love most – the open road. Request your free map at Appalachian Backroads. Virginia's southwest backroads of Appalachia are waiting for you.



The Chesapeake Bay Bridge-Tunnel

Total Drive Time: 30 minutes

Spanning the entire width of the Bay, the Chesapeake Bay Bridge-Tunnel has been listed as one of the seven man-made wonders of the world. With the wind flying by and the waves crashing against the stone pillars only a few dozen feet below your wheels, you'll feel as if you're riding right on top of the water, creating an exhilarating experience. Make sure you check the bridge travel information ahead of time, as motorcycle travel is dependent on weather conditions, and there is a bridge toll - \$16 - \$21, depending on the season.



The Nickel & Dime Drive

Total Drive Time: About 3.5 hours round trip

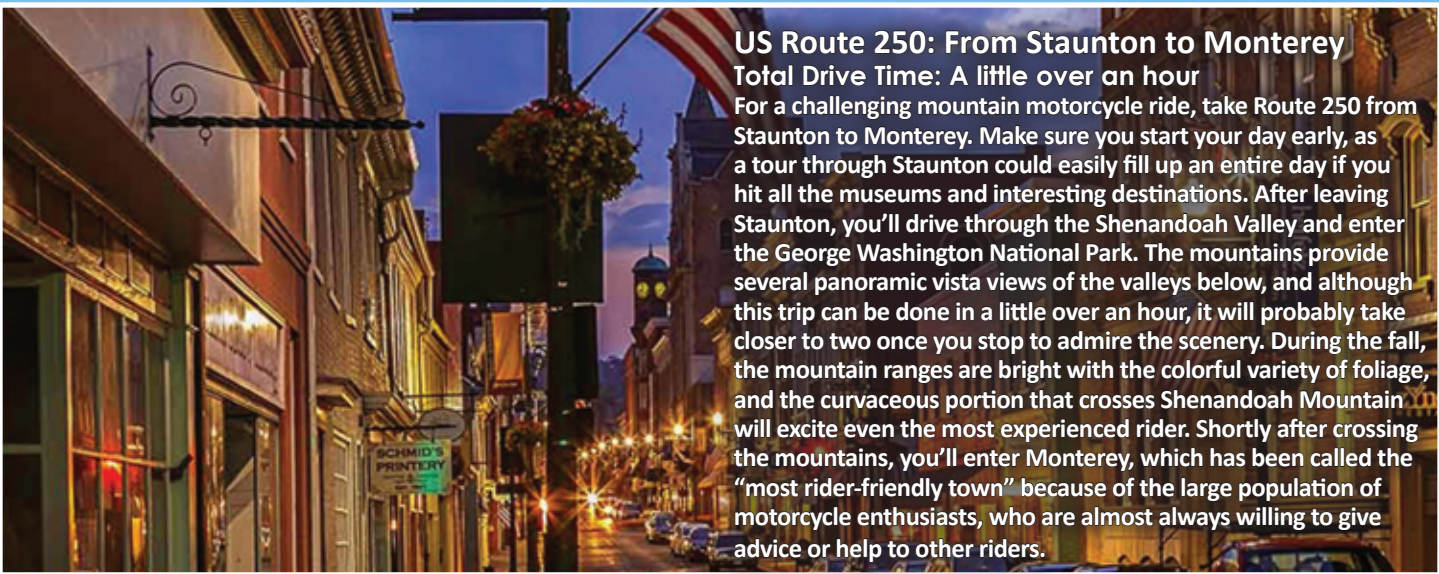
Also called the Capital Country Byway, the Nickel & Dime creates a loop between the current capital of Virginia and the colonial capital. Take Richmond to Williamsburg down Route 5, called the "Nickel Road", for a peaceful country drive past three former U.S. Presidents' homes and more than two dozen Civil War sites. Make sure to keep your eyes peeled as you go; the route has a heavy bald eagle population. Upon reaching Williamsburg, head south on Route 31 through Jamestown and across the James River. This road connects you to the "Dime Road", or Route 10, which you can travel west on to get back to Richmond.



The Southern Highlands

Total Drive Time: 5 hours+

The longest route on our list, Route 58, actually begins in Portsmouth near the shore and stretches to the western border of Virginia, but the most scenic portion in the fall months begins around Meadows of Dan. Take the road west and you'll find dozens of quaint small towns like Galax and Damascus that welcome visitors with an air of friendliness that is both rare and refreshing. The Appalachian Trail runs right through the town of Damascus, and you'll often spot a handful of scruffy hikers sharing their stories with the residents, who are more than happy to provide supplies and support for the weary travelers. As you continue along the western road, you'll eventually reach Cumberland Gap National Historic Park, which traces the borders of Virginia, Tennessee, and Kentucky. For an unforgettable scenic view, hike to the top of Pinnacle Overlook.



US Route 250: From Staunton to Monterey

Total Drive Time: A little over an hour

For a challenging mountain motorcycle ride, take Route 250 from Staunton to Monterey. Make sure you start your day early, as a tour through Staunton could easily fill up an entire day if you hit all the museums and interesting destinations. After leaving Staunton, you'll drive through the Shenandoah Valley and enter the George Washington National Park. The mountains provide several panoramic vista views of the valleys below, and although this trip can be done in a little over an hour, it will probably take closer to two once you stop to admire the scenery. During the fall, the mountain ranges are bright with the colorful variety of foliage, and the curvaceous portion that crosses Shenandoah Mountain will excite even the most experienced rider. Shortly after crossing the mountains, you'll enter Monterey, which has been called the "most rider-friendly town" because of the large population of motorcycle enthusiasts, who are almost always willing to give advice or help to other riders.

VIRGINIA
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Stay safe in your travels, friends & Happy Fall riding!



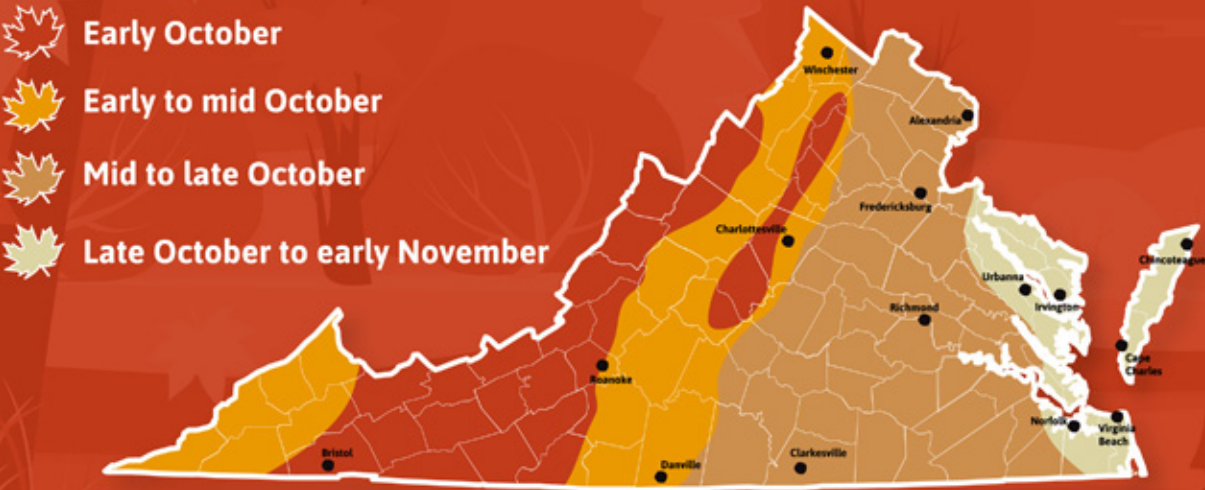
For links to these wonderful places & more great places to ride, visit www.virginia.org/places-to-visit/scenic-drives-and-byways/motorcycle-riding/

Fall in Virginia

Estimated Peak Fall Foliage

Virginia's expansive woodlands, famously blue-tinged mountains, and rambling scenic byways are the place to be when colorful autumn leaves are at their fiery peak. Whether you're looking to hike in a state park or sip some hot chocolate in a quiet mountain town, Virginia has something to love for everyone.

Start planning your fall getaway at virginia.org/fall



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MUSIC & MOTORCYCLES



RIDE THE WIND



RIDE THE WIND

Hearts of fire
Streets of stone
Modern warriors
Saddle iron horses of chrome

Taste the wild
Lick the wind
Like something they never saw before
Their jaws dropping to the floor
Steel made of soul and sin

Rebels born without a care
And the day he listens
Only to fly where eagles dare
And the night she whispers

Chorus:
Ride the wind
Never coming back until I touch the midnight sun
Ride the wind

"Ride the Wind" is a song by American glam metal band Poison. It was the third single from the group's 1990 studio album *Flesh & Blood*, released on Capitol. The track is one of several that reflects the band's maturing songwriting. The lyrics are about the joy of riding free in the wind. "Ride the Wind" reached number 25 on the mainstream rock charts and the 38 position on the Billboard Hot 100.

Never coming back again
Ride the wind
Never coming back until I touch the midnight sun

Painted flesh
Loyalty
Humble pride
Just as far as the eye can see

Stories told
Two old friends
Of battle scars and lonely bars
And nights the rain wouldn't end

Here's to withered eyes wearing gypsy smiles
And the day he listens
Here's to lovely ladies and a million miles
And the night she whispers

Chorus

Ride the wind
I'm still the bravest soul in sin,
Burning till the night is done.

Solo

Of all the truths and lies
And stories of riders in the sky
They say only the bravest try
Where eagles and angels dare to fly

Chorus



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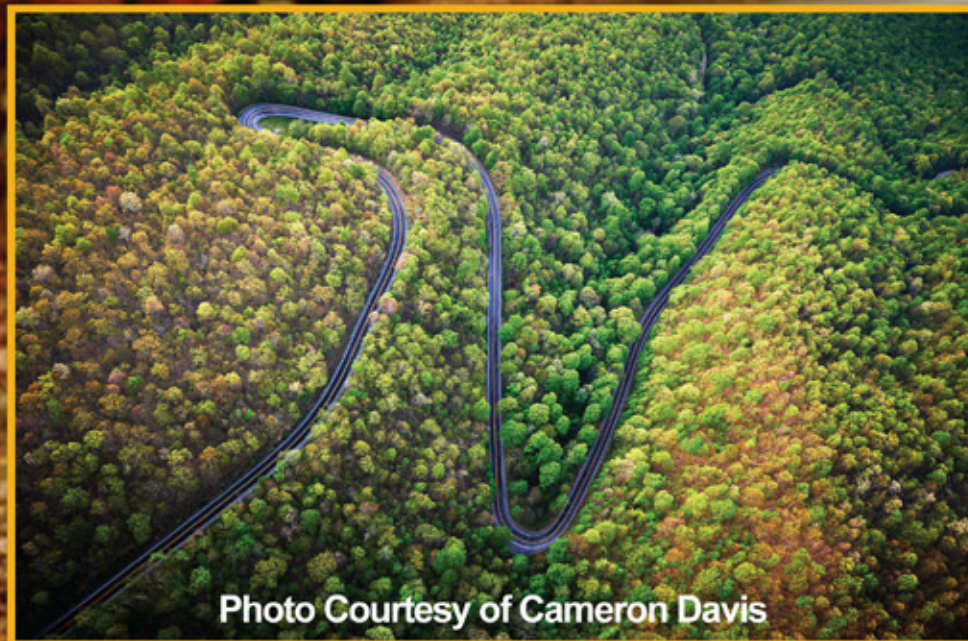
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from your friends at VIRGINIA RIDER Magazine

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CHOOSE THE RIGHT HELMET FOR YOU.






NHTSA.GOV/MOTORCYCLE-SAFETY

HELLO DARKNESS MY OLD FRIEND

SOON YOU'LL BE HERE AT 5PM



Daylight Saving Time ends at 2 am on Nov 2, 2025



DON'T DRINK AND RIDE



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Produced by TIDEWATER MOTORCYCLES, HOLLYDAYS, INC.
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SWAMP ROAR

MOTORCYCLE RALLY

SUFFOLK, VA

SUNDAY, OCT 12, 2025

Biker registration begins at 8:00am
 at the Suffolk Executive Airport on Highway 13, just south
 of downtown Suffolk. Blessing of Bikes prior to send off.
 Send-off begins at 11:00am. Rain or shine.

REGISTRATION

\$20 per driver | \$10 per passenger
 Includes commemorative event pin and admission
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SPECIAL THANKS
 TO PAM & BRIAN MATHIS
 & BAYSIDE HARLEY DAVIDSON.





HOW TO REGISTER

PRE-REGISTRATION AVAILABLE AT
SUFFOLK FESTIVALS OFFICE
 Monday-Friday, 10am-4pm (Until Sept. 26)
 440 Market St. 2nd Floor | Suffolk, VA 23434

Monday-Friday, 10am-4pm (Beginning Sept. 29)
 Suffolk Festivals Office at Suffolk Executive Airport

MAIL TO: Suffolk Festivals, Inc. P.O. Box 1852, | Suffolk, VA 23439

ON-SITE REGISTRATION AVAILABLE. CHECKS & CASH ONLY.

23rd Annual scenic 80-mile ride around
 the Perimeter of the
 Great Dismal Swamp National Wildlife Refuge.

Driver Name (Please print clearly)

Passenger Name

Address

City, State, Zip

Daytime Phone

E-mail Address

CIRCLE T-Shirt Size: S M L XL 2X 3X 4X 5X

CHECK ALL THAT APPLY:

- ☐ Swamp Roar Driver (\$20)
☐ Swamp Roar Passenger (\$10)
☐ Bike Show Entry (\$10)

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.,
 Tidewater Motorcycles, Law Tigers Motorcycle Lawyers, 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, Tidewater Motorcycles, Law Tigers
 Motorcycle Lawyers, 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)

DO MOTORCYCLES REALLY MAKE YOU STRONGER AND SMARTER?

We've all heard the concerned friend, mother, uncle or spouse's plea against the dangers of riding. But what good in life doesn't have its risks? When we take every safety precaution, motorcycling can be enjoyed as much as any other sport – And that's exactly what it is- a healthy, low-impact, aerobic sport activity that could help you land some great abs while enjoying a timely adventure to your favorite hot spot or relishing the freedom of the open road.

When you find yourself in the inevitable midst of a loved one's fear for your safety, try to share the positive aspects of riding, like the research-backed health benefits it brings you.

YOUR BRAIN ON A MOTORCYCLE

While a great body is always something to appreciate, an active and healthy brain is priceless. When we drive a car, we sit in a sedentary manner. Navigating a motorcycle requires more work, physically and mentally, which activates the prefrontal areas of the brain. In lay terms, this means riding keeps your brain functioning at its current prime and helps establish higher levels of concentration.

A study by Kawishima at the University of Tokyo, titled "The relationship between motorcycle riding and the human mind," tested male motorcyclists between 40 and 50. They evaluated two groups, regular use cyclists and a non-rider control group. Each individual was examined for brain function and cognitive skills.

After two months on two wheels, research results were able to conclude riders who drove their motorcycles to the office daily had increased cognitive functioning when compared to those who did not. When they analyzed the data produced by the men, who were also asked to repeat a set of numbers in reverse order, consistent motorcycle riders' scores had increased more than 50 percent. In contrast, the control group's scores slightly decreased.

It was also found that these improvements would be lost if regular use of a motorcycle ceases.

In addition to keep your mind on its best game, riding has been proven to have a positive impact on mental health, helping mood and reducing stress. The study's rider participants noted that after 60 days of consistent motorcycle use, they had reduced stress levels and were generally happier. You know that adrenaline rush you get each time you accelerate on your bike? That's the release of endorphins. Not only do endorphins feel great, they help improve your mood as well. Indirectly, riders gain more exposure to direct sunlight, which increases Vitamin D and helps overall mood. Money saved from spending on fuel for a motorcycle as opposed to a car, truck or SUV can also help bring down personal stress levels.

As substantial as they are, the benefits of motorcycle riding are not solely mental. They're significantly physical as well.

TOTAL BODY FITNESS

Did you know that you could get your entire daily exercise through riding? A calorie burner similar to fast walking, motorcycling generally

burns around 200-300 calories per hour. Want to burn even more calories? Ride against the wind! (Fast fact: competitive race riders- please only do this in a safe environment with proper training- can burn up to 600 calories an hour as a result of the exercise required to control a bike at extremely high speeds)

While burning these calories, you're also gaining a full body workout. The muscle use and energy required to maneuver a motorcycle help make your abdominal muscles stronger. Who doesn't want to be able to say they maintain their six-pack motorcycling?

Since motorcycles usually weigh at least a few hundred pounds, riders must use their bodies to help safely balance and steer. This demands use of nearly every muscle, which, over time, improves muscle tone!

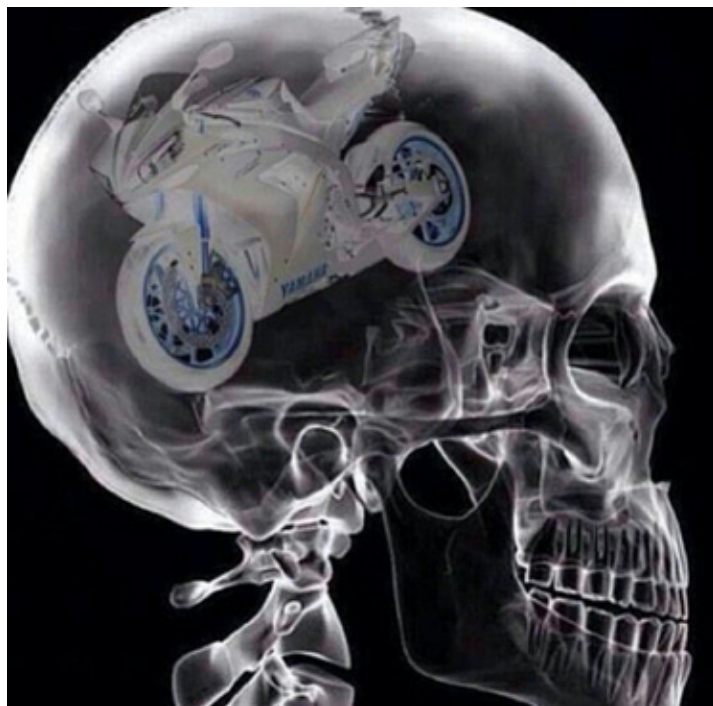
Riding has also been proven to make a positive difference for individuals suffering from Type 2 diabetes or weak knees.

The exercise that one gets from riding impacts body chemistry, decreasing insulin use. This increase in insulin sensitivity also tells your body to store less fat, which can help you make significant strides with weight loss goals. As true of any other form of exercise, no one is claiming riding is a cure for diabetes. Nonetheless, it can help! As a result of the intense use of thigh muscles in motorcycling, riders end up with stronger knees and become less susceptible to knee injuries.

So next time you get sick of the daily treadmill grind or solving tedious puzzles to keep your mind running strong or if just don't have time for any extra personal maintenance in your day, change things up! Try getting that mental and physical fitness in by doing something you already love- like motorcycling.



Source: <https://theridingcenter.com/do-motorcycles-really-make-you-stronger-and-smarter/>



FIT FOR THE ROAD

How Daylight Saving Time Affects Riders

By the time November rolls around, autumn is in full swing, Halloween is in our rear-view mirror, and winter is fast approaching. In the early morning hours of November 2nd, we're to set our clocks back one hour thanks to the end of daylight saving time.

An extra hour of sleep sounds like a gift. Whether you get that extra sleep or stay up later is a personal choice. The return to standard time means the sun will rise and set an hour earlier, with the hours of daylight continuing to shorten until the winter solstice. Does this one-hour time shift affect us as riders?

Science and time change

Studies have been conducted regarding the health and safety effects of shifting from standard time to daylight saving time and back again. Statistics from these studies often have limited widespread use since the data sets are often very localized. Still, some studies suggest that traffic accidents increase slightly immediately after the time change, particularly around sunrise and sunset. While not universally conclusive, this would suggest we riders need to be extra alert and cautious when riding during these times.

Clock time vs. natural time

As motorcycle riders, we could benefit from considering how the time shift can affect us and other road users. Clocks move back one-hour overnight, however, our sleep cycles don't change that rapidly. It might take a week or more for sleep rhythms to adjust.

While you adjust to the change in daylight hours, you might experience the following:

- Drowsiness
- Fatigue
- Lack of concentration
- Reduced alertness
- Reduced reaction time
- Impaired reasoning
- Poor problem solving

During the morning rush hour, the sun will be higher in the sky, which can affect the vision of eastbound commuters. The evening commute will now start at sunset—most drivers will need time to adjust to driving home in the fading light.

Beat the clock

The timing of the day's events is changing, and we have to change with it. It's a fact of modern life. Even though one hour seems like a modest change, it's an abrupt change to our natural sleep rhythms. Most of the adverse effects we experience come from trying to make a sudden change.

We do have options on how we change our sleep schedules. Change the time you go to bed slowly over a period of a week, going to sleep 10 minutes earlier each night. Start the routine on November 1. By making the change to your sleep cycle slowly, you ease the transition and might avoid the adverse effects of disrupted sleep. You will maintain your sharp riding skills when you need them most—when all of the already distracted drivers are still drowsy. Sleep tight, and till next time, ride safe!

Source: <https://www.dairylandinsurance.com/motorcycle/on-the-road/events/daylight-saving-fall-2016>



THE BIKE SAVER

with John Peterson



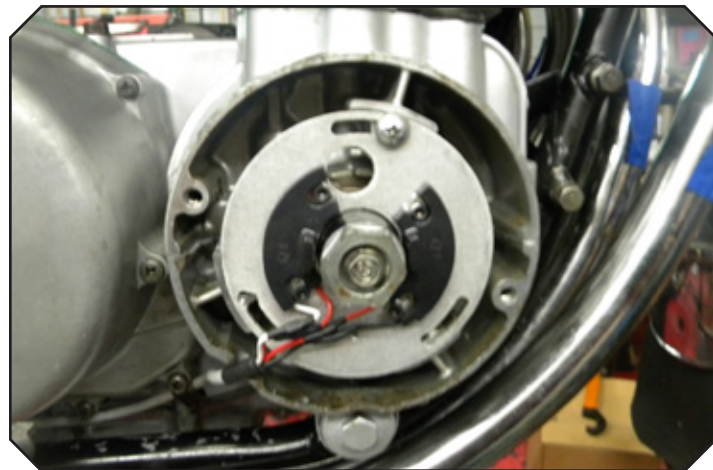
The Magic Floor

If you've been working on wrenching on or otherwise taking care of your motorcycle, you might have come across this strange phenomenon I call 'magic floors.' And maybe you already know where I'm going with this, which I will get into shortly, but first, I thought I would catch you up on where we left off last month in my efforts to start my 1974 Honda CB550 Four that I'm trying to bring back.



At the end of last month's column, I had tried to start it after I had rebuilt it completely, and was unsuccessful – the bike made a strange thrashing noise when I hit the starter, I made a weird noise after I hit the starter and heard that thrashing sound, and much to my annoyance with myself I had to take the engine out – AGAIN – tear it down – AGAIN – and put it back in the frame to see what's what.

"There's always time to do it twice, never time to do it right," a wise wrencher-friend of mine once told me, and as I've found out over the years of riding and wrenching he's pretty darn accurate...so once again I set to it, tore it down, took it out of the frame, replaced it in the frame (lots of fun when you're working alone – watch those fingers!), and after literally a week of futzing with the points that were being coy and just did not want to behave, I said 'screw it' and put in an electronic ignition. Electric ignition is supposedly the best way to go if you want to avoid all the hassle of points, but it does come with some unique hazards, as I found out.



Lemme preach on it – when you install an electronic ignition, you have to set the points cam for cylinders 1 and 2 (and 3 and 4, too, but I digress) at the far-advanced mark, turn the bike on and set the run switch to 'Run', so you can get power to the coils which in turn sends the appropriate signal down the line to spark plugs 1 and 2 as the little sensor on the EI (Electronic Ignition) passes one of the pickups, breaks the field and creates a spark in the appropriate spark plug. To read this and make sure you're doing it right, you insert a timing light probe into the Switched On/Hot wire coming off the wiring harness and ground it to the bike's frame – as the sensor passes the pickup, the light lights and you know your timing is where it should be.

But now the probe is touching the Switched On/ Hot wire, which is carrying twelve volts of electricity to the EI...the frame of the bike is essentially one big ground...and as I found out, somehow the alligator clip on the opposite end of the 'hot' probe touched the frame – it could've been the steel lift table I have, I don't know – while I had my hand on it and Lit Me Up! Twelve volts doesn't sound like much, but if you've ever been bitten by it, You Know! I'm thinking about naming the bike 'Ole' Sparky' after the electric chair of the same name...So yeah, I decided to take a break. My head felt a little funny anyway.

The Magic Floor



While I was putting the bike together, I of course dropped things, but if you work on bikes, or cars, or anything that takes tools, have you ever noticed that you can sometimes drop things – a wrench, a nut, the infamous 10mm socket – and they disappear! They hit the floor, you SEE or HEAR them hit the floor, and you go to pick them up, and they are GONE! Totally GONE! Only to find them minutes/hours/days later in the most out-of-the-way places. It's like magic! And very annoying!

Nuts are the worst – drop one of them and those little suckers take off and roll to the most incredible places – usually ten to fifteen feet from the bike and under the direct center of the nearest vehicle, work bench, or hiding in some inaccessible place that is an absolute pain to get to. Kinetic energy is a Bitch!

Look at the above picture of the CB350 Four...notice how far away that bike is from my red Goldwing, seen in the upper left...also note the yellow portable air compressor lying on the garage floor, and all the crap in between...HOW this nut made it off the bike, past the compressor, and finally rolled to a stop almost underneath the Goldwing, I Do Not Know! It's MAGIC!



10mm nut trying to escape

But the weirdest incident I have encountered so far was a crenelated nut that goes on the end of the swing arm bolt; it's a big sucker, probably a half-inch around. I had the bolt through the frame and was test-fitting the washer and nut. I had to make some more room for the nut to fit, so I went round the other side of the bike, tapped the bolt, I heard the washer and nut hit the floor, but when I went to look for them, all I found was the washer...! I looked all over the floor for that nut, but it was gone! Totally Gone! 'Not There'! Desparu! Desaparecido! It drove me Nuts – no pun intended!

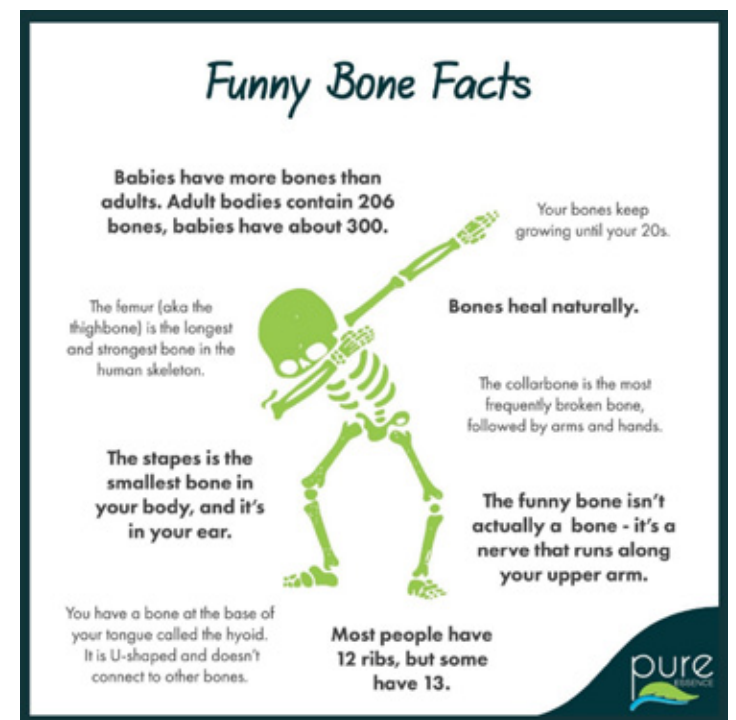
I finally found it on the workbench – ten feet away and 43 inches above the floor, hiding under a shop towel. Upside down. Hiding in plain sight, suspiciously next to a 10mm extension socket. Coincidence?? I think Not...I have no idea how it got there; maybe somehow I put it there, but I don't remember doing it – it was ON the swing arm bolt!



My Magical Swing Arm Nut – Suspiciously Close To a 10mm Socket...on the Workbench!

Did a portal suddenly open up and swallow the nut as it fell, depositing it on the bench next to that 10 mil...? I may never know – until something else falls onto – (dum-dum-DUM!!) The Magic Floor!

Awright – back to work! Be sure to tune in next month when you'll hear The Bike Saver say "Oh, MAAAAAN!"



THE RIDER COMMUNITY – WE ARE BETTER TOGETHER!

COMING SOON! Look for our COMMUNITY page on virginiarider.com to find Facebook riding groups to connect with!



THE RIDER COMMUNITY – We Are Better Together!

Each month, we will feature a different group from online riding communities so that riders can connect with each other in their home area or on the road in Virginia or West Virginia.



The Valkyries Ladies Club LLC is an all-female motorcycle club established in 2021. We are dedicated to giving back to our community. We have chapters in Charleston, WV, Princeton, WV, and Ashland, KY. We have participated in many events and fundraisers. We've donated much-needed items to shelters and abuse rehab facilities, participated in back-to-school events, Veterans, Christmas programs, Ronald McDonald house events, and many other local needs. This year is our 5th Think Pink Ride. We have raised over \$15,000 for the CAMC Breast Center from this annual ride!!!



Fall Foliage in West Virginia

Leaves are falling, and country roads are calling your name. From vibrant waterfall views to cozy cabin stays, fall in West Virginia has it all. Come see why this season is pure Almost Heaven. <https://wvtourism.com/seasons/fall/>

PROJECTED START OF FALL COLORS



END OF SEPTEMBER -
EARLY OCTOBER



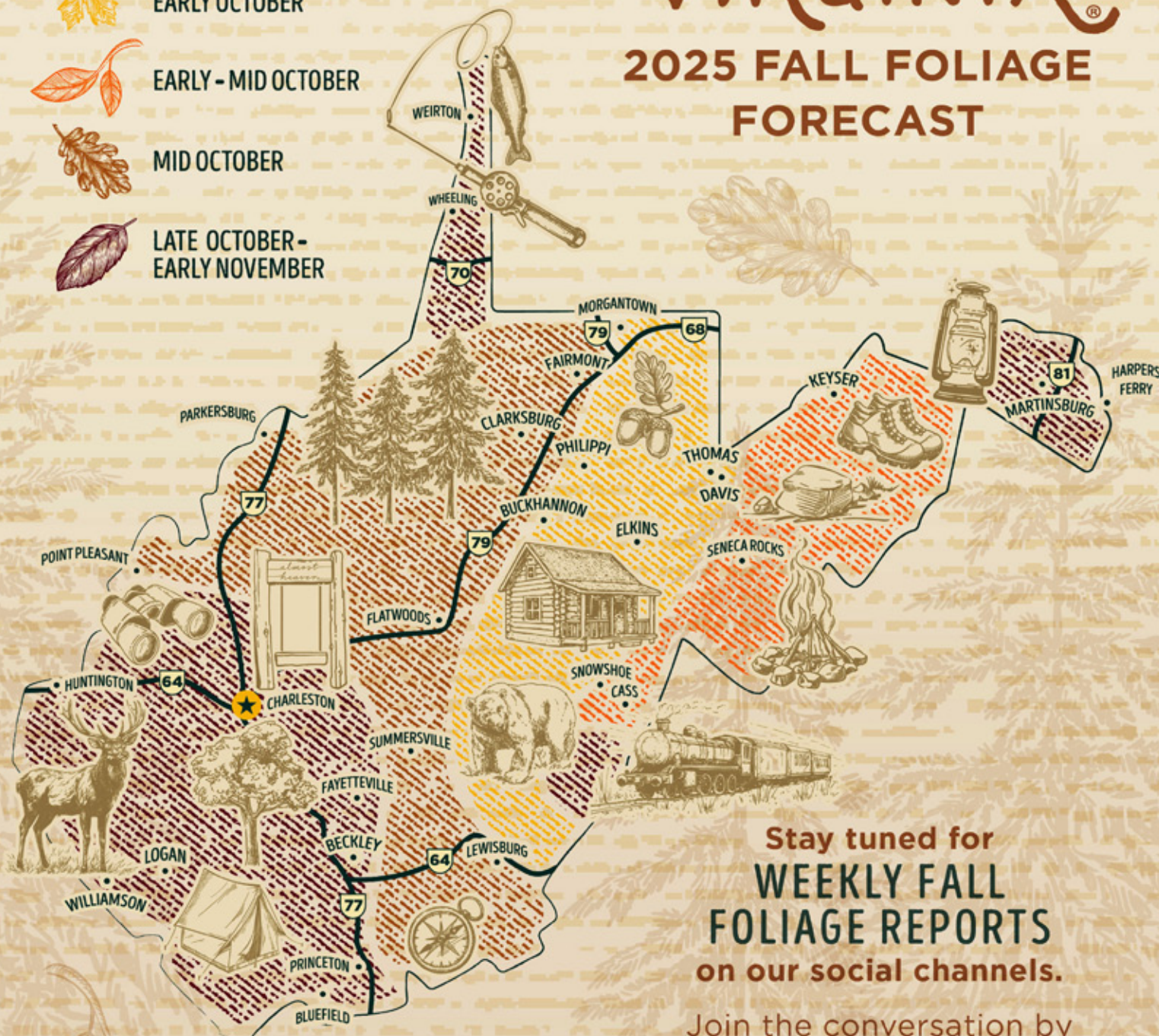
EARLY - MID OCTOBER



MID OCTOBER



LATE OCTOBER -
EARLY NOVEMBER



Stay tuned for
**WEEKLY FALL
FOLIAGE REPORTS**
on our social channels.

Join the conversation by
sharing your fall color photos
using **#AlmostHeaven**.

almost heaven

Sherri Parker Memorial POKER RUN AND BIKE SHOW

SUNDAY, OCTOBER 19, 2025

Driver Village - Suffolk, VA

driverevents.com



SHERRI PARKER MEMORIAL POKER RUN & BIKE SHOW REGISTRATION FORM

\$25 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:

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

Name: _____

T-shirt Size: _____

Street: _____

City, State, Zip: _____

Phone: _____

E-mail: _____

Waiver for Participation: I hereby agree to participate in the Sherri 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 Sherri 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: _____

PLEASE CHECK ONE (Bike Show only):

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

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registration on ride day)

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,
4616 Sleepy Hole Rd. Suffolk, VA 23435,
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 • Antique Patina

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The Skeleton Key Bar & Grille
The Beacons CMA Tidewater, VA | TAMA
Tidewater Motorcycles | Community Chaplain Outreach
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GOOD FOR YOU

GIVE 'EM PUMPKIN TO TALK ABOUT!

Check out why this fall favorite superfood is so good for you!

Pumpkins are a type of winter squash that are in the same plant family as cucumbers and melons. It's technically a fruit since it contains seeds. But in terms of nutrition, it's more like a vegetable. We're used to seeing it in soups, pies and breads but many pumpkin eaters, including Peter, were unaware that this humble fruit is super nutritious and has a huge range of health benefits!

One cup of pumpkin contains more vitamin A than a cup of kale -> more potassium than a banana -> And more fiber than 1/2 cup of quinoa. PLUS...it packs a whopping 19 vitamins and minerals! Fresh r canned (* buy only 100% Pure or Organic Pumpkin, not Pumpkin Pie filling)

Here's some surprising benefits of pumpkin:

- It's a great source of fiber, with three grams in every cup of cooked & fresh pumpkin and 7 grams in canned. Incorporating fiber can help you feel fuller for longer, so it can help you get from one meal to the next. Other benefits of fiber include: Reducing the risk of heart disease; Lowering blood pressure and cholesterol; Aiding digestion; Combating constipation; Improving gut health; Strengthening the immune system
- It may help memory and concentration: Pumpkin is an excellent source of lutein, recognized for its role in eye health. Lutein can also improve cognitive function, including learning, memory, concentration and focus

- It's an immunity booster: Pumpkin is an excellent source of vitamins A, C and zinc, all antioxidants that strengthen the immune system. Pumpkin also contains beta-carotene, an antioxidant plant pigment that gives pumpkin its bright orange color.

- It could help eye health: Thanks to the beta-carotene and carotenoids it contains, pumpkin may help reduce the risk of chronic eye diseases, including age-related eye degeneration and cataracts. To increase your daily intake of vitamin A, you can easily add one of cooked, mashed pumpkin to your daily smoothie or morning oats. One serving alone packs more than 200% of your recommend daily intake of vitamin A – an essential nutrient for eye health.

- It contains heart healthy nutrients: Pumpkin seeds are a good source of phytoestrogens, plant-derived compounds that when incorporated into a healthy diet and lifestyle, have been shown to manage cholesterol and improve heart health.

- It helps sleep and mood: Pumpkin seeds in particular are an excellent source of tryptophan, an essential amino acid that is converted to serotonin, a chemical associated with healthy sleep and happiness. Since the body cannot make tryptophan on its own, pumpkin seeds are an easy, versatile way to add it into your diet.

In addition: Pumpkin can...

- *help to control diabetes
- * help reduce the risk of prostate cancer
- *regulate blood pressure
- * reduce the risk of stroke
- * boost your immune system decrease the risk of age-related macular degeneration & much more!

Bottom line __ EAT MORE PUMPKIN!

FALL FOR IT ♥ Quick & Easy Pumpkin Soup

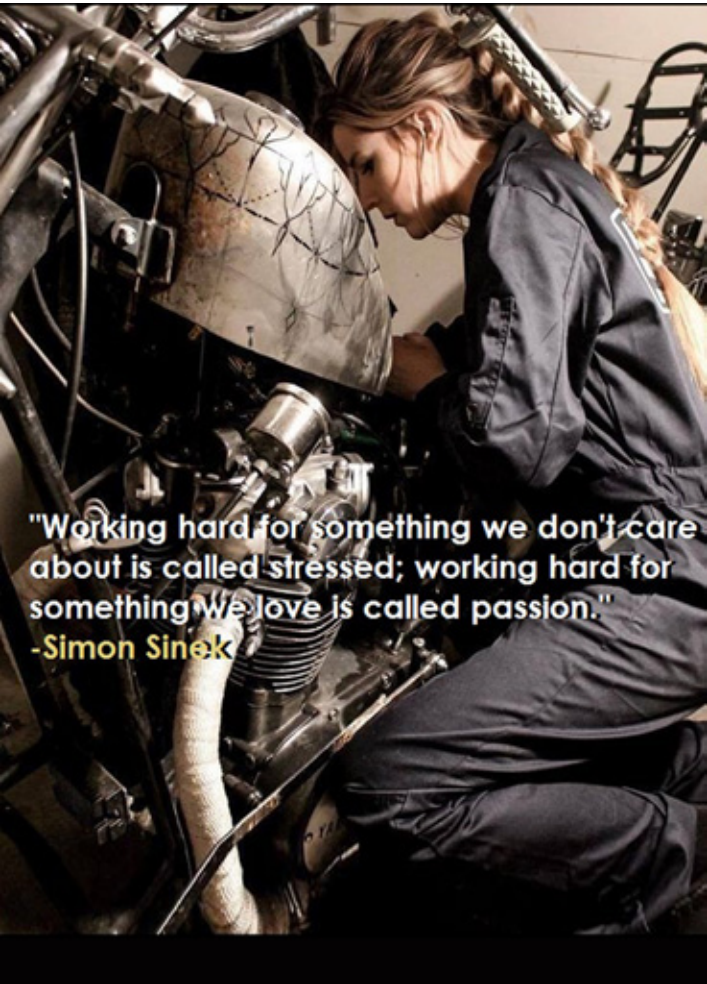
Ingredients

- 1 medium onion, grated
- 2 tbsp. olive oil
- 1 29-oz. can pure pumpkin
- 2 14.5-oz. cans chicken broth (4 cups)
- 1/2 c. heavy cream
- 2 tsp. pumpkin pie spice
- 3/4 tsp. salt

Directions

- Heat olive oil in a saucepan over medium-high heat. Add the onion and cook, stirring, 3 minutes or until soft.
- Stir in the pure pumpkin, chicken broth, cream, pumpkin pie spice, and salt and cook, stirring occasionally for 3 minutes or until soup simmers.
- Ladle into bowls and top as desired.
- Store leftover soup in an airtight container in the frig for up to 3 days.

Add whatever you like such as bread, potatoes, chicken or beef, & toppings such as seeds, nuts and salad leaves or kale.



"Working hard for something we don't care about is called stressed; working hard for something we love is called passion."
-Simon Sinek



**A boy told me
I rode like a girl.
I told him if he rode
a little faster,
he could too.**

Orange Cat Cafe

at Moe Fatz

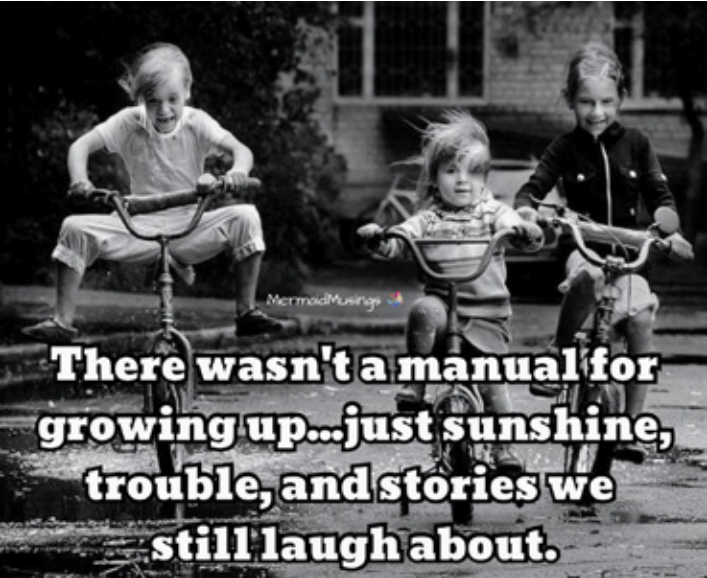
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Murphy's Law of Motorcycling

Once you've put on all of your gear,
rest assured Nature will Call.



**There wasn't a manual for
growing up...just sunshine,
trouble, and stories we
still laugh about.**

EVERYTHING YOU CAN IMAGINE IS REAL



It was cool back then...
Helmet with a built-in communication device so that the motorcycle rider can talk with the passenger in the backseat, 1960s.



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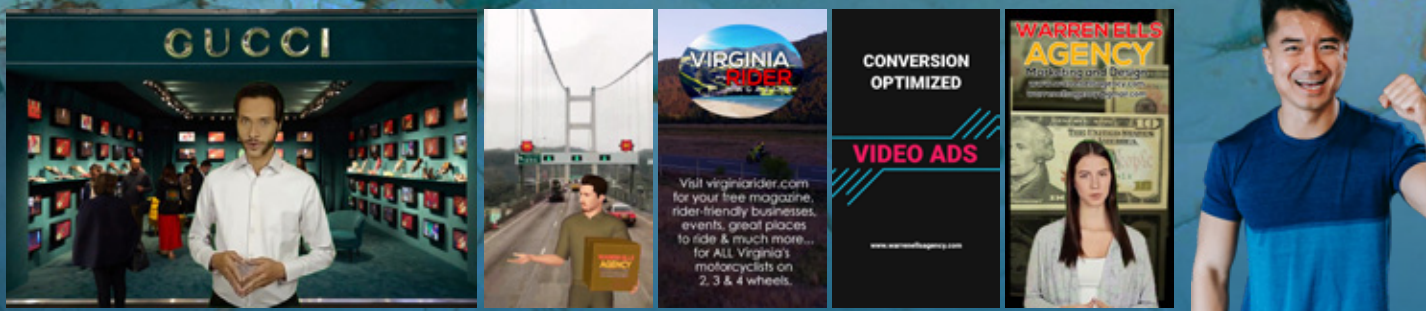


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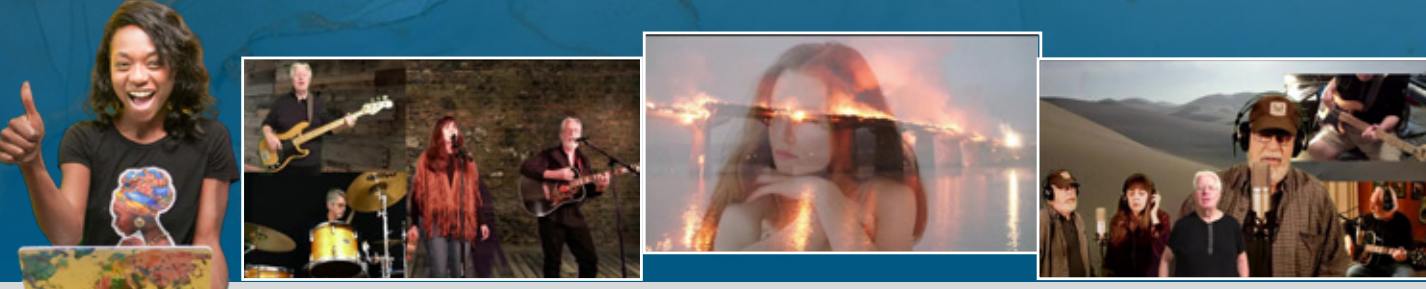
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