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MAGAZINE™



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Spring 2023
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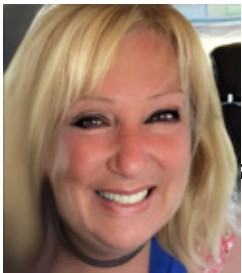


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from the editor's desk

Spring has finally sprung! Welcome friends to the Spring edition of Virginia Rider. Let the riding season begin! This year will be amazing as most of the events that had previously been postponed or cancelled are now back in the saddle again! Businesses that were down are now open again as everything is blooming in perfect timing for Spring 2023. Get ready to make some epic memories and unforgettable adventures on the best motorcycle roads in Virginia & West Virginia.

As many of you know, we feature a variety of interesting and informational reads to help make your riding life the best it can be. If you're just joining us for the first time, it's nice to have you along & we encourage you to sign up on our website virginiarider.com to get your free subscription to the magazine which we'll deliver to you via email every month of the year. Each month we bring you great places to ride, loads of interesting and helpful information for your riding life and you'll meet rider friendly businesses who are with us here in the magazine and even more online in our Rider-Friendly Directory. Our directory is your best resource for everything you need such as service for your bike or ATV, shopping, eats & drinks, rider-friendly places to stay and play & much more. We'll be adding a lot more places this spring so visit our site often to see the latest & greatest 🍷

Events! Check out our Events page on our site for some great rides & events through VA & WV. If you have an event that's not on our site, drop us a line & let us know so we can get it posted right away. We scan all of the ride pages to try to bring you a complete list so you don't miss a thing. It's hard to hit all the different pages online which is why we do our best to bring it all for you!

Coming mid April....Ride Groups online! With so many ride groups out on Facebook sometimes it's difficult to find one that fits your riding style or is close to where you live. We will be starting a new page on our site to feature links to Facebook riding groups of all types that we think you might be interested in checking out. The page is scheduled to be up by mid-April so be sure to check it out & make some new friends to ride with!

Keep sending in your pictures for our SHOTZ pages & if you have any stories you'd like to share or you went on a cool ride, drop us a line & let us know – we would love to share your adventures in the magazine! Drop us a line at virginiaridermagazine@yahoo.com anytime.

Until next time around...

Be safe in your travels
& as always, stay awesome!

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE Marc and Rose take us on a journey to the Falls of Hills Creek, and Marc becomes philosophical. "Pushing 60, I have come to realize the importance of boundaries. All those laps around our sun have provided a wide array of experiences, some fulfilling, and some not so much. Of the former, writing and riding motorcycles have consistently resided at the top of that list."



READY TO RIDE? If your motorcycle has been cooped up inside a garage all winter, you know that there are a few things to do in order to get it ready for the road. Having a motorcycle maintenance checklist can help you make sure that you don't skip any steps, and that you can hit the open road with complete confidence in the safety of your motorcycle.



RIDE TO HONOR The VFW Post 637 Riders, VFW State Riders and a member of CVMA 27-3, had the honor of taking a Vietnam Veteran, SPC Charles Michael Polsley, on a little ride around the local area. Welcome Home SPC Polsley, Charles and thank you Brother for your incredible service to our Country!



MY RIDE Henry Jordan says, "When I retired, it was time for another bike: a 2004 Harley Davidson Heritage Classic, which I still have today. My wife couldn't take the long rides on it, so I purchased a new Ultra Limited in 2016. Joyce and I have been on trips to Arkansas, Missouri, Kentucky, Tennessee, Ohio, Virginia, and of course our home state, West Virginia."

GOOD FOR YOU



GOOD FOR YOU Getting sleep can be challenging. Fortunately, there are some natural, gentle sleep aids out there. Mother Nature has your back when it comes to falling asleep, with the help of flowers and plants to get a good night's rest. You might be surprised at how sleeping with plants could be good for you!

THE LIGHTHOUSE is about a little boy named Jeremy whose life was changed by someone sharing the gospel of Jesus Christ with him. The metaphor of an empty plastic egg representing Jesus's empty tomb and resurrection became Jeremy's legacy to his classmates.



Tom McGrath's Law Group Although it is not legally required in Virginia, riders who choose not to acquire motorcycle insurance are charged a \$500 opt-out fee when renewing their registration. This could end up being much more expensive than the fee.

Kelly Collins - Owner/Editor
Virginia Rider Magazine
1385 Fordham Dr., Ste 105-270, Virginia Beach, VA 23464
(757) 822-4700 virginiaridermagazine@yahoo.com
[@virginiaridermagazine](https://www.facebook.com/virginiaridermagazine) - on Facebook
www.virginiarider.com



Layout & Design
Warren Ells
warrenellsdesign@gmail.com

ON OUR COVER:

The signs of spring are everywhere now. Winter is over and great rides are ahead in the months to come. We'll be covering events, destinations and information on all things relating to riding on 2, 3 and 4 wheels.



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

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MY RIDE Henry Jordan

My first bike was a Honda 305 Scrambler in 1970, when I started riding. I don't remember what year the bike was, but I sold it when I got married the next year. My next bike was a Honda CB750 Super Sport in '78 and sold it too, to raise a family. This is why I don't give Honda riders a hard time.

After the kids moved out in 2011, I retired, so it was time for another bike: a 2004 Harley Davidson Heritage Classic, which I still have today. My wife couldn't take the long rides on it, so I purchased a new Ultra Limited in 2016. Joyce and I have been on trips to Arkansas, Missouri, Kentucky, Tennessee, Ohio, Virginia, and of course our home state, West Virginia.



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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Falls of Hills Creek

Seems there's always a sub-plot or theme, that develops when Rose and I ride. And it usually has something to do with food and critters. Our primary objective this time, was to travel the 70 something miles to the Falls of Hills Creek on this 50+ degree forecast day in mid-winter, in hopes the roads would be sufficient for motorcycling. Opinions would vary. The pavement was anywhere between wet and chunky, and dry and dusty, depending on where the sun shined. This was especially true heading to Mill Gap on one of our favorite roads in wide open spaces, in the middle of nowhere, at highway speeds. It has been the perfect setting to let Windy and her abundant audio system eat. The transformative and rejuvenating effects from this experience, is why we ride here so often, and one of the things, only riding a motorcycle can produce. And yes, squeezes and deep breaths occurred.

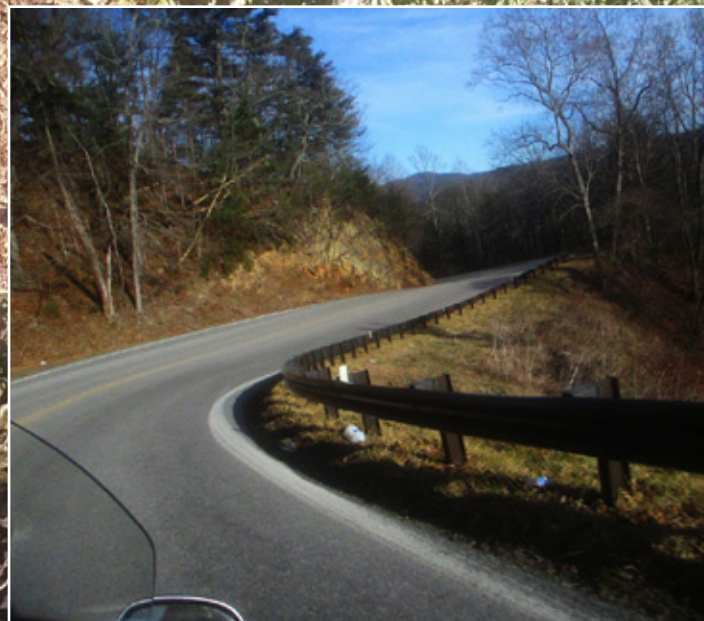
The other development began with a stop along the Greenbrier River in Marlinton. Rose said she wished she brought some food along for the geese and ducks. I suggested surveying the nearby trash can for a worthy alternative. Fortunately, there were a couple of burgerless DQ burgers still in their wrappers right on top. While not quite dumpster diving, it does take OFD (Obsessive Feeding Disorder) to a new level. It too, is efficiently therapeutic: caught in the moment, completely checked out, with not a care in the world. We now carry a large bag of peanuts, stored as necessary equipment on the bike.

Ordinarily, 219 south of town, is a blast to ride, like most roads in this area. But today, we didn't mind any of the traffic we were behind since much of it was the wet and chunky mixture. I was using the obsolete OBM navigation system: Organic Brain Matter, and missed our turn. Fortunately, I sensed something was amiss, and quickly corrected our course. Rose and I were also fortunate to have brought The Juice along. Climbing and passing the entrance to the Highland Scenic Highway apparently didn't get the memo about the forecast.

The parking lot to the falls was completely empty, except for a few patches of snow. Immediately we heard the water joined by some very boisterous birds. There were warning signs about bears in the vicinity on the small billboard. Deep into winter, we didn't give it much stock, and took off on our relatively brief hike, noting that technically, we were now part of the food chain. Still, it was a small price to pay, for some sacred handholding time, free from intrusion, in a place all to ourselves, void of service. Priceless...

There are three different falls in the park. Rose and I elected to hike just to the first one, since we were still wearing most of our gear. For those adventurous and more suitably fit, the 382 stairs to the lower section will be rewarded with a view of the second highest waterfall in West Virginia at 63 feet.

For more info, please visit <https://pocahontascountywv.com/company/falls-of-hills-creek/>.



Marlinton always seems to show up as one of the places to stay in West Virginia for motorcyclists. With plenty of lodging and dining choices, it's a great place to stay and play, so there's time to explore all the high value targets in addition to the falls. Scenic state parks include Droop Mountain Battlefield, Watoga Lake, and Beartown, each the site of picnics Rose and I have shared together. The roads in, out and around like 219, 39, 20, 15 and 150 check all of the boxes on most any rider's exceeded expectations list. It's one of the areas we enjoy coming to again and again.

Pushing 60, I have come to realize the importance of boundaries. All those laps around our sun have provided a wide array of experiences, some fulfilling, and some not so much. Of the former, writing and riding motorcycles have consistently resided at the top of that list. While they haven't always been the most practical of endeavors, the universe has revealed that they, along with loved ones, are the most worth fighting for. It is in that revelation, where one day we hopefully all realize, those are the things, no matter what life and the universe throw at us, that we keep sacred: free from encroachment, control or compromise, from anyone, or anything. It is no longer then, a passion, but dare I say, destiny. What is yours?

Cheers and thanks for reading!

Marc Ritchie
Photos and ACN (Advanced Critter Nutritionist): Rose Grant

continued next page





EASY DOES IT

Chicken Enchilada Casserole

Good food doesn't have to be complicated! Four ingredients is all you need to enjoy this good eats! We've been featuring some great recipes over the past couple of riding seasons that only called for 3 ingredients to make. We decided to change it up a bit and start off this riding season using *four* ingredient easy meals. It's time to get cookin' so here we go!.....

We love cooking with chicken because it's so versatile and can be used in just about any recipe for breakfast, lunch or dinner! This is a super easy, sure to please recipe for this south of the border Mexican dish favorite made into a casserole!...it's sort of a Mexican Lasagna 😊 One of the best parts about it is that you can make it ahead of time if you need to & just pop it in the oven later.

Here's your 4 ingredient line up:

- 1 pound boneless & skinless chicken breasts (about 2 large chicken breasts or thighs if you wish) You can even use turkey
- (2) 10 oz cans Enchilada sauce, red or green chiles, mild or hot if you like spicy 😊
- 6 medium corn tortillas (traditional enchiladas are made with corn tortillas but feel free to use flour tortillas if you like those better but they may make it a little mushy)
- 3 cups shredded Monterey Jack cheese (Cheddar cheese and Colby Jack cheeses are also good!)



Good Food Simply Made

Directions

- Cut each chicken breast in about 3 pieces, so that it cooks faster and put it in a small pot. Pour enchilada sauce over it and cook covered on low to medium heat until chicken is cooked through, about 20 minutes, stirring occasionally so the chicken doesn't stick to the bottom. No water is needed, the chicken will cook in the Enchilada sauce. Make sure you stir occasionally so that it doesn't stick to the bottom.
- Remove chicken from the pot and shred with two forks.
- Preheat oven to 375°F.
- Start layering the casserole in an 8 x 8 inch casserole dish. Start with about ¼ cup of the leftover enchilada sauce over the bottom of a 8x8-inch square baking dish. Place 2 tortillas on the bottom, cutting them in half if needed to fit. Top with ½ of the chicken and ½ from the remaining sauce. Sprinkle with ½ of the cheese and repeat starting with 2 more tortillas, then chicken, sauce, cheese. Repeat with last layer with the remaining ingredients, tortillas, chicken, sauce and cheese. You should end of with 3 layers of each ingredient.
- Transfer the casserole dish to the preheated oven. Bake for 20 to 30 minutes uncovered, until bubbly and cheese has melted and started to brown on top.
- Garnish with green onions, cilantro, sour cream. You can add anything you like to this dish such as sauteed bell peppers and onions, black beans, corn, canned diced roasted tomatoes with green chilis or whatever you like!

This recipe is so good that it might even replace Taco Tuesdays! 😊
Bon appetit! ❤️



Coverage Gaps: How To Choose the Right Motorcycle Insurance

The Motorcycle Law Group represents motorcycle riders in Virginia, West Virginia, North Carolina, South Carolina and Georgia. All of those states – except Virginia – require motorcyclists to carry minimum insurance coverage. Although it is not legally required in Virginia, riders who choose not to acquire motorcycle insurance are charged a \$500 opt-out fee when renewing their registration. It should be noted that annual minimum coverage premiums are likely not that much more expensive than the fee.

The Virginia fee entitles you to no coverage whatsoever. If you were to get in a motorcycle accident there's a possibility you would receive no compensation for your bike damage or injuries and could potentially be forced to pay damage you cause out of pocket.

Minimum Coverage in Most States

The states we serve require minimum coverage ranging from \$20,000 to \$30,000 of bodily injury coverage per person, \$40,000 to \$60,000 of bodily injury coverage per accident and \$10,000 to \$25,000 of property damage coverage.

Make sure to look through our accompanying infographic for more details on the exact coverage limits in your state.

Collision Coverage for Motorcycles

It's important to understand that the minimum required property damage coverage is intended to be used on your behalf if you cause an accident that damages someone else's property. It's not necessarily intended to cover repairs to your own bike.



Collision coverage will pay for your own repairs in the event your bike is damaged in a crash with a car or you collide with some other type of stationary object, like a tree, lamp post or fence.

Comprehensive Coverage

Collisions are not the only risks for motorcycles. Comprehensive coverage will pay for repairs or replacement if your bike is stolen, vandalized or is damaged in some type of disaster like a fire or flooding.

Life is full of unforeseen events, so if you want your insurance to cover as many potential hazards as possible you should really consider comprehensive insurance.

Uninsured and Underinsured Motorist Coverage

As a rider you understand better than most motorists that there are a lot of irresponsible people on the road. Some of those irresponsible motorists fail to purchase the legally required auto insurance coverage.

If you are involved in an accident with a negligent, uninsured driver, you could potentially be forced to pay for damages and injuries out of your own pocket. Uninsured motorist coverage protects you if that happens, and greatly increases the chance your damages will be covered without having to resort to legal actions.

Underinsured motorist coverage operates under the same concept, which is why they're rolled into one. A lot of motorists



can only afford, or choose to only purchase, the minimum required coverage. Those limits won't go very far in serious accidents that result in traumatic injuries, which are all too common for riders. Underinsured motorist coverage kicks in when the responsible driver's insurance coverage limits are reached.



Consider Your Options Before Choosing the Cheapest Solution

There are a lot of products and expenses where you can get away with only paying for the cheapest option. Insurance is not one of those things. Insurance isn't just for protecting you and your bike – although that is certainly important. It's about protecting your family and loved ones and ensuring that if the worst were to happen, they wouldn't be saddled with medical debt and no income to help pay it off.

Think twice before getting on the road without motorcycle insurance coverage. Strongly consider adding collision, comprehensive and uninsured motorist coverage to your policy. The annual cost is far lower than the lifetime costs of getting in an accident and not being adequately covered.

Get a Motorcycle Insurance Policy Review from the Motorcycle Law Group

Insurance is complicated. The easiest thing you could do is call Geico and get the cheapest coverage possible, but if you do ever get into an accident you could find yourself at a significant financial disadvantage. One of the services we provide to fellow riders is a free motorcycle insurance review. We'll take a look at your policies and advise you on:

- Getting the best coverage for your bike based on your risk level
- How to organize multiple policies to maximize your coverage
- Where you may need more coverage or areas where you're overprotected and can cut back
- The important policy limits and whether you would be adequately covered if you have a significant property damage or injury claim

We also encourage you to check out our free prepared rider kit for advice on valuing your bike, what to do after an accident and ensuring all your gear and bike are adequately covered.

You can claim your free motorcycle insurance policy review on our website <https://www.motorcyclelawgroup.com/contact-us/> or call us toll-free at (855) 529-7433 for a free motorcycle accident consultation.



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WHAT THE.....????

MOTORBIKE FROGS

Motorbike Frogs live mainly on the ground, but can also climb up low tree branches or shrubs, amongst rocks or even up brick walls and windows to a height of 2 m.

Fast facts: The Motorbike Frog gets its name from the sound it makes – like a motorbike changing gears, followed by some growls and croaks.





In our last edition we featured some of the Best Motorcycle Roads in VA with The Motorcycle Law Group and on this tour with Virginia Is For Lovers™, we have more amazing motorcycle roads for you to explore this riding season!

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.



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 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.

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 - \$14 - \$18, 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. President 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 your trek 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.



ROAD RULES

Every state has their own statutes and laws regarding the operation and maintenance of motorcycles. Knowing these statutes not only allows you to avoid needless charges, it helps you to know when your rights have been violated. At The Motorcycle Law Group we keep up with new and existing statutes affecting motorcyclists in Virginia, West Virginia, North Carolina and South Carolina.

Visit our website

www.motorcyclegroup.com/motorcycle-statutes/ which lists the motorcycle laws and statutes for each state that we cover, so that you can educate yourself and so that you can know if you need to contact us to help you fight for your rights as a motorcyclist.

VIRGINIA In the spotlight this month:



Driving two abreast in a single lane (§ 46.2-857).

A person shall be guilty of reckless driving who drives any motor vehicle so as to be abreast of another vehicle in a lane designed for one vehicle, or drives any motor vehicle so as to travel abreast of any other vehicle traveling in a lane designed for one vehicle. Nothing in this section shall be construed to prohibit two two-wheeled motorcycles from traveling abreast while traveling in a lane designated for one vehicle. In addition, this section shall not apply to (i) any validly authorized parade, motorcade, or motorcycle escort,

(ii) a motorcycle traveling in the same lane of traffic as a bicycle, electric personal assistive mobility device, electric power-assisted bicycle, or moped; nor shall it apply to (iii) any vehicle when lawfully overtaking and passing one or more vehicles traveling in the same direction in a separate lane.

WEST VIRGINIA In the spotlight this month:



Handlebar height (§ 17C-15-44(c))

No person shall operate a motorcycle, motor-driven cycle or moped on which the handlebars or grips are more than fifteen inches higher than the uppermost part of the operator's seat when the seat is not depressed in any manner.

If you have a question about any specific motorcycle law in Virginia or West Virginia or you feel that your rights have been violated call us at (855) 529-7433 and speak with one of our personal injury attorneys who practice in Virginia and West Virginia and are familiar with current motorcycle laws in those states.

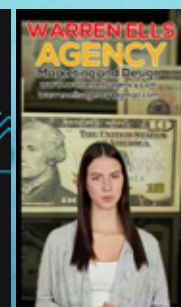
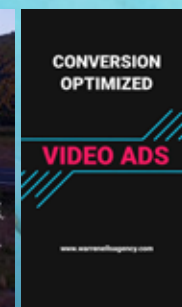
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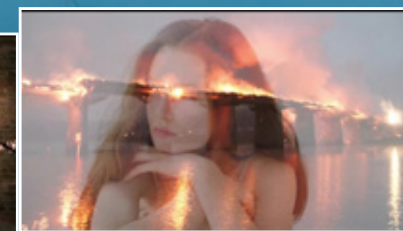
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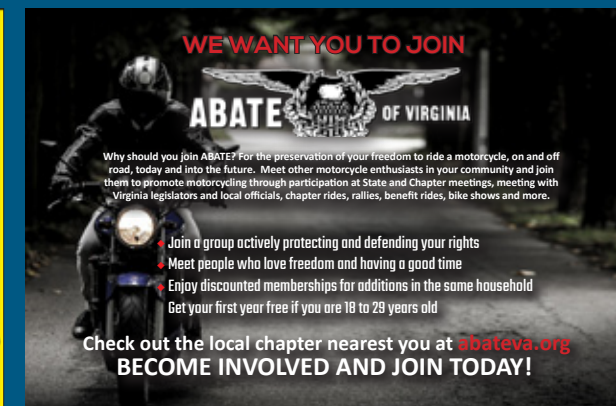
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THE LIGHTHOUSE

"I am the resurrection and the Life." – John 11:25

JEREMY'S EGG

Written by Ida Mae Kempel

Jeremy was born with a twisted body, a slow mind and a chronic, terminal illness that had been slowly killing him all his young life. Still, his parents had tried to give him as normal a life as possible and had sent him to St. Theresa's Elementary School.

At the age of 12, Jeremy was only in second grade, seemingly unable to learn. His teacher, Doris Miller, often became exasperated with him. He would squirm in his seat, drool and make grunting noises. At other times, he spoke clearly and distinctly, as if a spot of light had penetrated the darkness of his brain. Most of the time, however, Jeremy irritated his teacher. One day, she called his parents and asked them to come to St. Teresa's for a consultation.

As the Forresters sat quietly in the empty classroom, Doris said to them, "Jeremy really belongs in a special school. It isn't fair to him to be with younger children who don't have learning problems. Why, there is a five-year gap between his age and that of the other students!"

Mrs. Forrester cried softly into a tissue while her husband spoke. "Miss Miller," he said, "there is no school of that kind nearby. It would be a terrible shock for Jeremy if we had to take him out of this school. We know he really likes it here."

Doris sat for a long time after they left, staring at the snow outside the window. Its coldness seemed to seep into her soul. She wanted to sympathize with the Forresters. After all, their only child had a terminal illness. But it wasn't fair to keep him in her class. She had 18 other youngsters to teach and Jeremy was a distraction. Furthermore, he would never learn to read or write. Why waste any more time trying?

As she pondered the situation, guilt washed over her. "Oh God," she said aloud, "here I am complaining when my problems are nothing compared with that poor family! Please help me to be more patient with Jeremy."

From that day on, she tried hard to ignore Jeremy's noises and his blank stares. Then one day he limped to her desk, dragging his bad leg behind him. "I love you, Miss Miller," he exclaimed, loudly enough for the whole class to hear. The other children snickered, and Doris' face turned red. She stammered, "Wh-Why, that's very nice, Jeremy. Now please take your seat."

Spring came, and the children talked excitedly about the coming of Easter. Doris told them the story of Jesus, and then to emphasize the idea of new life springing forth, she gave each of the children a large plastic egg. "Now," she said to them, "I want you to take this home and bring it back

tomorrow with something inside that shows new life. Do you understand?"

Yes, Miss Miller!" the children responded enthusiastically - all except for Jeremy. He just listened intently, his eyes never left her face. He did not even make his usual noises. Had he understood what she had said about Jesus' death and resurrection? Did he understand the assignment? Perhaps she should call his parents and explain the project to them.

That evening, Doris' kitchen sink stopped up. She called the landlord and waited an hour for him to come by and unclog it. After that, she still had to shop for groceries, iron a blouse and prepare a vocabulary test for the next day. She completely forgot about phoning Jeremy's parents.

The next morning, 19 children came to school, laughing and talking as they placed their eggs in the large wicker basket on Miss Miller's desk. After they completed their Math lesson, it was time to open the eggs. In the first egg, Doris found a flower. "Oh yes, a flower is certainly a sign of new life," she said. "When plants peek through the ground we know that spring is here." A small girl in the first row waved her arms. "That's my egg, Miss Miller," she called out.

The next egg contained a plastic butterfly, which looked very real. Doris held it up. "We all know that a caterpillar changes and grows into a beautiful butterfly. Yes, that is new life, too!" Little Judy smiled proudly and said, "Miss Miller, that one is mine."

Next Doris found a rock with moss on it. She explained that the moss, too, showed life. Billy spoke up from the back of the classroom. "My Daddy helped me!" he beamed.

Then Doris opened the fourth egg. She gasped. The egg was empty! Surely it must be Jeremy's, she thought, and, of course, he did not understand her instructions. If only she had not forgotten to phone his parents. Because she did not want to embarrass him, she quietly set the egg aside and reached for another.

Suddenly Jeremy spoke up. "Miss Miller, aren't you going to talk about my egg?" Flustered, Doris replied, "but Jeremy - your egg is empty!" He looked into her eyes and said softly, "Yes, but Jesus' tomb was empty too!"

Time stopped. When she could speak again. Doris asked him, "Do you know why the tomb was empty?"

"Oh yes!" Jeremy exclaimed. "Jesus was killed and put in there. Then his Father raised him up!"

The recess bell rang. While the children excitedly ran out to the school yard, Doris cried. The cold inside her melted completely away.

Three months later Jeremy died. Those who paid their respects at the mortuary were surprised to see 19 eggs on top of his casket, all of them empty.

"He is risen. He is not here; He is risen just as He said." – Matthew 28:6



Neck Bottles: Beer and soda bottles with long necks are made to help keep your drinks cooler longer. If you touch the neck of the bottle instead of the body of the bottle, you aren't transferring as much heat, and your drink will stay colder longer.

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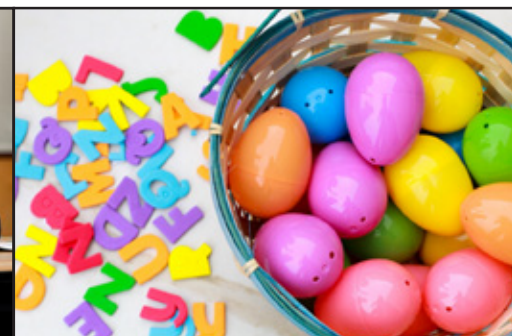
WHEN
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Extraordinary Tales on
Two Wheels

MARC RITCHIE

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

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We wanted to share this heartwarming special ride that took place in December 2022 to kick off this year's riding season with. THIS is what it's all about ... sharing the love of riding ❤️ THANK YOU!

Today our VFW Post 637 Riders, VFW State Riders and a member of CVMA 27-3, had the honor of taking a Vietnam Veteran, SPC Charles Michael Polsley, on a little ride around the local area. Our VFW Post 637 Rider's Group was contacted by our VFW State Chairman/President, Rob Pedersen, to see if we can help out a fellow brother who has not ridden on a motorcycle in over 15 years due to having Parkinsons. Special thank you to Sharon "Bubbles" Sculthorpe for volunteering to have this warrior ride with her, thank you to Eric "Wrench" & Victoria "Harley" Robinson for leading the ride and all our VFW Riders Virginia who came out for this special ride. Special thank you to our VFW Post 637's Quartermaster, Lee Dixon for presenting the Vietnam pin to this great Warrior! "Welcome Home SPC Polsley, Charles and thank you Brother for your incredible service to our Country!

"Kuma" Michael Losoya,
VFW Post 637 Rider's Group President



Veterans and active military enter for free!



Thursday:
Vendor & Camper Set Up
Food Available by Request

Friday:
Gates Open At 12pm
Food & Vendors Open
Cruise In - Bikes, Cars & Trucks
Tobacco Road Band 5pm until
Bike Wash
LED Lighting Installations
Axe Throwing

Saturday:
Open at 7am
Food & Vendors 7am
Axe Throwing
DJ Sound Dog
Tobacco Road Band 11am-2pm
Rodeo Games
Poker Run, Loudest Bike
Audio & Sound Show by Vitas Hawiey
Best Tattoo Contest
Best Burn Out

Will Play Saturday Night!

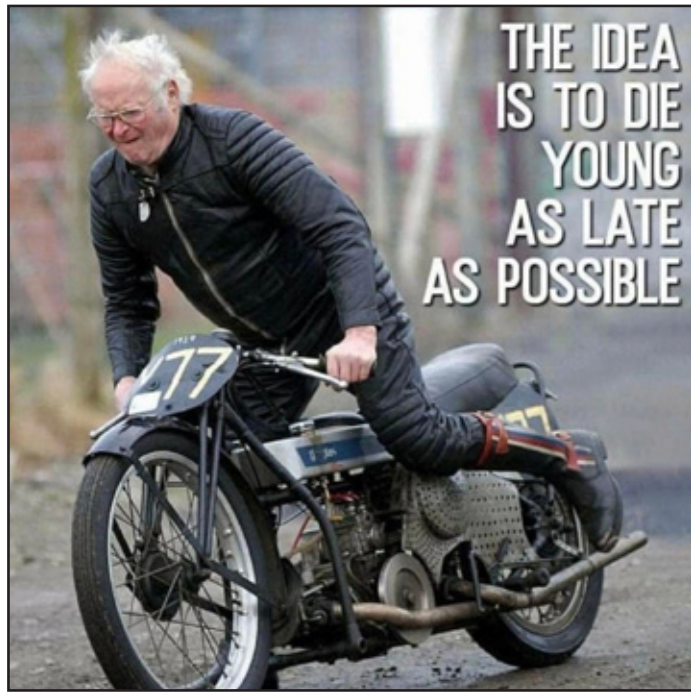
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Vendors and Sponsors Wanted!
Contact Lee Brankley - 434-210-1503 - Also find us on facebook!



Charity event to benefit The Barksdale Cancer Foundation and
The Mecklenburg County Cancer Association



TEACH YOUR KIDS TO COUNT BIKES ON CAR JOURNEYS



AND THEY WILL AUTOMATICALLY SEE MOTORCYCLES WHEN THEY START TO DRIVE

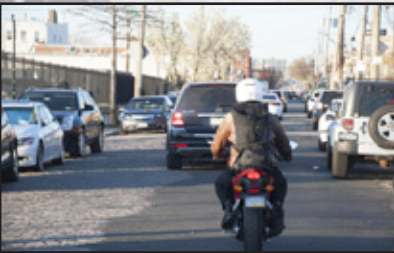


Testing 1-2-3 from the DMV Motorcycle Permit Test

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

If you cannot see through the vehicle in front of you, maintain a following distance of at least:

- (1) Four seconds
- (2) Two seconds
- (3) One second



Answer: (1) Four seconds
Explanation: A minimum four-second following distance is recommended when riding under unfavorable conditions. If you are riding where there is heavy traffic congestion, where the pavement is slippery, or if you cannot see through the vehicle in front of you, you should increase your following distance.

When you are being passed on the left, you should:

- (1) Speed up
- (2) Ride in the right portion of the lane
- (3) Ride in the center portion of the lane



(3) Ride in the center portion of the lane
Explanation: When being passed on your left, you should ride in the center portion of your lane. Riding in the right portion of the lane can be dangerous as it may tempt the passing driver to re-enter your lane too quickly.

When riding with a group of motorcyclists, a staggered formation:

- (1) Is recommended at all times.
- (2) Should not be used when entering or exiting a highway.
- (3) Should be used when riding in curves.



Answer: (2) Should not be used when entering or exiting a highway.
Explanation: While riding in a staggered formation is generally advisable, a group of motorcyclists should switch to a single-file formation when riding in curves, turning, and entering or leaving a highway.

GETTING YOUR BIKE READY FOR RIDE SEASON

For motorcycle riders, warmer days mean it's time to ride. If your motorcycle has been cooped up inside a garage all winter, you know that there are a few things to do in order to get it ready for the road. Having a motorcycle maintenance checklist can help you make sure that you don't skip any steps — and that you can hit the open road with complete confidence in the safety of your motorcycle.

Motorcycle maintenance checklist

When it comes to motorcycle care and maintenance, there are various tasks you can do yourself to ensure your bike is being maintained properly. Whether you're buying your first motorcycle or are a seasoned rider, knowing how to maintain your bike is crucial.

Before you take your bike out for that first ride of the season, you may want to go over this motorcycle maintenance checklist to help keep yourself (and those around you) safe on the road.



Start with fresh fuel

If you didn't drive your motorcycle all winter, the first thing to do is change the fuel. Gasoline gets stale when it sits in the tank too long. Use a siphon pump to get rid of the old gas and then fill the tank with fresh fuel.



Change the oil

Just as you need clean fuel, you also need to change the oil and replace the oil filter before you take your bike out for your first ride. Neglecting this step can affect the performance and longevity of your motorcycle.



Check the battery life

Some riders disconnect their motorcycle batteries for the winter and recharge them every month or two. Once you reconnect the battery, you're probably ready to roll. However, if it's been sitting all winter long, you might have a dead battery on your hands. If it's a fairly new battery, charging it up is fine. If it's three or four years old, you may find it doesn't keep a charge or you might have a hard time charging it. In that case, you're probably better off purchasing a new battery and playing it safe.



Check the tire pressure

Tires are some of the most important pieces of any vehicle, so they deserve your time and attention. When it comes to tires, it's not just what's outside that counts. Air pressure plays a significant role in your safety and in the overall performance of your motorcycle. Fill your tires to the proper pressure and inspect them carefully before you take your motorcycle out for a test run.



Inspect tire tread

Once your tires are properly inflated, check tire tread and look for bald spots, sidewall bubbles or any other warning signs that the tires are unsafe for driving. You can use a tread wear indicator to measure it, or you can use the "penny trick" to make sure your tires have enough tread on them. If you're on the fence about whether or not to buy a new set of tires, remember that it's much easier and much less expensive to replace tires than to repair a bike after a blowout or other type of tire failure.



Get plenty of fluids

Oil and gas aren't the only fluids your motorcycle depends on. Brake fluid and coolant are important for motorbike maintenance, but they can sometimes leak if your bike is left standing for a long period of time. Double-check your levels and refill or top them off. Or, flush out the old fluids and replace them with fresh ones; that way, you know your motorcycle is completely ready to take on your next ride.



Don't forget your cables

Oil and grease in your cable housing can dry up after a certain period of time, and that can affect the performance of your clutch and throttle. Use a hydraulic cable oiler to restore the oil, or take it to your local mechanic and ask them to do the job for you.



Make your bike shine

As a final step, make sure you give your motorcycle a thorough cleaning. Not only does it protect your paint and make your bike look fantastic, but cleaning your bike frequently keeps it in better working condition.

Motorcycle maintenance is an important part of staying safe on the road

Following this motorcycle safety inspection checklist can help ensure your bike is ready to take on the road. Without a helpful service checklist to refer to, properly maintaining your bike over time becomes more difficult. More so, not having a well-cared for motorcycle on the road becomes less safe for you to drive, and for other drivers to drive around you. You can also call your local bike shop for a checkup. Help make your riding season the best it can be so you can enjoy all of the adventures that are waiting for you! Have a fun season & stay safe out there!



VIRGINIA RIDER MAGAZINE

GOOD FOR YOU

SLEEPING WITH PLANTS – Plants That Can Help You Sleep

Since we did the “spring forward” thing earlier this month, many of us are still trying to find that lost hour, leaving our bodies a bit confused in the sleep department. Sometimes the quest for a good night’s sleep can leave you feeling exhausted. It’s hard enough to have a good day when you’re running on a sleep deficit, but it can be even worse when you find yourself stressing out about how to catch up. A restful night’s sleep is so important to have under your belt if you plan on riding. We definitely aren’t sleep doctors here but we do know that fortunately, there are some natural, gentle sleep aids out there. Mother Nature has your back when it comes to falling asleep, with the help of flowers and plants to get a good night’s rest. You might be surprised at how sleeping with plants could be good for you!



Jasmine: This exotic plant has a gentle, soothing effect on the body and mind. It has been shown in one study to reduce anxiety levels, leading to a greater quality of sleep. Not only that, but this research suggests that the positive effects of such a high quality sleep lead you enjoy increased alertness and productivity during the day. With such beautiful pink or ivory blossoms, there seem to be no downsides to adding a Jasmine bloom to your boudoir!



Lavender: Who doesn’t love the scent of lavender? It’s also probably the most well-known of all plants when it comes to inducing sleep and reducing anxiety levels. Research

backs up these claims, with lavender scents shown to slow down heart rate, lower blood pressure and levels of stress. In one study, the smell of lavender reduced crying in babies, sending them into a deeper sleep; while simultaneously reducing stress in both mother and child – something all new mothers will be happy to hear! In women, lavender has been shown to increase light sleep, and decrease rapid-eye movement (REM) sleep and the amount of time to wake after first falling asleep, with opposite effects in men. While there are a host of lavender scented products on the market to help you get a full night’s rest (from scented sleep masks to lavender mattresses) why not go for the most natural and cost effective option – a beautiful lavender plant placed on your nightstand.



Snake Plant (Mother-in-Law’s Tongue): One of the most recommended plants for improving indoor air quality, the Snake Plant is a hardy and easy to care-for plant ... always a plus! What’s great about this plant is that it emits oxygen at night time whilst simultaneously taking in carbon dioxide – something we naturally produce when breathing. All this leads to a purer quality of air and a better night’s sleep. The Snake Plant also filters some nasty but common household toxins (namely formaldehyde, trichloroethylene and benzene) from the air.



Aloe Vera: Listed as one of NASA’s top air-improving plants, the fantastic Aloe works

much like the Snake Plant – it emits oxygen at night, making for a more restful slumber. It’s also one of the easiest plants to grow and maintain – it tolerates ‘neglect’ well and so doesn’t require frequent watering. Dubbed the ‘plant of immortality’ by the Egyptians, it reproduces easily so if you buy one you’ll soon have an Aloe plant for all the rooms in your house. You can even pass on the gift of happy sleep to your family and friends! Keep it on your bedroom window as it does need a lot of direct sunlight. You can also use the gel from the Aloe Vera leaves as a topical treatment for minor cuts and burns, insect bites, dry skin and lots more! It’s simply a must-have plant in every home.



Gardenia: With glossy evergreen leaves and beautifully scented blossoms, Gardenias are a popular plant choice for bedrooms. Studies indicate that keeping one in your room may help you achieve a better quality of sleep, with claims that it may be as effective as Valium in relieving anxiety and promoting sleep. However, gardenias can be tricky to maintain as they require a lot of attention in order to keep their luscious leaves and delicate flowers. Indoor gardenias should be kept in a bright room, but not placed in direct sunlight. But if you suffer with insomnia or anxiety, investing a little time in one of these beautiful blooms could be a cheap and healthier solution to taking pills!



Spider Plant: Not to be confused with the Snake Plant, the Spider Plant is also a champion cleanser of air. The NASA tests showed it to remove around 90% of the potentially cancer-causing chemical

formaldehyde from the air. Since formaldehyde is found in common household products like adhesives, grout and fillers, it’s a good idea to keep one of these plants around. In addition to cleansing the air, it will also absorb odors and fumes as well as sustaining oxygen levels in the room, promoting better sleep.



Valerian: The Valerian is a perennial flowering plant with sweetly scented pink or white flowers that bloom in the summer. While the blossoms were used as a perfume in the 16th century, the root has been used as a tea or tincture since ancient times, with Roman physician and philosopher Galen prescribing it for insomnia. Newer research has shown that Galen was right in his prescription of Valerian Root – simply inhaling its scent will help you fall asleep quickly, and will ensure you enjoy a better quality of slumber. In addition to keeping one on your bedroom window (it needs full sun for 6 hours a day), why not add a few of the petals to your bathwater to help you drift off?



English Ivy: Another one of NASA’s top plants for purifying the air, English Ivy is simple to grow and only needs moderate exposure to sunlight. Studies have shown that this leaf can improve symptoms of allergies or asthma – which all sufferers know can seriously impact both the quantity and quality of sleep. The American College of Allergy, Asthma & Immunology reported that, in a 2005 experiment, English Ivy removed 94% of airborne feces and 78% of airborne mold in just 12 hours! As mold can affect our breathing, it’s definitely a plant to have on hand for a great night’s sleep. This evergreen vine looks great

in an indoor hanging basket, or placed on a ledge where the leaves can trail down. It’s toxic to kids and pets though, so make sure to keep it out of reach!



Peace Lily: Not just pleasing to the eye, the Peace Lily is another of NASA’s superstar plants, helping to filter out harmful benzene, trichloroethylene, and formaldehyde toxins. The moisture given off by these striking flowers can boost a room’s humidity by up to 5%. This suppresses airborne microbes which can lead to allergies, and also helps relieve those irritating dry noses and throats that keep you awake all night. A nice shady position (out of the reach of pets and children) and weekly watering is all the Peace Lily needs – that’s not too much to ask in return for a great night’s sleep.



Bamboo Palm: Also known as a Reed Palm, this small plant is a fantastic air purifier. Ditch your chemical-laden air fresheners in favor of a few of these pretty palms and say goodbye to airborne smells and toxins. Not only will you be able to enjoy your home’s pure, fresh air during the day, but you’ll enjoy a fantastic night’s sleep too. Given its exotic origins, the Bamboo Palm will bring a tropical, warm feel to your bedroom. It’s fairly easy to care for – just keep the soil moist (but not wet) and place the plant in indirect sunlight.



Gerbera Daisies: These bright and cheerful flowers couldn’t help but put you in a good mood! With pink, orange, yellow and white, they should be a welcome addition to any room – and not just because they look good. They also release oxygen at night, which helps you breathe easy while you snooze. If you suffer from apnea or allergies, then these daisies are definitely recommended. A word of warning to the novice gardener – as they are prone to fungal diseases Gerbera Daisies need extra special attention, particularly in relation to watering and light levels.



Golden Pothos: With its marbled, heart-shaped leaves, the Golden Pothos is another exceptional air purifying plant according to NASA. Those with a busy schedule will particularly welcome this ivy-like vine. Not only will you have a better quality of sleep but you need not worry too much about nurturing it – a couple of hours of morning sun and a little water once a week is all it requires. It makes a great hanging plant too – which curbs its invasive nature and keeps its mildly toxic leaves out of the reach of pets and children.

- When Adding Plants to Your Home:
- Always check if they are toxic to children and animals to ensure they are suitable for your family.
 - Remember to wipe the leaves every week or so to ensure the plants can effectively do their job – just look at it as the equivalent of changing the filter in your air purifier!
 - Choose a good mix of those that purify the air and those that induce sleep through their scent for optimum results.
 - NASA recommend between 15 and 18 air-purifying plants in an 1800 square foot home, with a few of these in each bedroom.

With the riding season getting in full swing, hundreds of motorcyclists will be flocking to poker runs & events on the weekends to get their "ride on". Many of these riders have just recently purchased their first bike and are anxious to be a part of all the fun out there. Even though they have their "M" license now, they are still new to motorcycling and most are very unfamiliar on how to ride in a group while participating in events or just riding with some new found friends. This "Group Riding" guide from the Motorcycle Safety Foundation has some important information for all riders, from the beginners to even those who have been riding for many years. Keep it safe out there & enjoy your rides!



QUICK TIPS: MSF's Guide to Group Riding

Motorcycling is primarily a solo activity, but for many, riding as a group -- whether with friends on a Sunday morning ride or with an organized motorcycle rally -- is the epitome of the motorcycling experience. Here are some tips to help ensure a fun and safe group ride:

Arrive prepared. Arrive on time with a full gas tank.

Hold a riders' meeting. Discuss things like the route, rest and fuel stops, and hand signals (see diagrams on next page). Assign a lead and sweep (tail) rider. Both should be experienced riders who are well-versed in group riding procedures. The leader should assess everyone's riding skills and the group's riding style.

Keep the group to a manageable size, ideally five to seven riders. If necessary, break the group into smaller sub-groups, each with a lead and sweep rider.

Ride prepared. At least one rider in each group should pack a cell phone, first-aid kit, and full tool kit, so the group is prepared for any problem that they might encounter.

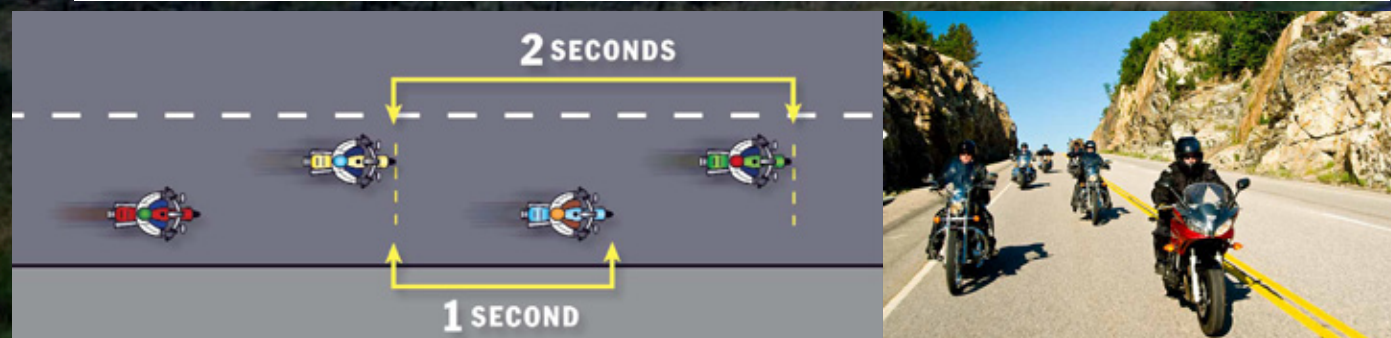
Ride in formation. The staggered riding formation (see diagram below) allows a proper space cushion between motorcycles so that each rider has enough time and space to maneuver and to react to hazards. The leader rides in the left third of the lane, while the next rider stays at least one second behind in the right third of the lane; the rest of the group follows the same pattern. A single-file formation is preferred on a curvy road, under conditions of poor visibility or poor road surfaces, entering/leaving highways, or other situations where an increased space cushion or maneuvering room is needed.

Avoid side-by-side formations, as they reduce the space cushion. If you suddenly needed to swerve to avoid a hazard, you would not have room to do so. You don't want handlebars to get entangled.

Periodically check the riders following in your rear view mirror. If you see a rider falling behind, slow down so they may catch up. If all the riders in the group use this technique, the group should be able to maintain a fairly steady speed without pressure to ride too fast to catch up.

If you're separated from the group, don't panic. Your group should have a pre-planned procedure in place to regroup. Don't break the law or ride beyond your skills to catch up.

For mechanical or medical problems, use a cell phone to call for assistance as the situation warrants.



MSF'S GUIDE TO GROUP RIDING: HAND SIGNALS

Stop - arm extended straight down, palm facing back



Single File - arm and index finger extended straight up



Turn Signal On - open and close hand with fingers and thumb extended



Slow Down - arm extended straight out, palm facing down



Double File - arm with index and middle finger extended straight up



Fuel - arm out to side pointing to tank with finger extended



Speed Up - arm extended straight out, palm facing up



Hazard in Roadway - on the right, point with right foot; on the left, point with left hand



Refreshment Stop - fingers closed, thumb to mouth



You Lead/Come - arm extended upward 45 degrees, palm forward pointing with index finger, swing in arc from back to front



Highbeam - tap on top of helmet with open palm down



Comfort Stop - forearm extended, fist clenched with short up and down motion



Follow Me - arm extended straight up from shoulder, palm forward



Pull Off - arm positioned as for right turn, forearm swung toward shoulder



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