

# VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE™



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**BOOTS** - boots provide protection against foot and ankle injuries.





from the editor's desk

Welcome friends! We're so glad that you could join us as we kick off the 2025 riding season this month! Most of us are sooo done with the snow & cold weather. It's been very nice to have the temps above freezing lately & the warmer temperatures appear to be creeping in, hopefully they're here to stay.

It's going to be a fantastic ride season from what we can see so far with all of the events starting to roll in to fill up the weekend schedules. We are constantly updating the Events page of our website virginiarider.com so be sure to check back often for the latest updates & additions. If you don't see your event listed, email us at virginiaridermagazine@yahoo.com or message us on Facebook with the link to your event so we can get it posted right away.

Do you have stories to tell?... pictures to go along are a bonus! If you'd like to share your adventures or even just a day out riding, shoot us a message & we might just publish it in an upcoming edition of the magazine!

We've got lots of good stuff waiting for you in the pages ahead, from getting your bike ready for spring, helping you get fit for the road to showing you ways to adjust to the start of daylight saving time and bringing you to the heart of all things fun in Southwest Virginia in the Heart of Appalachia plus lots more!

Drop us a line anytime with questions, suggestions, comments or just to say "Hi!" - we'd love to hear from you! We hope you have an amazing start to spring & get ready for many more good times to come!

Until we meet again,

Be somebody who makes everybody feel like a somebody 😊  
Stay safe out there!

Kelly



**GREAT PLACES TO RIDE** This month's GP2R will feature a resort and a park in West Virginia that Marc and Rose visited nearly a decade ago. If ever there were a spring when businesses looked forward to the music of motorcycles echoing off the mountains, it would be this one.

GOOD FOR YOU

**GOOD FOR YOU** While your phone may automatically update for daylight saving time, our bodies aren't always as quick to adapt. Here are seven tips to help you spring forward into daylight saving time on Sunday, March 9.



**THE BIKE SAVER** Work on bringing back to life John's 1972 Honda CB500 Four continues. He's happy to report the bike itself is starting to look a lot more like a motorcycle these days. He had to rearrange the other bikes in the shop to get her up onto the lift, but that was finally accomplished with no complications, meaning nothing fell over in the process.



**SPRING RIDING** Springtime can be the best time of year to ride...but also the most dangerous. It's like the Tale of Two Cities – the best of times and the worst of times. Pro: spring smells and warm temps after a long winter. Con: post-winter salt & grime on the roads.

FIT FOR THE ROAD

**FIT FOR THE ROAD** When most people think of motorcycle riding, the first thing that comes to mind may not be "physical fitness". Riding a motorcycle is anything but lethargic. It takes physical exertion. We've got 6 tips that are a combo of exercises and routines to keep you going strong and most importantly keeping you safe on your motorcycle all year round.



**THE LIGHTHOUSE** As the season of spring unfolds, nature awakens from its winter slumber, revealing a tapestry of blooming flowers, vibrant greenery, and the sweet melodies of birdsong. In the beauty and rebirth of spring, Christians can discern profound parallels with the transformative power of their faith.



**RIDING SAFELY IN EVERY SEASON** Dreaming about the first ride of the season dispels winter darkness. Spending time with your motorcycle and making sure it's ready to ride makes that dream come true. Follow this guide for a smooth spring start. Always refer to your owner's manual for guidance for your specific motorcycle.

March 2025

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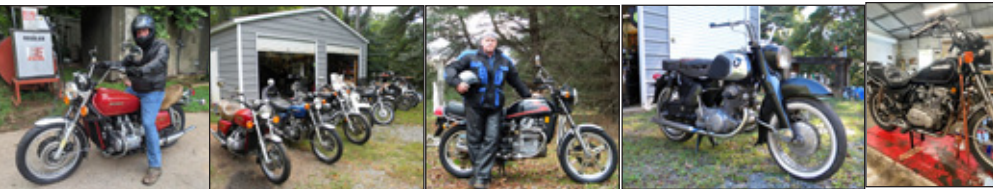
Kelly is a U.S. Navy Veteran & is a long-time friend & fellow rider of motorcycle communities throughout the Virginias and the Mid-Atlantic regions. She has been the owner/editor & publisher of free "moto" magazines for nearly 20 years. Kelly takes great care in making sure that her publications are entertaining, informative, are a great resource for riders, while also keeping the content in good taste so that they can be enjoyed by everyone. She packs a variety of topics into every issue...rider-friendly businesses, safety, health/wellness, funnies, entertainment, tourism, great places to ride & so much more.

The Warren Ells Agency, owned and led by Warren Ells, specializes in a comprehensive range of services including Video Production, Voice Acting, Copywriting, Ad Design, and Print Layout. With a focus on delivering high-quality content, they excel in creating engaging videos, compelling copy, and visually appealing advertisements. Whether it's crafting impactful messages or designing eye-catching visuals, Warren is dedicated to meeting the diverse needs of clients, providing a one-stop solution for effective multimedia communication. He has been creating content for businesses, bands, and individual entrepreneurs for over thirty years.

Marc and Rose have been riding, traveling, writing, photographing, and videoing together for over a decade. No matter what time of year, whether it's across the country, or across the county, the bike is their sanctuary, and they're always looking forward to the next ride together.



John's been saving bikes ever since he was given his first motorcycle that didn't run and snapped a funnel off in the transmission case. His biggest inspiration is his wife Barbara, who reminded him that "None of them run..." Ever since, he has breathed new life into at least 20 vintage machines!



FEATURED IN THIS ISSUE

On The Road To Everywhere

Gear up for an incredible adventure to Southwest Virginia! Your Weekend Trip to Virginia's Heart of Appalachia Awaits. It's time to escape the daily grind with a weekend getaway to Virginia's Heart of Appalachia. When you're needing to recharge your batteries, there's nothing more relaxing or as invigorating as an adventure trip to the mountains.



ON OUR COVER

Spring is finally here and we know all of you are anxious to get out and start enjoying Virginia and West Virginia highways and by ways.





# THE LIGHTHOUSE

Ask the LORD for rain in the springtime; it is the LORD who sends the thunderstorms.  
He gives showers of rain to all people, and plants of the field to everyone. – Zechariah 10:1

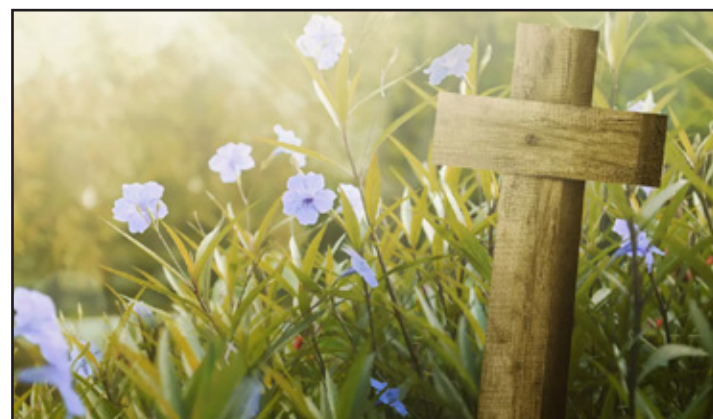
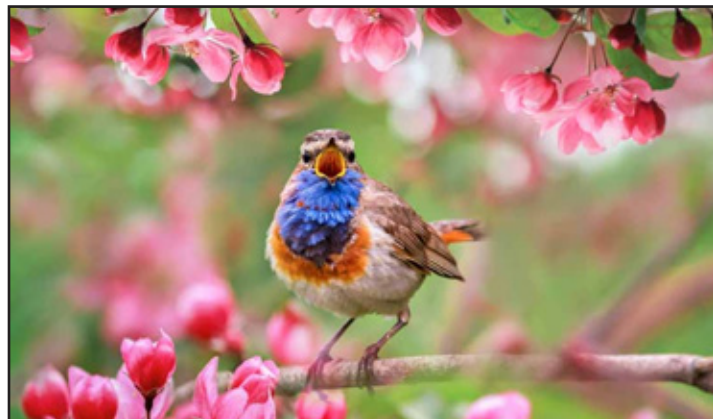
## SPIRITUAL SPRING

"The flowers are springing up,  
the season of singing birds has come,  
and the cooing of turtledoves fills the air."- Song of  
Solomon 2:12 NLT

As the season of spring unfolds, nature awakens  
from its winter slumber, revealing a tapestry of  
blooming flowers, vibrant greenery, and the sweet  
melodies of birdsong. In the beauty and rebirth of  
spring, Christians can discern profound parallels with  
the transformative power of their faith.

Spring serves as a metaphor for the spiritual renewal  
offered by Christianity. Just as the earth emerges  
from the cold grasp of winter into a season of growth,  
Christians believe in the possibility of personal and  
communal rebirth through Christ. The Resurrection, a  
cornerstone of Christian faith, symbolizes the victory of  
life over death, hope over despair.

In spring, dormant seeds burst forth into colorful  
blossoms, mirroring the potential for new life in Christ.  
The Apostle Paul beautifully captures this sentiment in  
2 Corinthians 5:17: "Therefore, if anyone is in Christ, the  
new creation has come: The old has gone, the new  
is here!" Spring, with its fresh beginnings, serves as a  
tangible reminder of the transformative power of the  
Gospel.



Just as spring invites us to shed the heavy coats of  
winter, Christianity calls believers to cast off the  
burdens of sin and embrace the light of Christ's love.  
Through repentance and forgiveness, Christians  
experience a spiritual spring, where the warmth of  
God's grace melts away the coldness of guilt and  
shame.

In the budding flowers and blossoming trees,  
Christians can discern the beauty of God's creation, a  
testament to His faithfulness. Spring invites us to marvel  
at the intricate details of the natural world and to  
recognize the Creator's handiwork. As we witness the  
earth coming to life, let it be a prompt for gratitude  
and praise for the One who sustains all life.

This season, let us embrace the spiritual spring  
offered by Christianity. May the Resurrection story  
inspire hope in our hearts, and may the renewal  
evident in nature be a reflection of the transformative  
power of Christ's love. Just as spring heralds a season  
of growth and vibrancy, may our faith in Jesus Christ  
bring forth new life, joy, and purpose in our spiritual  
journey.

Journeying Together,  
John

### Spring Motorcycle Prep Checklist

Every rider needs to make sure their motorcycle is ready for the riding season. Follow this check list to make sure you are ready and safe for the your first beautiful day of riding.

- 1. FUEL-** Make sure you have fresh gas in your bike. Old and untreated gas can cause many problems.
- 2. BATTERY-** Make sure your battery is charged and all connections are free of corrosion.
- 3. OIL & FILTER-** Make sure your oil and filter are changed. Check your levels if you changed it before winterizing.
- 4. LUBE-** Make sure all the levers, pedals, cables and chain are clean, functioning and lubed.
- 5. TIRES-** Make sure your tire pressures are set. Inspect your tread depth and check for scalloping. Check the sidewalls for any age cracks or damage.
- 6. CHAIN & SPROCKETS-** Make sure your chain & sprockets are clean, tight, lubed and in good condition. Check for wear and broken teeth.
- 7. FLUIDS-** Make sure to check all of your fluids. Brake fluid, clutch fluid, coolant & rear end should be replace every 2 years.
- 8. SAFETY CHECK-** Make sure motorcycle is safe. Check your lights, horn, turn signals, brake & clutch lines for breaks & frays, forks for leaks, the center & side stands & the air filter for mouse nests and dirt. .
- 9. CLEANING-** Make sure your motorcycle is shiny and clean for your first day out. The motorcycle always goes faster when its clean!

**Are You Ready?**

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Once you have travelled, the voyage never ends.

The mind can never break off from the journey

- Pat Conroy

## WHEN MAGIC FILLS THE AIR

Extraordinary Tales on Two Wheels

MARC RITCHIE

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

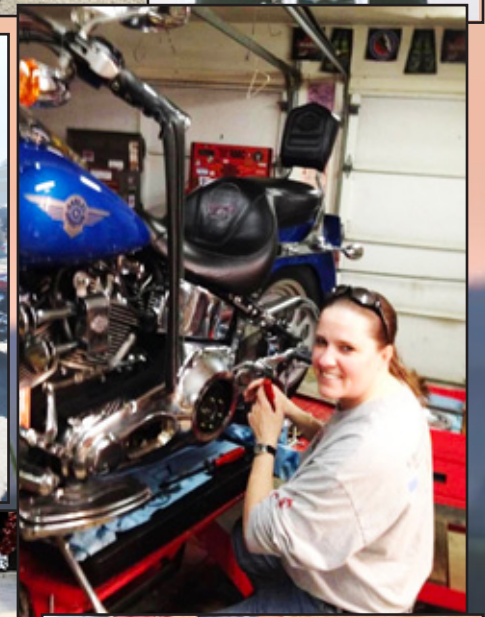
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A man and a woman sitting on a motorcycle.





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

with Marc Ritchie and Rose Grant

## Sandstone and Pipestem



This winter has been noteworthy, to say the least. Rose and I would have already ridden somewhere between a half and a dozen times according to the last few year's pic folders on my computer. The pair of rides we've been able to go on this year have been to the grocery store and a utility run: both not Great Places to Ride material, but thankful nonetheless, for being able to embrace the wind.

This month's GP2R will feature a resort and a park in West Virginia Rose and I visited nearly a decade ago. If ever there were a spring when businesses looked forward to the music of motorcycles echoing off the mountains, it would be this one. Ravaged by Helene and winter storms, these magical places urgently need us to visit and work magic of our own, as only the motorcycle touring community do, and do quite well. So, please enjoy. Get inspired. And get ready to enjoy some of the greatest playgrounds a kid with a bike ever dreamed of, while making a difference.

Rose and I had made plans to ride to Pipestem Resort near Princeton, WV on our days off. The forecast was looking bleak for the next two days, and with rain falling the morning of departure, any KSU was probably a no-go. Rose had gotten up early to pack. And when I asked her if she still wanted to go despite the weather, she said, "Of course!" The scale tipper for me was: as bad as the weather sites have been of late, I wasn't going to trust them to the point I would bail on a ride in our free time. Since I didn't see the "severe" term anywhere, we would don our rain gear and head southwest. Just before we departed, two bikes rolled past our driveway. I was reminded of a phrase from an old mentor of mine who once wrote, "In order to get to the fruit of the tree, you have to go out on a limb."

We stopped in Warm Springs at Cucci's for brunch. It had stopped raining and was getting warm. Opeth's "Folklore" had played over the audio system, enhancing the cumulous-granite Alleghenies, with their choice chops, as the fog was lifting. The roads were still a little moi,,,I mean wet, but we could see blue sky and the decision to go ahead with our plans seemed to be working out.



We followed some back roads past Lake Moomaw on our way to Callaghan. Instead of heeding my GPS, I instinctively overruled my digital dominatrix of dictated directions and found myself heading back into the hills, on gravel, taking the long way to White Sulphur Springs. I looked at the map and it showed three miles to the next turn. I wasn't going back. Besides, banjo practice wasn't 'til later that evening, and we weren't on canoes.

Rose and I eventually found pavement. The ride down the mountain was a lot quieter since we didn't use as much throttle, and things on Harleys called "cooling fans", subsided. We soon didn't have to pretend, the sixth-gear stranger, was a long-awaited friend. It was.

Our course replotted, we rode through White Sulphur Springs and The Greenbrier. Stopping for gas, I had to run in and get some drops. The pollen was starting to mess with my eyes. We jumped on 64 for Rt. 20 and Sandstone. As far as highways go, I don't mind this one. Shenny can growl as loud as she wants in the big boy gear, and the traffic is usually light. With all the hills and sweepers in the mountains at highway speeds, it makes for proper motorcycling. "Sunlight on chrome. The blur of the landscape. Every nerve aware." Immortal words from an immortal hero to many, and gone too soon.

We stopped at an overlook strategically placed above the New River. Strategic, because of the view for one, and a great place to bail when following a delivery truck through the twisties and nowhere to pass. It reminded me somewhat of the view next to the James near Glasgow, VA. We set up the tripod for a pic as a pickup truck politely pulled in outside of our frame, allowing us an unobstructed shot.

We were following the river, this time downstream on the other side, en route to the falls. A half dozen or so miles later, we found a parking area on the right which unexpectedly contained a fair amount of vehicles for this Tuesday afternoon.

We started off down the boardwalk and soon found a deck with a view of the falls. Fishermen were saturated along the shores, casting their share of lines in the pools near the falling water. It was difficult to get an intimate, pristine shot, free of humans, but the setting would suit almost any fishing magazine.

We continued walking all the way to the end, crossing a steel bridge over one of the channels. Another deck with benches, displayed another set of falls. This time, we had the place to ourselves. We didn't have the pod of all tri-ness, but we made do, with some rocks to set the timed camera on, and improvised. It's settings like these, that make a kiss and a hug, and an, "I love you," a vividly wonderful memory. Needless to say, we were glad we decided to ride this day.

Rose and I were very impressed with the park. I always feel fulfilled when I find someplace new, that has somehow flown under the radar all this time. It was also cool seeing the Bluestone Dam once again, as were the views of the river on our way to the resort.

Checking into McKeever Lodge, I asked for a room for two, with a view. We packed our luggage on a cart, rolled it to our room, and opened the curtain. BAM! The view from our private balcony of the Bluestone Gorge was simply breathtaking and more than we expected. Rose simply said, "Wow, how gorgeous!" Neither of us realized the unintended pun.

We ate dinner at the onsite restaurant which featured a whole side of windows displaying the mountains, instead of TVs. We spent the night on our deck watching the birds and deer while the sun set, enjoying "provisions." I felt a little guilty glancing at the TV and getting updates as the Caps lost a heartbreaker to the Pens in game 6. If it's any consolation, the sound was off.

The next day, before departure, we ate a delicious breakfast at the restaurant, watching the same birds we did the night before. Trucks could be seen far off in the distance, as Highway 77 carved its own path through the mountains. Mike and the Mechanics, "The Living Years", prophetically played quietly over their audio system, bringing a set of welling eyes, reminding me of my Father, who passed away a few years ago. I quietly thanked him for all he did for me, as I managed to keep it together reaching for my glass of water. Some songs, sometimes have a way of cutting to the bone.

We scored a couple of T-shirts at the gift shop. Terry, the nice lady who was working there, directed us to Pipestem Falls, where we stopped on our way home. It hadn't rained a drop on us since our departure. This whole, enchanting trip, could have never happened, if we had chosen not to go. I'm not saying to throw caution into the wind, because weather can be serious, especially if the "severe" term is thrown out there. But this was not the case. And it would have really been disappointing, if we had stayed home, and it never rained. So we rolled the dice, to see if we could create our own weather. And this time we did. I've often said that these bikes aren't just machines. They represent adventure and a way to connect with most anything: our universe, our world, and each other. They are dream chasers and catchers. And sometimes while riding, we get to experience, that the best day we ever lived,,, is today.

Cheers and thanks for reading!

Marc Ritchie

Photos and Cloud Evaporator: Rose Grant



*continued next page*





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# GOOD FOR YOU

While your phone may automatically update for daylight saving time, our bodies aren't always as quick to adapt. Here are seven tips to help you spring forward into daylight saving time on Sunday, March 9.

## Update your clocks in advance



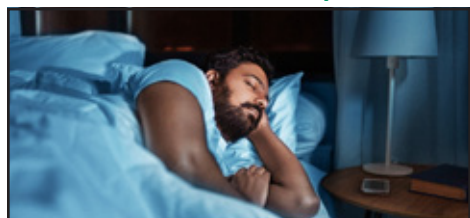
While most smartphones and computers update the time automatically, there are a number of clocks that you'll need to change manually. Consider updating the clocks around your home, including those on your microwave, oven and car, before you go to bed on Saturday. In the morning, you'll be relieved to know all of your clocks have the correct time.

## Refresh your nighttime routine



As our days get busier, our sleep can suffer and the time change can bring additional sleep challenges. This is a great time to re-assess your sleep needs and habits and practice a little extra self-care around your sleep. Try to incorporate relaxing activities into a nightly routine that you can enjoy every night before bed. This can help signal to your brain that it's time to start winding down for the day. For instance, you can take a shower or bath, sip on a cup of non-caffeinated tea, read a book (not on a screen) or listen to a meditation. These types of activities will help your mind and body settle down for a good night's sleep.

## Stick to a consistent sleep schedule



It can be tempting to stay up late or change your routine now that you have one less hour in the day. However, disruptions to sleep can affect our mood, energy levels, concentration and overall health. The closer you stick to your normal routine of getting between seven and nine hours of sleep each night, the faster your body will adjust to the time change.

## Avoid caffeine, alcohol, and snacks before bed



Caffeine stimulates your nervous system and may prevent your body from relaxing naturally at night. Alcohol and food can also impact your sleep by disrupting your sleep hormones. Help your body relax and prepare for sleep by avoiding caffeine, alcohol and snacks later in the evening. If you are feeling hungry, keep your snacks small and light.

## Take a cat nap if needed



If you're feeling the effects of returning to standard time, it's okay to take a quick cat nap during the day. Just be sure to limit your naps to 20–30 minutes. Longer naps can disrupt your normal sleep patterns and

## Tips to help you spring forward into daylight saving time

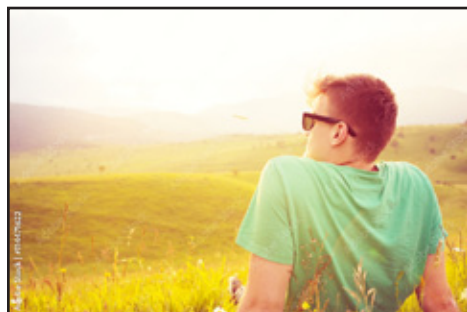
leave you feeling more tired overall. Nap pods around campus provide the perfect way to get a little extra rest without disrupting your day.

## Avoid the snooze button



Did you know that hitting the snooze button in the mornings can actually hinder your ability to wake up? Try to break the habit by setting an alarm that's 10 minutes later than you normally would and place your phone or alarm clock out of reach. This will force you to get out of bed, which can help you jumpstart your day.

## Soak up the sun



While adjusting to daylight saving time can be tough at first, the extra evening light can create more opportunities to soak up the sun. The best part is that it can actually improve your mental health, help you feel more energized and reset your circadian rhythm. Plus you'll benefit from the extra vitamin D. Just be sure to wear broad spectrum sunscreen with at least 30 SPF. If sunshine late in the day makes it harder to sleep, consider using a sleep mask or investing in blackout curtains. This can help you relax and maintain your bedtime routine, so you can get adequate sleep throughout the spring and summer. Happy Spring!

Source: <https://www.colorado.edu/health/blog/daylight-saving-time>

## When the going got tough, the tough got creative



BROUGHT TO YOU BY COVID 19



spring vibes



## Daylight Saving Time Starts

March 9, 2025

Remember to set your clocks **ahead** one hour Saturday night or Sunday morning the weekend of March 9.



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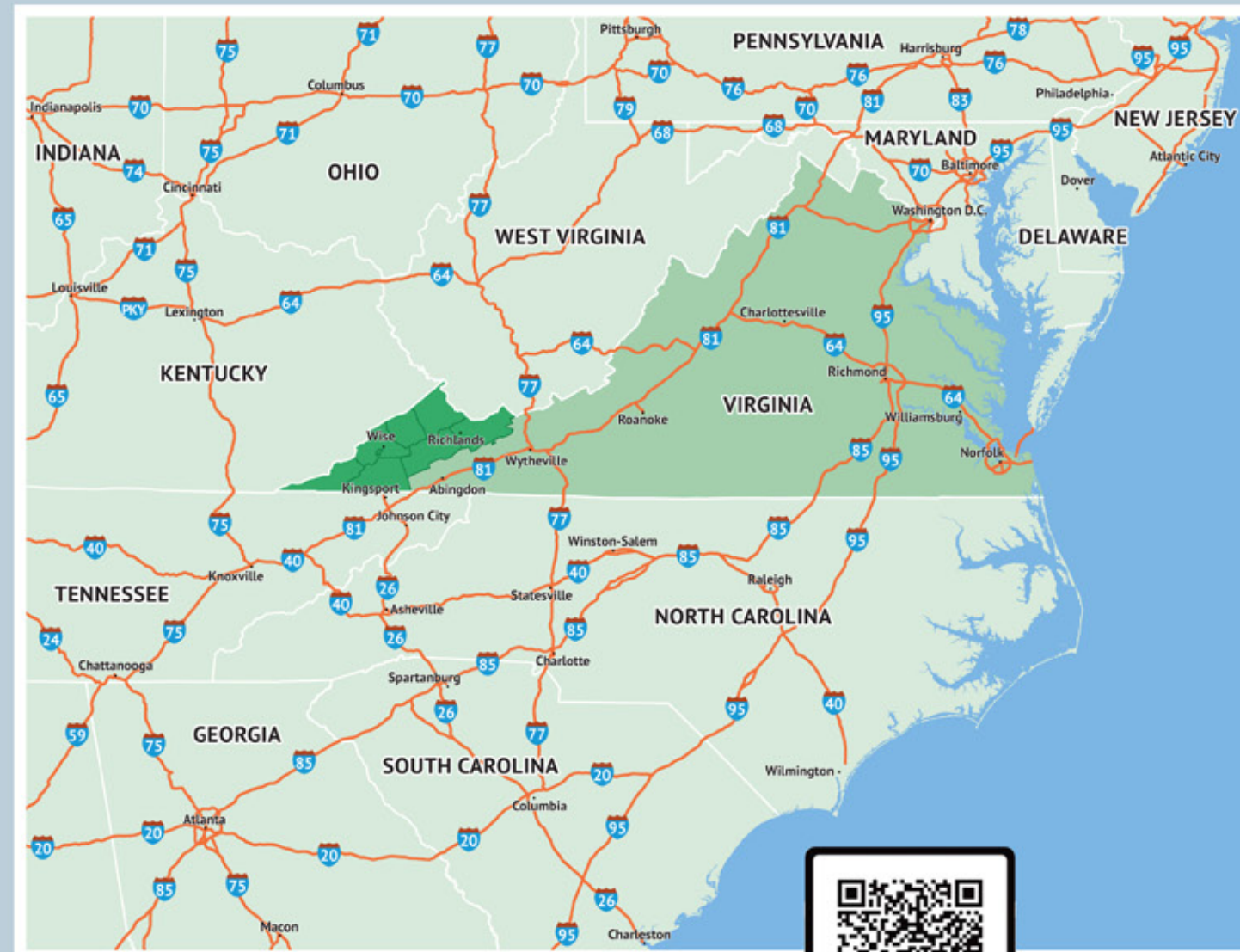


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**SELF-CARE FOR MEN**

THINGS TO DO FOR YOURSELF

- Go for a run or work out regularly.
- Spend quality time with your family.
- Get a massage once in awhile.
- Take a long shower or bath.
- Spend more time outside enjoying nature.
- Cook a well-balanced meal for yourself.
- Get a haircut every month.
- Try yoga or meditation in the morning.
- Go shopping to refresh your wardrobe.
- Plan a vacation for yourself.
- Make sure you get enough sleep each night.
- Read a new book for pleasure.
- Try out new hairstyles.



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Official Service Facility of VIRGINIA RIDER'S **GREAT PLACES TO RIDE**

# EASY DOES IT

## Spring Fling! Kielbasa, Potato, and Broccoli Skillet

Easy does it with this yummy star trio that brings the phrase “meat & potatoes” to a whole new level. Celebrate the start of spring with this super easy meal that you only need one skillet & a few ingredients to whip up. Spring never tasted so good. Let's get cookin'!

Here's all you need:

- 3 medium Yukon gold or red potatoes (about 1 pound)
- 1 medium yellow onion (we love the sweet onion)
- 1 (12 to 14-ounce) package kielbasa sausage
- 1 (8-ounce) broccoli crown
- 2 tablespoons butter
- 1 tablespoon vegetable or canola oil
- Seasoned salt or regular salt, to taste
- Freshly ground black pepper, to taste

Before we start, here's some helpful tips:

- You'll need a skillet that is at least 10 inches wide. Cast iron works best since it's naturally nonstick and deep. Nonstick is good if you don't have the cast iron. If you have a bigger skillet (11 or 12 inches), use it.
- Use any kielbasa-type sausage you like. Regular kielbasa as well as turkey kielbasa and it was great both times.
- Don't stir too much. The dish gets much of its flavor and texture from contact with the skillet for minutes at a time.

Here's all you need to do....

Prepare the vegetables & meat:

Cut the potatoes into quarters and then slice 1/4-inch thick. Peel and halve the onion, then slice it into half moons. Transfer both to a plate or bowl and set aside. Cut the kielbasa into 1/4-inch slices. Trim off the dry end of the broccoli stem, then slice the broccoli into small florets.

Cook the potatoes and onion:

Heat the butter and oil in a 10 to 12-inch cast iron skillet over medium-high heat. Add the sliced potatoes and onions, turning every 4 minutes or so until the potatoes are nearly fork tender and some have crispy bits, 10 to 12 minutes.

Add the sausage and broccoli:

Add the sliced kielbasa and broccoli to the skillet along with salt and pepper to taste. Toss to combine, then cook until the broccoli is crisp-tender and the kielbasa is browned, 10 to 12 minutes. Toss occasionally as it cooks, every 4 minutes or so.

Taste for seasoning, adding salt and pepper as needed. Serve hot. Bon appetit! ❤️





# The Pleasures (and Dangers) of MOTORCYCLE SPRING RIDING

Springtime can be the best time of year to ride...but also the most dangerous. It's a bit like the Tale of Two Cities – the best of times and the worst of times. Pro: spring smells and warm temps after a long winter. Con: post-winter salt & grime on the roads.

After a rough winter especially, cage drivers have forgotten to even try to look for motorcyclists. We need to be extra careful in the early spring season and never assume anything about being seen.

So what are we to do as riders once the temps become reasonable enough to saddle up and take off? Let's look at some of the dangers of spring riding. It's kind of a "bad news first" approach. Stick with me ... I'll share some of the pleasures of spring riding next.

## Spring riding dangers

### Potholes



Some states had a very hard winter and their roads are paying the price. In the northern states like Michigan and Wisconsin, you might be looking at potholes the size of a small lake. These potholes can pop up on straightaways, in curves, or just about anywhere.

It's a good idea to allow plenty of space between you and whoever's in front of you so you can watch for potholes. It's also wise to avoid riding side by side on unfamiliar roads or roads you haven't seen in months. You don't want to limit your space when and if you see a pothole.

### Road debris



Lots of sand, salt and other snow-melting "stuff" can be spread all winter long. So of course at this time of year, the roads are full of salt and sand, which feels a bit like riding on ball bearings, especially in the corners! You need at least a few good spring rains before the roads are cleared. Sand isn't just a springtime problem. It can also be a problem in the summer in certain areas, adjust your riding accordingly!

### Road grime



On the subject of rain, that first rain after the winter or after a dry period can lift all that dirt and grime out of the pavement and make the roads VERY greasy ....As the rain continues, this initial greasy stage gets washed away so the roads start to become less slippery. However, when the rain stops and the roads start to dry again, the greasy stage will return and can be just as dangerous as the initial stage.

### Forgetful drivers



It's been a few months since car drivers – cagers – have seen a motorcycle. In the springtime, drivers are typically not watching for bikes just yet. We have to remind them that we're here. It's wise to always drive defensively, wear motorcycle visibility gear, and be very aware, but it's especially important in these early days of spring.

Watch out as you come up on intersections with cars or other vehicles. Be sure the driver isn't moving. My dad taught me to check the tires on the vehicle you're approaching. If they're beginning to roll beware.

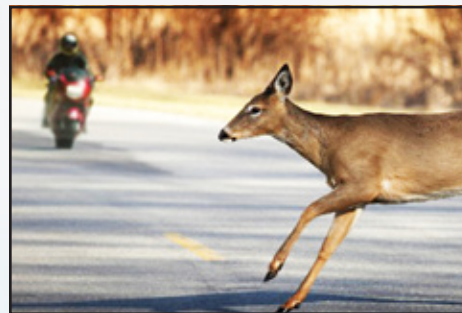
One thing I've seen during the early spring months is a lot of rider friends posting on social media to "look twice, save a life" and to be aware of bikes during these warm months. It's a good reminder.

### Pea gravel



There's a frustrating practice by road commissions in some states to help get a few more years out of a roadway. Pea gravel, or pea stone is spread out and compacted by vehicles driving on it. It's most common in the summer months, but it's something to watch out for as the weather warms up. This material can be dangerous for motorcyclists.

### Animals



Let's face it, spring isn't just a time for us to get out and about. Animals are finally free to shed their winter hiding places and search for fresh food & frolic in the spring air. Yes, I said frolic.

Spring can mean major movement for many animals. But it's also a movement for young animals – that have no experience with roadways. Be on the lookout for critters as you take those early spring rides.

## Spring Riding Pleasures

### Animals



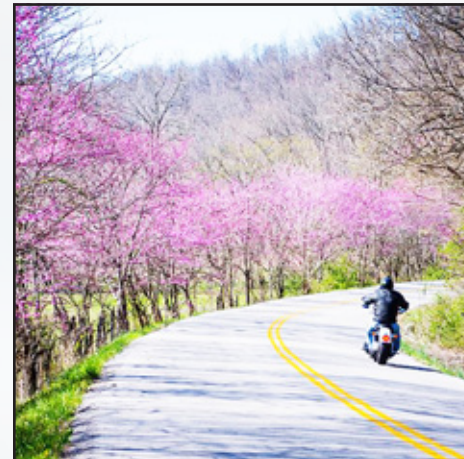
That's right. That which can be dangerous can also be downright amazing. Riding out in the country, and seeing the young animals like foals, kids, and calves can be a great way to spend a Saturday afternoon.

### The warmth on your face



Sure the wind can be chilly in the spring. But that sunshine that you've yearned for through the long winter months sure does feel good. Maybe it's during a fuel stop and you're just sitting on a bench – or your ride – enjoying it. Soak up that sun!

### Budding foliage



The budding trees and flowering early-spring plants can put a bounce in your step, no matter how hard-core a rider you are on the outside. I challenge you to not take a big whiff of the spring air on those first few early-season rides.

### Time with friends



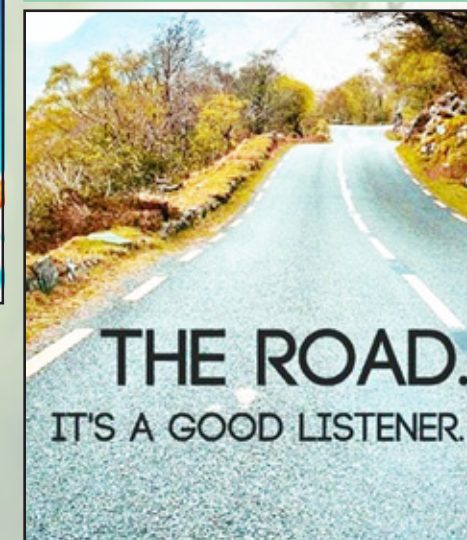
We all waited out the winter. Now we're ready to ride. Spring riding is often a very popular time, and your riding groups may be the biggest they are all season. Enjoy time with friends and family. Ride well and smile. Just watch out for those bugs...



Source:  
<https://www.olympicgloves.com/most-dangerous-time-of-year-for-a-motorcycle-rider/>

## self care ACTIVITIES FOR WOMEN

1. Go for a walk
2. Read a favorite book
3. Take a bubble bath
4. Eat dessert
5. Call a friend
6. Get a pedicure
7. Play your favorite song
8. Write a letter
9. Have a cup of tea
10. Go for a run
11. Take a mid-day nap
12. Get a massage
13. Color or draw
14. Try yoga or meditation
15. Declutter your house





# THE BIKE SAVER

## The Rolling Spaghetti Monster

Work on bringing back to life my 1972 Honda CB500 Four continues. I am happy to report the bike itself is starting to look a lot more like a motorcycle these days. I had to rearrange the other bikes in the shop to get her up onto the lift, but that was finally accomplished with no complications, meaning nothing fell over in the process

With droll apologies to the Church of the Flying Spaghetti Monster for this month's title, I set about trying to figure out the wiring harness of the bike a few days ago. Pro Tip – if you save a PDF copy of a bike schematic on a thumb drive and take it into Staples (the office supply store), you can get an 11×17-inch blow-up made of the wiring diagram for about two bucks, it really helps to see where everything goes. I glued mine to a piece of poster board from the Dollar Store.



Previously I had to assemble the bike on the floor after rebuilding the engine on the bench, forgetting that I had taken the engine apart in order to get it onto the bench! That engine weighs about 150 pounds, and even though my bench is at waist height, it has a whole bunch of pointy places that would love to use gravity and mass to tear holes in me, so I had a friend help me hoist it down.

I love how the Honda engineers used humor when describing how to get the engine out – I'm paraphrasing here, but the manual says something like 'undo all the bolts holding the engine in place and then shift the top end forward and remove the engine from the frame.' Uh – huh...SURE! Without chipping the frame paint, smashing your fingers or getting a hernia...! And then it says "Installation is the reverse of removal..." Ohhh, those scamps...!

So anyway, I put the engine on the floor on its side on a rubber mat and tried to place the \*ahem\* FRESHLY-PAINTED frame over the engine, a process which is detailed online and is a gener-

with John Peterson



ally accepted way to get the engine back in the frame – except it wouldn't because the breather cover was getting in the way. Harsh language and gentle prying didn't help either. Bear in mind I had that engine ready to go! Fresh silver paint, everything buttoned up, nice new socket screws in place, and more importantly I had the valves set on all eight valves in the cover, which I also had to UNDO in order to give me enough clearance to fit the engine in, and then had to REDO the valves! Not a big problem, just more of a PITA to have to do all over again; but Live and Learn, y'know...? I can feel all you CB500 builders out there grinning as I write this.

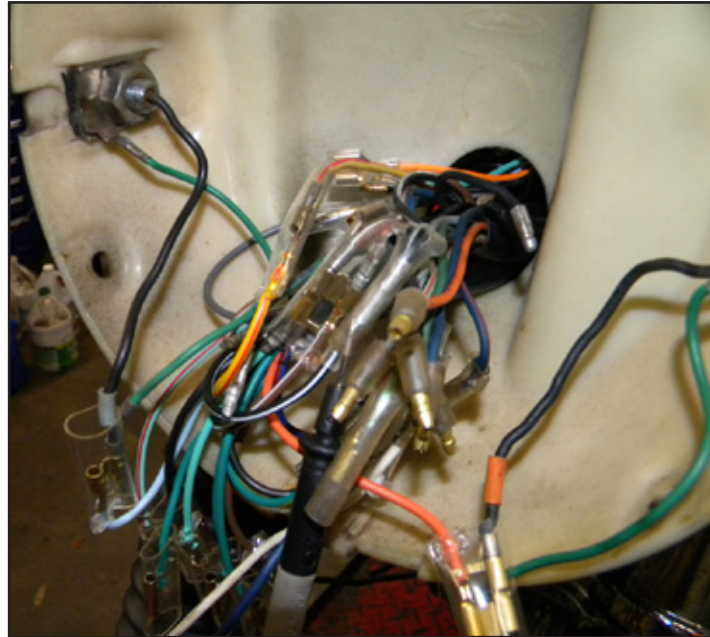


Finally!

I finally got the engine in, got the wheels on and got it up on the table and set about putting the new harness in. I was happy to replace it since the old one looked like rats had been chewing on it, as old harnesses usually do. Using the old one as a reference, I got everything lined up and then set about figuring out where everything goes.



Nothing like a bowl of spaghetti for lunch...



These are only the new main wiring harness wires; I had to cram all the rest of the wires from the speedo and RPM meter in there too. It turned into quite the bowl of spaghetti!

This kind of threw me for a loop; you can't really see it in the pic below, but the aftermarket yellow and white coil wires weren't matching up with where the schematic said they should go, into the black/white and yellow wires seen below – the aftermarket yellow wires were both male, and the white wires both female. The schematic called for blue and yellow wires off the coils, but I had been following wire colors for so long that I didn't stop to think about the fact that the coil didn't care what color the wires were, as long as there was a wire. I eventually got it sorted; in this case the yellow wires went into the black/white female wires, and the white into the yellow harness wires. I have yet to see if it turns into a smoke generator, but I think I should be good to go.



Looking ahead, the next thing I really want to do is attend to the tank. Now, remember, I got this bike out from under a falling-down shed where it had sat for God know how long in the elements – but check this out:



It's RUST FREE! Besides that dent you can see at the top, which looks a lot worse here than it is, the whole tank is pristine inside! Whether by design or luck, I won't have to do much to it to make sure it's serviceable, a great relief. Some tanks I've worked on looked like geodes when I've opened them. The vote is still out on what color to paint it, but seeing as how I have two other green ones waiting for their turn on the table, I'm thinking of Flake Sunrise Orange, which would be period correct, but I'll figure that out down the road. In the meantime, as I wait for Mother Nature to release her icy grip on central Virginia, I still have to figure out the rest of the wiring, get the lights on, put the carbs in and see what happens; it's all part of the fun!



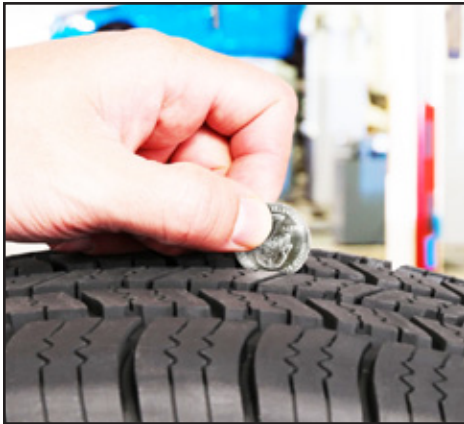


# GETTING YOUR MOTORCYCLE READY FOR SPRING

Dreaming about the first ride of the season dispels winter darkness. Spending time with your motorcycle and making sure it's ready to ride makes that dream come true.

Even if you were meticulous in winterizing it, oxidation, condensation, and critters may have damaged it during storage. A thorough and methodical check will show you what needs attention, give you time to tend to it before that irresistible first day arrives, and reacquaint you with your trusted companion. In any case, a few hours spent with your bike and owner's manual will reassure you it's safe to ride.

Follow this guide for a smooth spring start. Always refer to your owner's manual for guidance for your specific motorcycle.



**Tires:** Only a few square inches of rubber keep your motorcycle—and you—on the road. Tire checks are easy, and one of the most important safety checks. Make it a habit and give them at least a visual inspection before every ride.



Check for tread depth, embedded objects, bulges, damage, and cracks. Tires that sit in the same spot for a while,

especially soft compound rubber, may develop flat spots that can cause handling problems.

Measure the air pressure and inflate both tires to the manufacturer's recommended setting. Tires can lose air pressure with time, especially in cold weather.

Consider replacing tires now if they're near the end of their life, rather than getting caught waiting during riding season.



**Battery:** Batteries last an average of four years, if you maintain them. If you've kept yours on a trickle charger over the winter, it should have held its charge. If you forgot, do it now. If nothing happens when you hook it up, it may be too far gone to be brought back to life. It's better to know now so you can order a new one.

If you have a wet cell battery, check the electrolyte levels and top up as necessary. Sealed and gel batteries are maintenance free.

Before you start your bike, check both terminals and leads to make sure they're clean, secure, and free of dust, dirt, and corrosion. Make sure the strap that holds the battery in place is secure.



**Fluids:** Motorcycles survive on several specific fluids, which can degrade over time. Now's a good time to check your manufacturer's recommended maintenance schedule and change them if they're due.

Look for changes in color and consistency. As a general rule, replace anything that looks different than it did going in.

Brake fluid should be replaced every two to three years. As a minimum, check the level in your master cylinder and top up as necessary. Make sure you use the correct brake fluid—your manual will tell you which DOT brake fluid to use.

Check coolant levels on water-cooled bikes and inspect your radiator and hoses for leaks. Refer to your maintenance schedule to see if it's time to flush the system.

Change your oil and filter unless it was done in the fall.

If your bike is carbureted, turn the fuel tap to the on position before starting it.



**Drive Trains:** Whatever the drive system on your motorcycle, make sure it's in good shape and set to the correct tension.

Chains (and sprockets) should be clean and well lubricated. Check chain and sprockets for wear. If you have a drive belt, inspect for signs of cracks or tears.

Shaft drive bikes are low maintenance but the gear oil does have to be changed periodically. Refer to your owner's manual.



**Cables, Hoses, and Controls:** Check cables for fraying, corrosion, or damaged coverings. Make sure there are no folds or kinks.

Check fluid lines for cracks or signs of leakage.

Make sure throttle, clutch, and brake controls work properly, and that your steering moves freely without getting hung up.



**Lights, Horn, and Wiring:** Check wiring for signs of wear, corrosion, or damage.

Test headlights, brake lights, turn signals and flashers to make sure they work. Give them a visual inspection to make sure they're connected securely. Honk the horn.



**Brake pads:** Look at each set of brake pads on your bike to confirm there's lots of wear left. Many brake pads have wear bars on them just as tires do. If you can't see them with a flashlight, remove, inspect, and clean them. Change them now if necessary. Test front and rear brakes separately and listen for squeals or scraping sounds.



**Air Filter:** If you plugged your air filter to prevent critters from nesting, make sure to unplug it. If you didn't, check for evidence that it's been used as a winter home. One season mine was full of sunflower seed shells. Also remove any plugs from your exhaust pipes.



**Tool Kit:** Make sure the tools it holds are clean, and free of rust. Double check to make sure everything is there and replenish as necessary. You may want to add a few small frequently used items that aren't stock, such as an air pressure gauge.

Once you're certain your bike is ready to go, start it. Listen for unfamiliar noises, check for leaks, and note anything unusual.

If you need to take it to a mechanic, book it now. Good shops book up in spring and you don't want to delay that first ride.

Source: <https://ridersplus.com/get-motorcycle-ready-for-spring/>



## BE A RESPONSIBLE RIDER

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# FIT FOR THE ROAD

## 5 Tips for Getting Into “Motorcycle” Shape

When most people think of motorcycle riding, the first thing that comes to mind may not be “physical fitness”. It definitely isn’t an exercise bike either. Riding a motorcycle is anything but lethargic. It takes physical exertion. Who cares about what you can throw on the squat rack when your bike is pumping out over 100 HP, right? With great power comes great responsibility. Fatigue plays a bigger part in road accidents than one might realize, not to mention, this is supposed to be fun.

Any veteran rider knows how much physical endurance and health matter when riding a motorcycle. After a 500-1000 mile multi-day motorcycle road trip, the out of shape folks are gassed out. After that much traveling on a motorcycle, you can also get dangerously fatigued. On top of that, the faster and more aggressive the bike is, the faster and more aggressive you have to be to ride that bike safely and precisely. If this is something that you think is a problem for you or just something you’ve never thought about looking into, no sweat, we’ve got you covered. Below I will highlight 6 tips that are a combo of exercises and routines to keep you going strong and most importantly keeping you safe on your motorcycle all year round.

### 1. Specific Focus: Less Glamour Muscle Routines

Motorcycle riding, depending on the style, is a very specific activity and repetitive activity from a physical perspective. If you’re trying to be a fitness model, then you should ignore this first tip. If you are trying to ride a motorcycle for 5-6 hours at a time for multiple days while feeling food and staying safe, listen up.

The “glamour muscles” I am referring to are largely biceps, chest, delts, and lats. These are muscles that, when sized up and toned, make you look like a superhero. Think comic book characters or that Superman costume full of fake fluffy muscles. This is for the folks either competing in fitness competitions, or trying to impress people on the beach in the summertime. You don’t build these

muscles for the purpose of function, but for looks. Sure, if you look like Superman, more power to you, but are you fatigued after 2-3 hours of hard motorcycle riding? Probably. More nonfunctioning muscle actually drains you of oxygen. This is why huge boxers or MMA fighters tend to gas out faster than the little guys.

Not to worry though, strength is huge with motorcycle riding, since motorcycles do weigh a considerable amount and don’t throw themselves around. You’ll need strong legs, back, shoulders, and core to do this. If you are reading this and have the glamour muscles dialed in, well then you probably already have a strong foundation to build from to get your motorcycle riding stamina up.

Cardio and its byproduct, endurance, is also an important ingredient in your focus. A lot of professional motorcycle riders ride bicycles to boost cardio while being gentle on the body. Plus, it keeps you on two wheels, which is a solid angle to take. You want to know how to handle a bike when you are pushing your stamina to the limit.

I’ll get more specific into these routines below, but tip no.1 and arguably the most important tip, is to train yourself for the specific task you are undertaking. In this case, it is motorcycle riding.

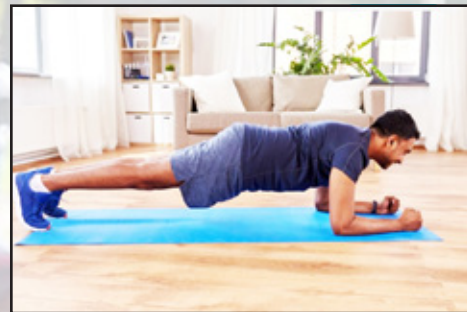
### 2. Be Light on the Bars - The Magic of a Strong Core and Legs

A deeper dive into the focus of your workouts is focusing a big part of your motorcycle exercise routine on lower back core/ab exercises, and leg exercises. When you strengthen these areas of the body they act as your support instead of relying on your arms and upper body to hang on to the bike. These lower muscle groups hold and shift your body weight on top of the bike, leaving the upper body free to move just the bike free of body weight. No more arm pump and tired wrists and hands. When you stay light on the bars it’s a wild feeling being able to whip a bike around a corner with ease because your core and legs are keeping you stable on top of the motorcycle!

A couple of main areas of hard riding that will be enhanced by a strong core and ab exercise routine is accelerating and braking.

Your core keeps you centered over the bike while your legs allow you to shift positions instead of your wrists and arms doing all the work.

Recommended Exercises:



Core: Planks | Crunches | Russian Twist



Lower Back: Glute Bridge | Superman | Back Extensions



Legs: Lunges | Squat | Calf Raises

Keep it simple at first, so start with these leg, core, and ab exercises above. Really focus on developing and improving all of the core muscles over time. It’s more about stamina than strength. This will help you better maneuver yourself on top of the motorcycle for longer periods of time. There are many more leg, core, and ab exercise routines online, so do some research and get that lower body solid so you can stay light on the bars.

### 3. More Strength in Upper Back/Arms/Shoulders

Now that we’ve gotten you light on the bars and you’ve got a sense for developing a strong core, it’s time to focus on what the upper body delivers to your motorcycle experience so you can focus on those areas.

Whereas the core muscles control the body, these three muscle groups control the actual motorcycle. A dirt bike weighs 150-250 pounds and a Harley Davidson motorcycle weighs anywhere from 500-1000 pounds. Getting these areas in check will help you do so, and in harmony with the core and abs will keep you moving all day long.

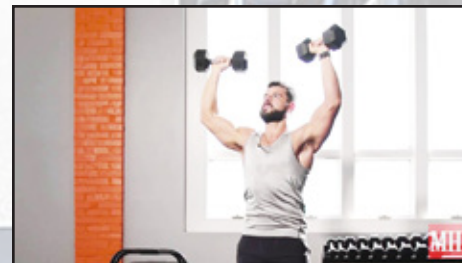
Recommended Exercises:



Upper Back: Pullups | Seated Row



Arms: Wrist Extensions | Pullups



Shoulders: Shoulder Presses | Lateral Raise

These workouts above will help control you and the motorcycle under a load from heavy braking, accelerating, or cornering. The key is to align the strength of your upper body with the core for bike handling. Next we will get into taking this alignment and making it even more maneuverable through added mobility.

### 4. Build Endurance

This topic has a lot to do with safety. Listen up. In a lot of competitive extreme sports, like snowboarding, skateboarding, motocross riding, road racing, etc, on a practice day you should “never have a last run”. You never call or deem a particular session as the last session. You are tired and knowing it is the last run could result in pushing yourself. This is when the majority of accidents happen. You are fatigued, tired, and at the same time, pushing yourself.

Now, if you are taking a motorcycle road trip, maybe you aren’t competitively racing your motorcycle, but the same principle applies. The last couple of hours of a long day is when the majority of accidents happen. Knowing when your stamina, therefore your strength, balance, and reflexes are toast, is a self-awareness that you want to learn. To combat fatigue and increase stamina, it’s important to incorporate some endurance-focused routines into your workouts.



One of the top ways that motorcyclists train to build endurance, as stated in tip no. 1, is to ride bicycles. Mountain bikes or road bikes, doesn’t particularly matter. There are a few reasons for this. The muscles that are trained while riding bicycles hard are largely the same or very similar to the muscles utilized when riding a motorcycle. It’s a lot of core, balance, legs, arms, and shoulders. It’s also more gentle on the body than some other forms of endurance/strength training like CrossFit or running.

Another endurance exercise used by motorcyclists is the stair climber. Like cycling, it is gentler on the knees and ankles than running. Riding motorcycles hard is tough enough on the leg joints. No use wearing them out while training.

### 5. Stretch!

Looking through these exercises listed above, you might notice a few that you need to incorporate more into whatever routine you have. If you have no current routine that’s ok too. Just remember to start slow to avoid injury. Another great exercise discipline to incorporate with your motorcycle training to avoid injury is stretching.



One of the most overlooked parts of working out and exercise is full range of motion through stretching. Stretching is the best way to keep mobility and agility in the areas of your body that are being worked when you ride a motorcycle. You maintain a relatively static posture on your motorcycle road trip. This posture places stress on your back, shoulders, and hips, which can cause your body to get worn out without you really even noticing. Stretching is a way to counteract these static postures.

It’s important to stretch the shoulders, back, and hips before and after a ride to make sure you maintain mobility and give your muscles a chance to go the other way. This also helps with muscle stability and allows you to apply the strength that you’ve developed from doing the preceding workout routines. The top guys in competitive motorcycle racing usually do some form of yoga or pilates.

We’ve picked our favorite stretch poses for you to try out. Perform these before and after a long ride. Most importantly, listen to your body during your stretch routine. Be mindful of how it’s feeling and where the pain spots are. Work on and breathe into those areas when doing stretches. Consistency is also key. We recommend daily stretching to keep the muscles and tendons loose and strong.



VIRGINIA RIDER MAGAZINE

Source: <https://www.cajunhd.com/Dealer-Info/Blog/Get-Into-Motorcycle-Shape>



# VIRGINIA RIDER

## ON THE ROAD TO EVERYWHERE



### THE HEART OF ALL THINGS FUN



#### Gear Up for an Unforgettable Adventure

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It's time to escape the daily grind with a weekend getaway to Virginia's Heart of Appalachia. When you're needing to recharge your batteries, there's nothing more relaxing or as invigorating as an adventure trip to the mountains.

Just five to six hours from Washington, D.C., it's too far away to get shepherd back for weekend work emergencies, yet close enough for a short weekend to unwind.

Whether you're on board for the full adventure or prefer to handpick your experience for a bite-sized escape, there's always something new to see and do around the region. With a wide array of activities, sights, eateries, and stays, there's something for everyone. So, are you the adventurous type, looking for excitement? Or are you more chill, seeking a little R&R? Don't worry. No matter your vibe, we've got you.



#### Off-road excitement awaits...

Warning: One of the area's most thrilling and exciting experiences might require a change of clothes. Let's head over to the Spearhead Trails' Original Pocahontas OHV trail system! With approximately 94 miles of trails spread out across 2,100 acres of dense Southwestern Virginia forests, the OP trail has a unique blend of both worlds.



On the surface, you might think it's all mud-splashin', turn-twistin', excitement-around-every-corner kind of fun. And you'd be right. It is one heck of a ride, satisfying the thirst for exploration you never knew you had. Yet, it's also serene and peaceful, being that deep in the mountains. With spectacular vistas and breathtaking views, where you can pull off and take a breather, the OP trail will leave its mark on you – mind, body, and soul. Imagine it.

The same excitement of being in the back of your grandpa's truck – wind taking your breath away, every bump a thrill jumping you out of your seat. And then, there you are at the top of a mountain, looking out at the blue-tinted peaks in the distance, perfectly at peace with the world below. Can't you just hear the swooshing of the breeze and the birds in the distance? There's nothing like that combination of adrenaline rush followed by a swell of tranquility.

And yes, rentals are available.

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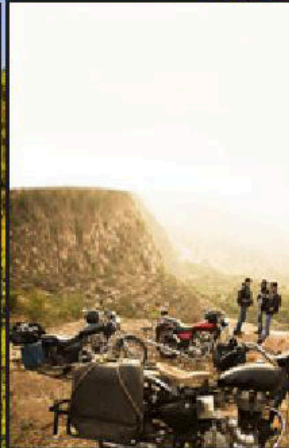


#### PLANNING A GROUP RIDE?

Let us know how we can help! Besides free maps, we can point you in the right direction for lodging, entertainment, outdoor adventures, and more! We're always here to make your trip to Virginia's Heart of Appalachia the best possible experience. ENJOY THE OPEN ROAD!

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

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# RIDERS OF VIRGINIA

This original song was sent in to us from one of our regular content contributors & Virginia rider, Clayton Rhoades. We are honored to have the magazine & our readers/riders being the subject of a potential Grammy winning song. We just need a record label to pick it up 😊

THANKS a bunch Clayton!!  
This is awesome...We love it!



(Verse 1)

Well, the sun's risin' over the Blue Ridge hills,  
And we're kickin' up dust on them old back roads still,  
Got our boots and our leather, our hearts runnin' free,  
On the open road, where we're meant to be.

From Richmond down to Roanoke town,  
We're ridin' through the country with the wind blowin' down,  
With Virginia Rider, we're holdin' the line,  
Every twist and turn feels like freedom in time.

(Chorus)

We're riders of Virginia, from the mountains to the shore,  
Chasin' every sunset, always wantin' more,  
From the valleys to the beaches, where the rivers run wide,  
We'll keep ridin' through this state with the wind at our side.

(Verse 2)

We've got stories in our pockets, and the miles to prove,  
Every issue of that magazine, we're ridin' in the groove,  
A little whiskey, a little song, and a lot of pride,  
Just a handful of rebels with the stars as our guide.

From Shenandoah to the Outer Banks,  
We'll rev it up in the mountains, then hit the coastal ranks,  
Through the backroads and the highways,  
We're livin' our best days.

(Chorus)

We're riders of Virginia, from the mountains to the shore,  
Chasin' every sunset, always wantin' more,  
From the valleys to the beaches, where the rivers run wide,  
We'll keep ridin' through this state with the wind at our side.

(Bridge)

Through the fog in the mornings, and the moonlight at night,  
We'll keep ridin' and rollin' till we're outta sight,  
In the pages of Virginia Rider, we're makin' our mark,  
Every journey's a new chapter, we're all trailblazers in the dark.

(Chorus)

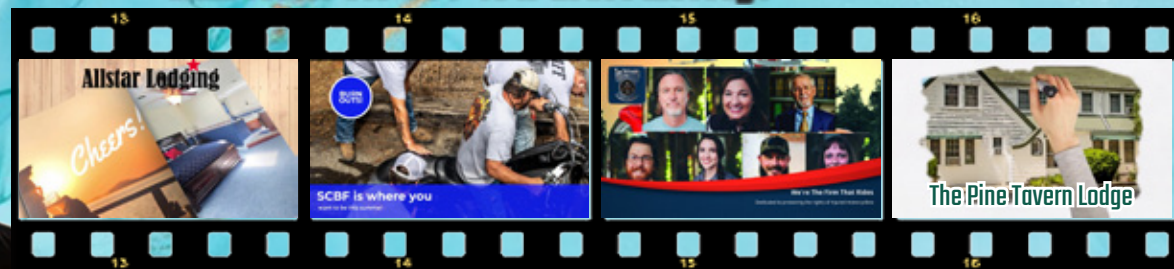
We're riders of Virginia, from the mountains to the shore,  
Chasin' every sunset, always wantin' more,  
From the valleys to the beaches, where the rivers run wide,  
We'll keep ridin' through this state with the wind at our side.

(Outro)

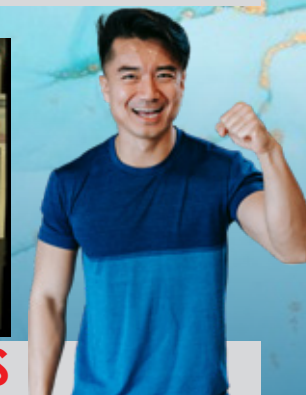
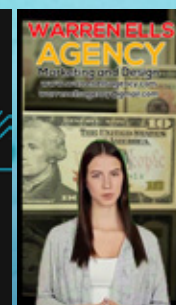
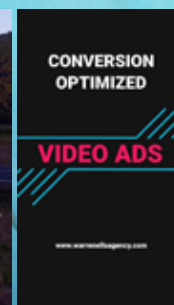
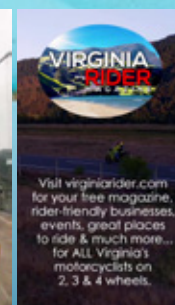
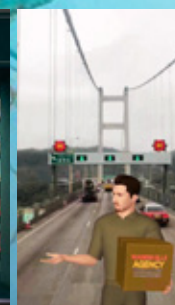
So here's to the riders, we're bound to never fall,  
With Virginia Rider in our hearts, we answer the call.  
We ride on, we ride free,  
Through the heart of Virginia, where we're meant to be.

# WEDESIGN

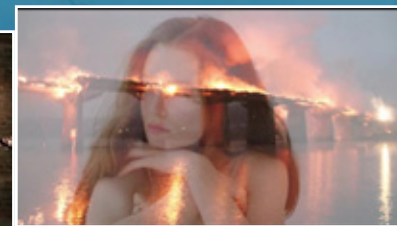
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