

VIRGINIA RIDER

Let the adventures begin!

Magazine™

2019

3rd Annual

SOUTH CENTRAL BIKE FEST

www.southcentralbikefest.com

FULL DETAILS INSIDE

**Camping
Cruise In
Bike Show
Live Music
Poker Run
Bikini Bike Wash
Rodeo Events**

**VETERANS, ACTIVE DUTY MILITARY
& FIRST RESPONDERS ARE FREE WITH ID**

CHASE CITY, VA ~ JUNE 6 - 8, 2019

A CHARITY EVENT TO BENEFIT
Mecklenberg County Cancer Association
& The Barksdale Cancer Association

SPRING / APRIL

www.virginiarider.com

FREE



The Pink Ride

Schedule of Upcoming Events

8th Annual



GOLF TOURNAMENT WEDNESDAY JUNE 5, 2019

NAS Oceana - Aeropines Golf Course
1001 G Ave. Bldg. 581 Virginia Beach, VA 23460
Registration & Lunch from 11:30 a.m. - 1:00 p.m.

SHOT GUN START AT 1:00 PM

\$600.00 Per 4 Player Team

Each golfer will receive a day of golf, cart, lunch, beer, dinner, and a goodie bag. Dinner and Award Presentation at NAS Oceana - Aeropines Golf Course after the Tournament.

For Info & Registrations Contact: Buddy Cummings (757) 339-3156
or email us at: thepinkridevb@gmail.com

NET PROCEEDS BENEFIT LOCAL INDIVIDUALS
FIGHTING BREAST CANCER!

thepinkride.org



In Partnership with



**CHESAPEAKE REGIONAL
HEALTHCARE**

BREAST CENTER

is offering **100 FREE 3D Mammograms** to anyone
40 years of age or older who is not covered by insurance
& has not had a Mammogram within the last 12 months.

There are 25 screening appointments available during
each of the following dates:

- ❁ June 22nd, 9am-5pm @ Big Woody's
1479 General Booth Blvd., Virginia Beach, VA 23454
- ❁ October 1st, 9am-5pm @ Ocean's 14
1401 Atlantic Ave, Virginia Beach, VA 23451
- ❁ October 29th, 9am-5pm @ RK Auto
2661 Virginia Beach Blvd., Virginia Beach, VA 23452
- ❁ October 30th, 9am-5pm @ Pungo Pizza
1824 Princess Anne Rd., Virginia Beach, VA 23456

Walk-ins are Welcome, but spots fill up quickly,
We recommend that you pre-register today.

chesapeakemammo.com/

For Registration Questions Please Contact:
Buddy Cummings
(757) 339-3156
or Lisa Carroll
(757) 312-4055

Don't Delay
Get Them
Checked Today!



HAMPTON ROADS HARLEY-DAVIDSON
6450 GEO. WASH. MEM. HWY YORKTOWN, VA 23692
757-872-7223 HAMPTONROADSHD.COM

[f FACEBOOK.COM/HRHDROCKS](https://www.facebook.com/hrhdocks)

[@HAMPTONROADSHD](https://www.instagram.com/HAMPTONROADSHD)

HRHD MAY EVENTS:

- * MAY 4TH- CINCO DE MAYO OPEN HOUSE
- * MAY 10TH- "LADIES NIGHT" BIKE NIGHT
- * MAY 11TH- BLESSING OF THE BIKES 2019
- * MAY 18TH- MILITARY DAY OPEN HOUSE
- * MAY 24TH- BIKE NIGHT W/ "SLYDE"
- * MAY 25TH- CARS AND COFFEE YORKTOWN



SOUTHSIDE HARLEY-DAVIDSON
385 N. WITCHDUCK ROAD VA BEACH, VA 23462
757-499-8964 SOUTHSIDE-HD.COM



UPCOMING EVENTS:

- MAY 4TH- CINCO DE MAINTENANCE
- MAY 11TH- PROTECT YOUR BIKE WORKSHOP
- MAY 18TH- BIKINI CONTEST & BIKE SHOW
- MAY 25TH- LADIES INTRO TO MOTORCYCLES WORKSHOP
- JUNE 1ST- SUMMER RIDING GEAR WORKSHOP



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from the editor's desk

Hello again friends! It's good to have you here with us! We're so excited to release our second issue of Virginia Rider already! This past month has really flown by since we first released the Premiere issue of the magazine. We've had such an overwhelming response (in a good way) from the readers & the entire motorcycle community welcoming this new publication designed for the riders of Virginia. Whether you're on 2, 3 or 4 wheels, we'll be bringing a little something for everyone to enjoy throughout our monthly editions. If you have anything special that you'd like us to have for you, please let us know. Between our website viewers, social media & all of the readers who have signed up for the digital magazine, we've got nearly 20k readers already! It's kind of mind blowing for us & we couldn't be happier to be able to bring this publication to life for you in such a short time. We are so grateful for all of the support from rider-friendly businesses who want to carry the magazine so that you can stop in pick up your free copy of Virginia Rider each month. We want to keep putting more & more magazines out there so we need to know where our readers are. Drop us a line at virginiaridermagazine@yahoo.com & let us know what city/town you're in & what rider-friendly places are nearby that you'd like to pick up your free copy from.

Some people have already asked us why we only have Virginia events in our calendar. We do this to help support our economy right here in our own state. Hundreds of thousands of dollars are spent in other states as thousands of our riders travel over the borders to support other events. We want to help grow our own state's fun & adventure through the bike events that are already in place or the ones that are being created. There are so many exciting events happening right here in Virginia so let's all support our home state to keep the party going right here!

Speaking of party, check out our events page with all of the great Poker Runs & Bike events coming up. We will have plenty more filling up the pages in the coming months so keep checking our website as its updated daily at www.virginiarider.com. If you have an event, send it to us so we can add it to the calendar!

Thank you so much for being here with us. And many Thanks to the businesses who place ads with us. We couldn't do this without them! They're here with us for YOU so stop in, pick up your free copy of the magazine, buy a little something or just say hello & let them know that you saw them here in Virginia Rider!

If you haven't registered for the Motorcycle Grand Tour yet, registration is open all season so sign up & let those adventures begin! www.vamotorcycltour.com

Enjoy the gorgeous weather that seems to be settling in nicely for an incredible riding season ahead! We look forward to seeing you all out there somewhere soon?

Health, happiness & safe travels to you!

Stay awesome,

Kelly

IN THIS ISSUE



Matt Danielson with Tom McGrath's Motorcyclist Law Group has you covered with everything you need to know about **MOTORCYCLE INSURANCE**.



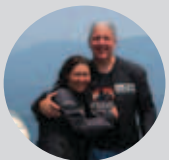
SANDY, an 11 year old Jack Russell/Chihuahua mix has only been riding since the Summer of 2017. Who says you can't teach an old dog new tricks? From terror to joy after only moments on a bike, Sandy should inspire all riders.



It's **RIDING SEASON**, and you'll want to keep up with every rally, show and ride happening. We'll list the latest here and on the website to keep your wheels turning.



Jennifer Traxler picked the **KAWASAKI NINJA 400 KRT** for her first bike, attributing her choice to the Ninja's ease of use, features and style. Discover her journey inside.



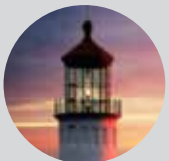
High Bridge and Walton Mountain Museum are on the menu for this month's **GREAT PLACES TO RIDE**. Marc and Rose take us through Nelson and Buckingham counties on a sunset red 2013 Victory Cross Country Tour courtesy of Wayne Cycle Shop in Waynesboro, VA.



In **SHOTZ**, our monthly pictorial, we'll feature your pics of rides, bikes, friends and anything else relating to bikes that you'd like to share with us. Send 'em in!



The **SOUTH CENTRAL BIKE FEST** is gearing up for their third annual event from June 6th to the 8th. So much to do! Veterans, active military and first responders are admitted FREE with ID.



The **LIGHTHOUSE** is a beacon to help ships find their way on dark and stormy nights. It's also a metaphor for the light God shines on the path each of us needs to take on our life's journey.



Harley-Davidson always seems to be on the cutting edge of motorcycle technology, and they're at it again with **LIVEWIRE**, their all-electric bike that's sure to impact life on two wheels.

Kelly Collins - Owner/Editor
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Layout & Design
Gene Darnall
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ON OUR COVER:
The third annual South Central Bike Fest will be held in Chase City, VA from June 6 through 8. There's something for everyone, so be sure to check it out.



SOUTHSIDE HARLEY-DAVIDSON RECOGNIZED FOR OUTSTANDING PERFORMANCE

Virginia Beach, VA: Southside Harley-Davidson earned the prestigious Gold Bar & Shield Circle of Excellence Award for 2018. Presented by Harley-Davidson Motor Company, this award is given to the top four dealerships in each U.S. Sales Market. Southside Harley-Davidson earned the award based on motorcycle and related product sales performance, customer service and satisfaction, and operational measures. "We're proud to present this high honor to Mary Hughes in recognition of the outstanding work being done at Southside Harley-Davidson," said David Cotteleer, Vice President and Managing Director for the United States. "Dealers like Mary Hughes are a big reason why Harley-Davidson is one of the

most respected and recognized brands in the world and why we enjoy having the loyalty and commitment of our riders."

Gold Bar & Shield award recipients, like Southside Harley-Davidson, consistently elevate the brand by providing their customers with exceptional and authentic Harley-Davidson experiences.

Southside Harley-Davidson, 385 N. Witchduck Rd., has been a business in Virginia Beach since 1990 and is one of 200 dealers chosen to debut Harley-Davidson's new 2020

LiveWire electric motorcycle. Southside Harley-Davidson had previously received a total of eight Bar & Shield Awards since 2005 including the Gold Circle of Excellence Award previously in 2009.



FOURTH ANNUAL

RIDE TO FIGHT SUICIDE

Hosted at Blue Ridge Powersports
Harrisonburg, Virginia

Registration: 8:30AM & \$15 Bike Entry Fee
Bikes Out: 9:30AM & \$5 Passenger Fee

Raffle • Silent Auction • 50/50 • Food • Drink

Live Music - 11AM-3PM
Featuring: Thieves of Burden & Core

All Proceeds Benefit

American Foundation for Suicide Prevention

For More Information:
Call 540-849-6209

JUNE 1, 2019 | 9AM-3PM

TIDEWATER MOTORCYCLES

(757)255-4200

4324 Godwin Blvd.
Suffolk, VA 23434

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Full Service Shop
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On & Off Road

www.tidewatermotorcycles.com
www.facebook.com/tidewatermc

WARNING

LIFE SUBJECT TO CHANGE
WITHOUT NOTICE

EVENTS

- ★ **Apr 25th Bike Night at Big Woody's**
Come join Southside Harley-Davidson at Big Woody's in Virginia Beach every Thursday for live music, beer buckets, food specials, and great times. 1479 General Booth Blvd, Virginia Beach.
- ★ **Apr 26th Good to Be Bad BIKE NIGHT**
5pm to 9pm. All Bikes Welcome! Live Music by east Coast Rockers! Raffles, Music, Food, Beer & Fun! Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964
- ★ **Apr 27th Cars & Coffee**
Cars and Coffee is back! 9am - Come out and bring your ride. Cars, trucks, vans, motorcycles, whatever ride you take pride in needs to be out here. Come show off all that hard work you been putting into it. Gonna be a chill, good time. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964
- ★ **Apr 27th Spring Fling Open House**
11am to 4pm. Spring Fling Open House. Good times, Food, Live Music. The Ladies of Harley will be cooking up some food so come hungry! Live Music by Billy Joe Trio. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964.
- ★ **Apr 27th Triple Play Workshop Open House**
10am - Bring a friend out to Southside Harley-Davidson and listen to the experts as we have three great workshops covering a wide variety of topics. 1. Helmet Safety & Inspection 2. Stop on a Dime - Tires & Brakes 3. Bluetooth Communication. Attendees of each workshop will receive 500 Reward Points. Bring your helmet in for a free inspection by one of our Motorclothes experts. In addition, from April 27 through May 4, Southside Harley-Davidson will give you \$50 off any new helmet when you trade in your old one. You must be at least 18 years of age and have a valid email address to receive reward points. 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- Apr 27th Sharon Ball & Family Benefit Motorcycle Ride & Silent Auction.
Sponsored by Staunton Moose Riders Club. 10am Departure from Staunton Moose Lodge, 1635 Cedar Green Rd, Staunton. Open to the Public. \$20 Donation per bike. Route - Taking Rt 340N going to the following Moose Lodges: Mt Jackson, Timberville, Shenandoah, Winchester, Luray, Front Royal, Woodstock. Returning to Staunton Moose Lodge via Rt 115.
- ★ **May 4th Windsor Lions Club Poker Run at Tidewater Motorcycles**
Registration at Tidewater Motorcycles from 9am to 10am. Bikes out at 10am. LUNCH INCLUDED! Chinese Raffle. 50/50 Raffle. Riders \$25. Passengers \$20. Help others to see & hear! This will be a good ride. Leaving Tidewater Motorcycles and riding across the Surry Ferry and down the Colonial Parkway to Hampton Roads Harley-Davidson for the after ride party with food and live music. For more info contact Brenda Redd 757-647-9894.
- ★ **May 4th Cinco De Mayo Open House**
Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964. Visit www.hrhd.com.
- ★ **May 4th Cinco De Maintenance**
7:45am at Southside Harley-Davidson, 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- May 4th BBQ Cook Off at the Beach – Colonial Beach, VA Do you have the best BBQ? Open to the public for taste testing. Come out & show your best BBQ! Entry fee is \$20 12:00pm. Cash Prize Monies for the Winner. Location: American Legion Colonial Beach, 27 Colonial Avenue, Colonial Beach. For more information: fredfallenheroes@gmail.com Sponsored by Fredericksburg Fallen Heroes.
- May 4th 13th Annual Salty Dawgs MRC Poker Run. Gun Raffles, 50/50, Awards, Bike Show, Live Auction, Door Prizes, \$10 Rider, \$5 Passenger, Ride Pins to the 1st 150 Riders, Vendors, Door Prizes, Auction starts promptly at 1pm. Start/Stop at AJ Gators, Monks, 615 Bar, Poppa's. 100% of the proceeds go to the Portsmouth Fisher House. Guns provided by Defensive Tactics. 9am to 4pm. AJ Gators, 401 N. Witchduck Rd, Virginia Beach.

EVENTS

- ★ **May 10th "Ladies Night" Bike Night**
Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964. Visit www.hrhd.com.
- ★ **May 11th Hampton Roads Harley-Davidson Presents The Blessing of the Bikes**
10am – Come kick off the riding season with a Blessing & ...Live Music, Vendors, Food, Demo Rides! The Blessing of the Bikes Event provides an opportunity for all motorcycle riders to have their bikes blessed for a safe riding season. Regardless of your religious beliefs (or lack thereof) you are welcome. Regardless of what you ride you are welcome. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964.
- ★ **May 11th Protect Your Bike Workshop at Southside Harley-Davidson**
Your biggest investment in the motorcycle lifestyle is your bike itself. To get your full enjoyment of this sport, it is important to keep your bike protected. In this workshop we will discuss what you can do to protect your bike from breakdowns, the elements, and even thieves. A must for any motorcycle owner who wants peace of mind for one of their biggest investments. Attendees of this workshop will receive 500 Reward Points. You must be at least 18 years of age and have a valid email address to receive reward points. Southside Harley-Davidson, 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- ★ **May 18th Military Appreciation Open House**
Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964. Visit www.hrhd.com.
- ★ **May 18th Bikini Contest & Bike Show**
Southside Harley-Davidson, 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- ★ **May 24th Bike Night w/ SLYDE**
Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964. Visit www.hrhd.com.
- ★ **May 25th Cars & Coffee Yorktown**
9am - Come out and bring your ride. Cars, trucks, vans, motorcycles, whatever ride you take pride in needs to be out here. Come show off all that hard work you been putting into it. Hampton Roads Harley-Davidson, 6450 George Washington Memorial Hwy, Yorktown, VA 23692, 757-499-8964
- ★ **May 25th Ladies Intro To Motorcycles Workshop**
Southside Harley-Davidson, 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- May 25th The First Annual Hampton Roads Vets Fest – Portsmouth, VA
Sponsored by End 22, HRBE & Bayside Harley-Davidson. In Honor of the 22 Vets and 1 Active Duty member that we lose EACH DAY to Suicide. For full details go to: <https://www.helpend22.org/events/hampton-roads-vet-fest>
- ★ **Jun 1st Summer Riding Gear Workshop**
Southside Harley-Davidson, 385 N. Witchduck Rd., Virginia Beach, VA 23462, 757-499-8964.
- Jun 1st Ride to Remember - Portsmouth, VA
Combat Veteran's Motorcycle Association Chapter 27-1's Annual Ride to Remember. Come join the CVMA Chapter 27-1 at Bayside Harley-Davidson for our 3rd Annual Memorial Ride in honoring & remembering the Fallen Heroes of the Armed Forces. Start at Bayside HD, 2211 Frederick Blvd, Portsmouth, VA 23704. End at Outer Banks HD, 8739 Caratoke Hwy, Harbinger, NC 27941. Registration Table Opens and breakfast starts at 9am. Safety brief at 1000. KSU 1030. Raffle drawings will take place at Outer Banks HD. \$25 per Rider/ \$5 Passenger. Register today at <http://www.cvmavirginia27-1.com>
- ★ **Jun 6th – 8th South Central Bike Fest – Chase City, VA**
Join us for the 3rd annual South Central Bike Fest as we raise money to assist area cancer victims. It's a weekend of camping, bands, DJs, cruise-ins, bike shows, poker runs, bike rodeos, fireworks, bikini bike washing, swap meet, and more. It's not just another bike fest. We will kick off at 5:00 pm on Thursday evening with a town-sponsored BBQ supper & DJ. On Friday at noon, join in on a 2 hour or 4 hour historic ride (southern style) dedicated to our

EVENTS

fallen bikers and veterans. We have some fantastic country roadways with many historic stops for your riding pleasure. DJs (Brad & Wildthang), The 10 Sinful Years Band. Saturday morning begins at 9AM with a poker run and lots of other events accompanied by music from SOUNDHOUSE DJ Services, The Tobacco Road Band, & Moonshine Sons will finish up the evening. Vendors & Sponsors wanted. @SouthCentralBikeFest. Lee Brankley, (434) 210-1503. www.southcentralbikefest.com Located at the Fire Training Grounds, 534 Jonbil Rd., Chase City, VA. All veterans, active military, and first responders are granted free admission with proper ID. We also have onsite camping and RV rentals available. Early entry at 3 PM on Thursday, all bikes/campers will be out by Noon Sunday.

★ Jun 22nd FREE 3D Mammograms

The Pink Ride in partnership with Chesapeake Regional Health Care Breast Center is offering 3D Mammograms to anyone 40 years of age or older who is not covered by insurance & has not had a mammogram within the last 12 months. There are 25 screening appointments available on each of the following dates: June 22nd, 9am-5pm, at Big Woody's, 1479 General Booth Blvd, Virginia Beach, VA 23454. October 1st, 9am-5pm, at Ocean's 14, 1401 Atlantic Ave, Virginia Beach, VA 23451. October 29th, 9am-5pm, at RK Auto, 2661 Virginia Beach Blvd, Virginia Beach, VA 23452. October 30th, 9am-5pm, at Pungo Pizza, 1824 Princess Anne Rd, Virginia Beach, VA 23456. Walk-ins are welcome, but spots fill up quickly. We recommend that you preregister today. <http://www.chesapeakemammo.com>. Registration Questions Please Contact: Buddy Cummings 757-339-3156, Lisa Carroll 757-312-4055, Don't Delay - Get Them Checked Today!

Jul 19th – 21st Thunder in Kanawha's 10th Anniversary – Dugspur, VA Come for a day or for the entire weekend. We have lots of fun activities planned like our famous Wet T-Shirt Contest, our Best Bike Competition and Live Music performances. Be sure to visit our vendors who will be setup in our large modern barn. You are welcome to participate in the many Bike Games. Have your bike cleaned at our Bikinis Bike Wash. Enjoy some great food and your favorite beverages at our Arena Concession Stand or in our Carriage House Saloon. You are invited to our 10th Annual Rally for a great party with your friends. We look forward to seeing you. Bands performing: Confederate Railroad, Tim Elliott, Problem/Child, Bad Mountain Brew, Southern Thunder, Flat Blak Cadillac, Honky Tonk Outlaws. Get your 2019 THUNDER IN KANAWHA ticket today! Choose your ticket \$15 for Friday, \$25 for Saturday or \$35 for the weekend!!

★ Oct 1st FREE 3D Mammograms

The Pink Ride in partnership with Chesapeake Regional Health Care Breast Center is offering 3D Mammograms to anyone 40 years of age or older who is not covered by insurance & has not had a mammogram within the last 12 months. There are 25 screening appointments available on each of the following dates: October 1st, 9am-5pm, at Ocean's 14, 1401 Atlantic Ave, Virginia Beach, VA 23451. October 29th, 9am-5pm, at RK Auto, 2661 Virginia Beach Blvd, Virginia Beach, VA 23452. October 30th, 9am-5pm, at Pungo Pizza, 1824 Princess Anne Rd, Virginia Beach, VA 23456. Walk-ins are welcome, but spots fill up quickly. We recommend that you preregister today. <http://www.chesapeakemammo.com>. Registration Questions Please Contact: Buddy Cummings 757-339-3156, Lisa Carroll 757-312-4055, Don't Delay - Get Them Checked Today!

★ Oct 29th FREE 3D Mammograms

The Pink Ride in partnership with Chesapeake Regional Health Care Breast Center is offering 3D Mammograms to anyone 40 years of age or older who is not covered by insurance & has not had a mammogram within the last 12 months. There are 25 screening appointments available on each of the following dates: October 29th, 9am-5pm, at RK Auto, 2661 Virginia Beach Blvd, Virginia Beach, VA 23452. October 30th, 9am-5pm, at Pungo Pizza, 1824 Princess Anne Rd, Virginia Beach, VA 23456. Walk-ins are welcome, but spots fill up quickly. We recommend that you preregister today. <http://www.chesapeakemammo.com>. Registration Questions Please Contact: Buddy Cummings 757-339-3156, Lisa Carroll 757-312-4055, Don't Delay - Get Them Checked Today!

★ Oct 30th FREE 3D Mammograms

The Pink Ride in partnership with Chesapeake Regional Health Care Breast Center is offering 3D Mammograms to anyone 40 years of age or older who is not covered by insurance & has not had a mammogram within the last 12 months. There are 25 screening appointments available for Oct 30th from 9am-5pm, at Pungo Pizza, 1824 Princess Anne Rd, Virginia Beach, VA 23456. Walk-ins are welcome, but spots fill up quickly. We recommend that you preregister today. <http://www.chesapeakemammo.com>. Registration Questions Please Contact: Buddy Cummings 757-339-3156, Lisa Carroll 757-312-4055, Don't Delay - Get Them Checked Today!

GOOD FOR YOU

THE HEALTH BENEFITS OF MOTORCYCLE RIDING

You've probably heard the saying that you never see a motorcycle parked outside a psychiatrist's office. That saying is actually a true reflection of reality – motorcycle riding is good for your health, both mentally and physically. In this article, we back that claim up with a look at some scientific studies that give credence to this, both for your waistline and your state of mind.

Let's look at the brain first. There have actually been a number of studies on the cognitive benefits of motorcycle riding. The best known study in this field was by the Ryuta Kawashima Laboratory of the Department of Functional Brain Imaging, Institute of Development, Aging and Cancer at Tohoku University. Its results were as follows:

When riding a motorcycle, the brain of the rider is stimulated.

Differences in brain use and level of brain stimulation can be observed in motorcyclists who ride regularly and in motorcyclists who have not ridden for extended periods (at least 10 years).

Incorporating motorcycle riding into daily life improves various cognitive functions (particularly prefrontal cortex functions) and has positive effects on mental and emotional health such as stress reduction.

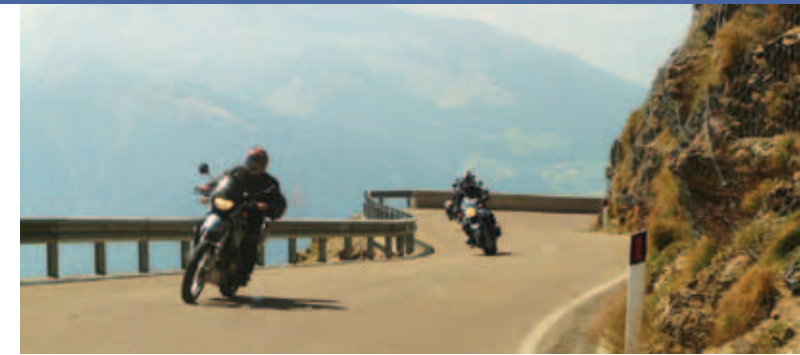
The study looked at two groups of people – riders who regularly rode to work each day and those that did not. It found that for the riders, the right hemisphere of their prefrontal lobe was activated while riding, demonstrating higher levels of concentration. Then the 'ex-riders' were tasked with riding regularly over a number of months. The result?

Cognitive functions, especially those relating to memory and spatial reasoning capacity increased dramatically. Those riders also stated that their stress levels had been reduced markedly and mentally they felt much more positive.

Dr Ryuta Kawashima explained these results: "There were many studies done on driving cars in the past. A car is a comfortable machine which does not activate our brains. It only happens when going across a railway crossing or when a person jumps in front of us. By using motorcycles more in our life, we can have positive effects on our brains and minds".

Anecdotally we could probably all agree with this from our own experiences. Motorcycle riding affords a real freedom that many other pursuits cannot. Being able to reduce stress by going for a ride in the canyons, or even because a rider can filter through gridlocked traffic add to this. The well known book 'Zen and the Art of Motorcycle Maintenance' paints a picture of this too.

The good news however is that the benefits of motorcycle riding aren't limited to our minds. It might help lower your cholesterol levels too. Even on a casual ride, you burn calories while riding a motorcycle. Firstly, being exposed to buffeting winds and nature's other elements means you use your muscles



far more than in a car – it also has the added side effect of increasing muscle strength as you tense and flex. But you're also burning calories from the varied and involved control inputs of the bike, such as balancing at low speeds, cornering and even braking.

And just like your fuel tank, the faster you go the faster you burn energy. If your carving through the canyons and riding the bike correctly (by putting all your weight through your legs into the pegs and not the bars) you'll actually give yourself quite a workout. Anyone that does infrequent track days will tell you that a 15 minute session is generally plenty of time for you to work up a sweat and require a rest. It's estimated that riding a motorcycle burns between 200 and 300 calories an hour – that's about as much as a leisurely walk would burn.

Head off-road though and you'll start to seriously lose some weight. A Canadian study showed that off-road motorcycle riders are less likely to have physical limitations or health problems compared to the general population. The study, by Dr Jamie Burr found that regular trail riding is an effective way to lose fat and gain muscle, increase endurance and lower blood pressure.

When you analyze the biomechanics of trails riding, it's easy to see why. In an interview, Dr Burr wrote that exertion of off-road riding is "Similar to the effects of jogging and it is a lot like hitting the gym. Balancing on off-road motorcycles is like sitting on a stability ball, controlling the handlebars is like doing bench presses and seated rows or upright rows. Standing up and down would be like squats or deep knee bends. Standing on the pegs is like doing toe raises". For those that do hit the trails, it's estimated that the body's energy consumption is as high as 600 calories an hour.

So next time you need to go on a health kick, don't worry about the gym membership. Instead, sell the treadmill sitting in your garage and replace it with another bike. Because having two bikes is surely better for your health than just one.



Several years ago I got on the back seat of a motorcycle and fell in love...with riding! I knew right then I had to learn to ride and get my own motorcycle someday. Fast forward to a year ago, and I finally had the time to take the MSF course at Blue Ridge Community College. It was the first class of the year and I even got snowed on while I was learning to ride! I was nervous but I hung in there and passed. I took a couple weeks to shop for the perfect bike for me. I had a lot of different voices telling me what to get for my first motorcycle. New vs. Used, Cruiser vs. Sport, but I had a checklist and access to a great inventory of bikes, and I found the perfect bike for ME. I chose the 2018 Kawasaki Ninja 400 KRT edition because it ticked all the boxes! It is inexpensive, the insurance is affordable, it is equipped with ABS, it is lightweight and easy to lower to my height, came with a manufacturer's warranty (which I extended to 5 years), and it's fun and colorful (like me!). I'm really enjoying the new Ninja 400, and if you're looking for a small, fun, nimble bike, it might be the right bike for you too! Photo credit for both pix of me on my bike go to Rob Womack Jr (my wonderful boyfriend who pushed me to get my license since it was on my bucket list!)

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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

HIGH BRIDGE With our April deadline rapidly approaching, it looked like weather and time off would finally cooperate together. Forecasts along the route called for mostly cloudy skies and temps climbing from the high 30s to the low 50s by afternoon. Plan A called for a trip up Skyline Drive to Luray, but most everything's still closed and it would be colder up there, and nowhere to get a cup of hot coffee. That will have to wait for more Def Leopard-like, high in the 80s, weather. Plan B, with lower altitudes through Nelson and Buckingham counties, was chosen. We would check out the High Bridge near Farmville and hit the Walton's Mountain Museum along the way. This route turned out to be more than just about altitudes and temperatures, but a two wheeled history lesson in the countryside of rural Virginia. I sensed Wikipedia and YouTube were going to get some hits when I got back. And they did.

We picked up our bike at the sponsors for this month's ride: Wayne Cycle Shop in Waynesboro, VA. Awaiting us was a beautiful 2013 Victory Cross Country Tour in Solid Sunset Red. They're awesome folks, very helpful, and a pleasure to deal with. It's the full service, Go-To Place in the valley, for all things metric on two, three and four wheels. And also, as in our case, a nice, previously loved, American V-Twin.

The CCT's LCD display showed 48F at the base on the other side of Afton Mountain. That's as cold as it would be all day. Ghost Reveries by Opeth was playing, inspiring one of many squeezes on this

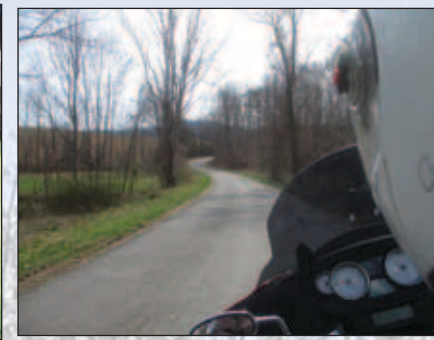
ride. My hands were nice and toasty from our bike's heated grips which had two settings: medium and well done, and very effective with winter gloves. To my relief, the turn signals were self-cancelling, enabling me to pay attention to other things like the very visible gear indicator, speedo, and later, the fuel gauge.

We turned down Rt. 151, or Brew Tour Road as I like to call it. Dogwoods were starting to sprout, marking the first day of spring, while the Vic's 106 Freedom V-Twin Engine and 4.5" exhaust were the mechanical soundtrack for our two wheeled traveling show, we found ourselves starring in. There was also a nice growl in decel, almost like a Jake brake in a truck, which got Captain Tewklöse's attention when slowing down. It all came together nicely as we soon had some paintless back roads all to ourselves.

We arrived at the museum in Schuyler. It was now well into the 50s and we were eager to shed some gear. There were a few other cars in the parking lot, which was good to see for a place so far off the



beaten path. Inside the museum, which was once a school from 1924-1991, we were greeted by our friendly hostess, who collected the \$10 per admission fee and gave a brief overview of all the attractions and exhibits in the museum. We checked out the replica sets of the TV show, in between walls laden with pictures and displays of memorabilia. Anyone who is a fan of the show could spend hours here. There was also a cool military museum full of old uniforms, equipment, newspapers and model warplanes for anyone like me whose attention span was starting to wane a bit. Interested riders can visit Walton-Mountain.org for more info. Good night John-Boy.



According to our dictating dominatrix of digital directions, the trip to the bridge would be about an hour and twenty minutes. We selected the posted route, so there would be no more re-routing shenanigans from our googly friend. Aside from crossing the James, the scenery wasn't anything to write home about. But the riding was extremely fun, and one the Victory came into its very own with and managed quite well.

A bumpy back road at highway speeds two up on a heavy bike isn't exactly everyone's idea of comfortable riding. And while it got easier once we were on 60 and 15 and set the cruise, there was still some considerable wind to deal with, which the fairing made easy work of. We arrived quite refreshed and not at all fatigued, thanks much to its suspension and Ultimate seat. It was a very comfortable bike, and one suited for both, long distance travel and fun back roads. That was a good thing, because we had some hiking to do.

There is a \$4 self-pay parking fee at the Camp Paradise parking area. We don't mind supporting our parks so we brought some ones along. Even with 41.1 gallons of storage, by the time we planted the helmets and all of our crap, I mean gear, in the cases, there wasn't any room for our jackets and we didn't want to leave them unattended. It was now sunny, and 61F, and a .3 mile hike to the bridge. Fortunately, it was flat and there was a nice breeze. Rose and I walked hand in hand as we joked about the horse turds on the trail next to the signs instructing dog owners to clean up after their pets :)

At over 2400 feet long and as much as 125 feet high spanning the Appomattox River, the High Trail Bridge is the longest recreational bridge in Virginia and one of the longest in the nation. Originally built in 1853, it was damaged in the final days of the Civil War. Some of the piers from the earlier bridge are still standing next to the newer steel ones erected in 1914. Rose and I enjoyed one of its rest areas, where we were able to cool off, relax, and take it all in on the benches provided. It's all part of the 31 mile High Bridge Trail connecting Burkeville to Pamplin. Visit www.dcr.virginia.gov/state-parks/high-bridge-trail for more info. It's quite something to see!

Passing a sign, on the way back, that read, "Rt. 29-11 miles," I passed a gas station with the needle just tickling the red portion of the gauge near E. This would have worked out just fine if we hadn't encountered Team Minivan and Team Prius demonstrating what gravity speeding is all about. Both were capable of five over on descent, but unable to manage but ten under with any change of direction, or increase in altitude. Team Victory came to life around 3000 rpm as I soon discovered in two clear passing zones. It also liked to suck fuel at those settings as indicated by the low fuel light now illuminated. In my Jeff Dunham "Walter" voice I thought to myself, "DUMBASS!!!"

We made it to the gas station, but I don't know how. 11 miles seemed like 20, especially in fourth gear when we were behind Thunder and Lightning. The Victory performed very well. It was very comfortable for both Rose and I, and could flex its muscle when called upon. Thanks again to Jennifer, Zing, Adam, and all the fine folks at Wayne Cycle Shop for sponsoring this month's ride. Rose and I enjoyed it very



much. We look forward to the next ride in this incredible state. As many places as we've been to and enjoyed, we've only scratched the surface!

Cheers and thanks for reading!!

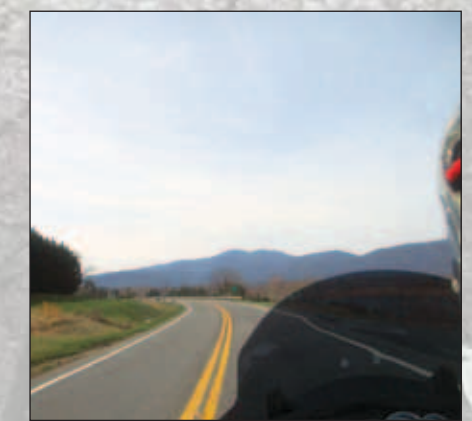
Marc Ritchie

Photos: Rose Grant

Correspondence:

facebook.com/brmtcva

Also, if you enjoy reading these articles, please check out our new book, "When Magic Fills the Air," available here: amazon.com/author/marcritchie





HARLEY-DAVIDSON ELECTRIFIES THE FUTURE OF TWO WHEELS WITH LIVEWIRE™

*LiveWire Motorcycle and Groundbreaking
Lightweight Electric Concepts Shine at Geneva
International Motor Show*

GENEVA (March 5, 2019) – Harley-Davidson is displaying the highly anticipated 2020 LiveWire™ along with three lightweight EV future concepts at the Geneva International Motor Show. In addition to updated production specifications for LiveWire, the company announced that European pre-orders for LiveWire will open in April at h-d.com/LiveWire with deliveries expected in Q4 2019 in most European countries. U.S. pre-orders are open now.

Today, Harley-Davidson announced final production-verified performance figures for LiveWire:

- 0 to 60 mph in 3.0 seconds and 60 to 80 mph in 1.9 seconds
- 140 miles (225 km) of city range or 88 miles (142 km) of combined stop-and-go and highway range as measured using the MIC City and MIC Combined (70mph) tests*
- Standard DC Fast Charge technology which provides a 0-80% of battery charge in 40 minutes or 0-100% in 60 minutes.

Harley-Davidson is showcasing two lightweight electrified future concepts recently displayed at CES, along with a new prototype Harley-Davidson- branded two-wheeled electric bike for kids. The new bike is the result of the recently reported acquisition of substantially all the assets of StaCyc, Inc., and further expands Harley-Davidson’s electric portfolio

to include electric two-wheelers for young children ages 3 and older, and less than 75 lbs.

“The LiveWire is the apex in a new era of EV propulsion from Harley-Davidson. As leaders in the electrification of motorcycling, we’re fulfilling our commitment by offering a full range of e-two-wheelers for the youngest of riders, all the way to the rider who is looking for a premium, high-performance EV experience,” said Marc McAllister Vice President Product Planning and Portfolio.

Harley-Davidson’s electric motorcycle portfolio is a significant part of the More Roads to Harley-Davidson plan to accelerate building the next generation of riders through new products in additional motorcycle segments, broader access and a commitment to strengthen dealers globally.

An all-New EV Riding Experience

Accessible to new motorcyclists and a thrill for accomplished riders, the LiveWire motorcycle is the perfect combination of power, performance and technology. Features include:

Performance and range optimized for the urban street-rider: The high-voltage battery provides 140 miles (225 km) of city range or 88 miles (142 km) of combined

stop-and-go and highway range as measured using the J2982 Riding Range Test Procedure MIC City and MIC Combined (70mph) tests*. A DC Fast Charge (DCFC) may be used to charge the LiveWire™ motorcycle through a SAE J1772 connector (CCS2 – IEC type 2 charging connector in European and some other international markets). All Harley-Davidson dealers who sell the LiveWire™ motorcycle will offer a public DCFC charging station. DCFC can provide a 0-80% of battery capacity in 40 minutes or 0-100% in 60 minutes.

Amazing acceleration: from 0 to 60 mph in 3.0 seconds and 60-80 in 1.9 seconds. The instant torque provided by the H-D Revelation™ electric powertrain can produce 100 percent of its rated torque once the throttle is twisted, and 100 percent of that torque is always available. Top speed is 110mph.

Twist-and-go ease of use: Livewire’s electric powertrain requires no clutch and no gear shifting, greatly simplifying operation for new riders. All riders will appreciate the braking effect of the power regeneration mode as it adds charge to the battery, especially in stop-and-go urban traffic.

Handling and control: The LiveWire motorcycle is equipped with an Electronic Chassis Control (ECC) system that utilizes the cornering-enhanced Anti-lock Braking System (ABS), Traction Control System (TCS) and Drag-Torque Slip Control System (DSCS) to monitor and manage front and rear brake torque as well as motor torque to the rear wheel to enhance rider control and balance vehicle performance across diverse riding environments. The system is fully electronic and utilizes the latest six-axis inertial measurement unit (IMU) and ABS sensor technology. The separate functions of ECC work together to give the rider more confidence and control in less-than-ideal situations.

H-D™ Connect Service: Subject to available markets, the LiveWire is equipped with H-D™ Connect, which pairs motorcycle riders with their bikes through an LTE-enabled Telematics Control Unit coupled with connectivity and cloud services using the latest version of the Harley-Davidson™ Mobile App. With H-D Connect, data is collected and transferred to the mobile app to provide information to the rider’s smartphone about:

Motorcycle status: Information available through H-D Connect includes battery charge status and available range from any location where a sufficient cellular signal is available. This allows the rider to remotely check the charge status including charge level and time to completion. Riders will be able to locate a charging station with ease thanks to an integrated location finder

built into the H-D App.

Tamper alerts and vehicle location: H-D Connect indicates the location of the parked LiveWire motorcycle and alerts can be sent to the rider’s smartphone if the bike is tampered with or moved. GPS-enabled stolen-vehicle tracking provides peace of mind that the motorcycle’s location can be tracked.**

Service reminders and notifications: Reminders about upcoming vehicle service requirements, automated service reminders and other vehicle care notifications.

Premium Components: Premium high-performance SHOWA® BFRC™ (Balanced Free Rear Cushion-lite) mono-shock rear suspension is fully adjustable and designed to deliver a comfortable ride and precise handling. Premium

SHOWA® SFF-BP® (Separate Function front Fork-Big Piston) match the performance and adjustability of the rear shock and deliver exceptional low-speed damping control – ideal for composed control in typical urban riding conditions.

Brembo® Monoblock front brake calipers grip dual 300 mm-diameter rotors and deliver outstanding power with a crisp feel for confident braking performance.

Distinctive Harley-Davidson sound, minimal vibration: The H-D Revelation electric powertrain produces minimal vibration, heat, and noise, all of which enhance rider comfort. The LiveWire model is designed to produce a new signature Harley-Davidson sound as it accelerates and gains speed. This new futuristic sound represents the smooth, electric power of the LiveWire motorcycle.

Harley-Davidson’s electric motorcycle portfolio is a significant part of the More Roads to Harley-Davidson plan to accelerate building the next generation of riders through new products in additional motorcycle segments, broader access and a commitment to strengthen dealers globally.



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provides a statewide, six-month promotion of Virginia's attractions and great motorcycle riding destinations. Stops include parks, local restaurants, state and national historical sites, festivals, shops unique to the area and motorcycle dealerships.

You can register on the Tour website:

www.vamotorcycletour.com. If you have a passenger that usually rides with you, they can also register for the Tour and earn their own points towards cash and prizes.

Each Participant will receive a motorcycle passport (which lists all sponsors, their point values, locations, phone and hours of operation), a Grand Tour memento and a PDF Brochure (available at www.vamotorcycletour.com) that gives you more information on each county our sponsors are located, along with festivals, concerts and special events

you may be interested in. Each rider at his/her own pace, over a six month period, will visit each participating destinations and get his passport stamped. Excitement and "buzz" with riders and sponsors will be maintained using electronic media such as Facebook, e-mail and our website.

Each stamp will be worth a specified number of sponsor points, with prizes and cash to be awarded at the End of Tour to be held on November 2nd, venue TBD.

This year we have more CA\$H prizes than ever before! This year, **Asset Protection Group** (www.apgroupinc.com), who have been valued supporters the past 2 years, are donating cash prizes in the amounts of \$250, \$150 & \$100! Sponsoring the Tour's largest cash prize, we proudly welcome **Tom McGrath's Motorcycle Law Group** who will be donating our Grand Prize of \$1000!

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Many years ago there was a little village on a rocky seacoast, where storms often battered and seas were ever treacherous. Many ships were driven onto the rocks by the storms, and the lives of many sailors were lost because of the raging seas.

One day the people decided among themselves that they should establish a lighthouse and lifesaving station on a little peninsula on the coast, to warn ships away from the rocks and to save the lives of those who were cast into the icy waters. They approached the government and began to secure the necessary funds for their project. Soon they set forth and built a tower, and set a beacon in it; they organized a lookout system; and they bought boats and learned how to man them; and soon they were in business. The business of saving lives!

Soon the effects of what they were doing became known far and wide. Fewer ships went on the rocks; and when such a tragedy did occur, and the alarm was sounded, the people risked their own lives to rescue those who had been cast into the raging, icy waters. Within a few short years, people came from great distance to study their lighthouse, and to use it as a model.

One day someone suggested that, since they all spent so much time at the lighthouse that they should gather there occasionally and enjoy good fellowship. And soon they began to get together (at first infrequently, and then more often) at the lighthouse. In fact, many people began to build their homes near the lighthouse. Then when the lookout sounded the alarm, they were there, ready to go out.

Next, it was decided that if they were going to spend so much time there, they must make the place more comfortable. So arrangements were made to heat the lighthouse. The gray walls were painted a brilliant white. Some of the walls were paneled; rugs were put on the floors to disguise the bare concrete; a fine kitchen was installed with a handsome stove; and generally speaking the lighthouse became a nice place to spend your time waiting for the alarm to be sounded. Everything about the lighthouse was made comfortable and nice. The lighthouse soon became the center of life in the little town that grew up around it.

One night a fierce storm blew in, as storms had blown in for years. Many ships were tossed on the jagged rocks, and the men at the lighthouse spent long hours picking sailors from the bitter cold icy waters and taking them to the lighthouse, where they were fed and provided with dry clothing. This had happened many times over the years, but this time, after the storm subsided and the sailors had all left the lighthouse, there were some men who were angry. It seems the storm had made them leave the comfort of the lighthouse, and go out into the wet, dangerous seas; and they got cold; very cold. The sailors, when they were delivered to the lighthouse, soiled the carpets. The kitchen was a mess, not to mention the stove. After a brief meeting it was first decided that

sailors, when they were brought to the lighthouse, should be taken to the basement, not to the nice upper areas.

Some time later, another storm blew in; and about one half of the men went out in the boats, and again picked sailors from the frigid waters. This time the ship, which had broken apart on the rocks, was from another nation; and the men who manned her spoke another language, and even worse were of a different color. After this storm, a few more men joined those who refused to enter the sea. They decided that men like these did not belong in the lighthouse at all; some said they felt that the lighthouses' job was not supposed to be saving sailors from other lands, because they were so much different. There were those, too, who objected to leaving the comfort of the lighthouse to go out into the storm. These men petitioned the government and they also agreed. So, finally, it was decided that the beacon would be kept lit, but the rescue work would be discontinued.

A small group disagreed, however, and went down the coast, a short distance, and started a new lighthouse. This small group decided that they should establish the biggest lifesaving station on the little peninsula, and so they did. Every day they warned ships and sometimes attempted to save lives from the icy water. Fame of the new lighthouse grew and the lighthouse back up the bay eventually turned out its beacon. Some people say the beacon can still be seen today in you and I. Oh yes, they also say the small group running the new lighthouse were those once rescued from the raging seas.

We as people all have a choice to make with regards to our rescue work. We can choose to allow our lives to become comfortable and we can find ourselves very content. And often times we may find that we have turned out our beacon of hope for one another. Or perhaps, I hope and pray that we find ourselves lighting and saving the path of others both in our words and deeds.



RRRuff Riders

SANDY



Sandy, a Jack Russell/Chihuahua mix has only been riding since the Summer of 2017. Who says you can't teach an old dog new tricks? This 11+ year old rescue's first ride turned from sheer terror to extreme enthusiasm in only a matter of moments. He is always ready to get a photo op from passing motorists and no matter how long or short of a ride he stands the entire time. As our speed increases his back feet leave the seat to climb higher on me in a stance as if he was flying as Super-Harley-Dawg! I recently bought a Harley Ultra to upgrade from my Super Glide, coming home with my new toy I was greeted by Sandy who immediately took my place on the seat of the Ultra as I dismounted! Now I needed a way to protect my new Harley Davidson Ultra's gas tank & have a sturdy platform so that my riding buddy can join me on my rides! My leather wizard extraordinaire friend in Crozet, Virginia, Chuck Pinnell told me to come on over and in a lil over an hour after pulling up to his shop, a masterpiece solution was created for Sandy and I. Can't wait for some dry and beautiful weather in Central Virginia to hit the road with Sandy on my new Ultra real soon!

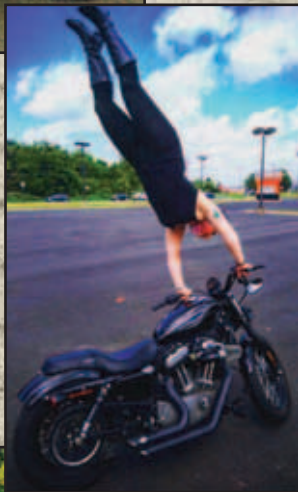
Tom Dolan

Blue Skies and Strong Tailwinds

Tom is a member of the Blue Knights Virginia Chapter XX

They're always looking for new Law Enforcement Riders to join!







SOUTH CENTRAL BIKE FEST

We are preparing for the Third Annual Bike fest weekend. The mission of the SouthCentral Bike fest is to raise money to help ease the financial burden of local cancer victims in Southside Virginia. All money raised through the efforts of this fun filled weekend are kept local. The SouthCentral Bike fest Committee splits the proceeds and donates it to the Mecklenburg County Cancer Association and the Barksdale Cancer Foundation. They in turn distribute the money to cancer victims in Mecklenburg and Charlotte Counties. The families are issued a check to help with expenses to maintain victims needs during treatments. Please come out and enjoy this weekend as well as support a great cause in our community.

A group of local motorcycle enthusiasts wanted to provide a weekend dedicated to motorcycle riders and others who enjoy the friendship, camaraderie and just plain fun that accompanies the event. The steering committee was formed and will continue to work diligently to see that this is an annual event, one that will improve over time using suggestions from people just like you! For bikers, by bikers!

Join us on June 6-8, 2019 for the 3rd annual SouthCentral Bike Fest as we raise money to assist area cancer victims. It's a weekend of camping, bands, DJs, cruise-ins, bike shows, poker runs, bike rodeos, fireworks, bikini bike washing, swap meet, and more. It's not just another bike fest. We will kick off at 5:00 pm on Thursday evening with a town-sponsored BBQ supper & DJ. On Friday at noon, join in on a 2 hour or 4 hour historic ride (southern style) dedicated to our fallen bikers and veterans. We have some fantastic country roadways with many historic stops for your riding pleasure. DJs (Brad & Wildthang), The 10 Sinful Years Band. Saturday morning begins at 9AM with a poker run and lots of other events accompanied by music from SOUNDHOUSE DJ Services, The Tobacco Road Band, & Moonshine Sons will finish up the evening.

All veterans, active military, and first responders are granted free admission with proper ID. We also have onsite camping and RV rentals available. Early entry at 3 PM on Thursday, all bikes/campers will be out by Noon Sunday.

The SouthCentral Bike Fest
Lee Brankley – Chairman



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

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

TECH KNOWLEDGE



FAT TIRE CONVERSION

Article and Pictures by Robert “MURPH” Murphy (HRHD) Harley-Davidson Master Tech

Everyone is always looking to customize their bike to make it look, and ride better. Well, we have a great option for you that does both amazingly. We are talking about a FAT TIRE conversion for Harley-Davidson Touring models. Here at HRHD we have been installing these for customers and employees as well and they have been loving them. I have one on my personal ride as well.

Native Custom Baggers Pitbull kit for 2014+ Harley Baggers

The first thing you'll notice whenever you see a Pitbull equipped bagger is the width of the front wheel and tire. With this kit, you can run a 180/55-18 front tire on an 18x5.5 wheel. Now the bike is running on equal width, front and rear tires, and gains a number of benefits. The biggest benefit gained from a fat tire kit is the feel of the bike. Just picking one up of the sidestand feels lighter than stock. You also gain a lighter feel in the steering, more stable cornering and the bike won't want to track in road snakes and grooves as easily.

The Pitbull kit installs using factory trees, tubes, brake calipers and brake rotors. No machining or cutting is needed and your bike can be returned to stock without issues. This kit includes a notched, stamped steel front fender (requires paint), machined fork cans and machined lower fork sliders. There are a number of wheel choices available with the kit and all of the wheels (from Native Custom Baggers) will allow you to re-use your OEM small bolt pattern brake rotors.



The looks alone are just killer, but with the added handling characteristics that these kits offer you can't go wrong. You can enjoy the ride improvements, while turning heads at every stoplight.

For more information or if you have any questions, contact our Service department anytime, HRHD Service (757) 872-7223. We would love to hear from you.

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WHO INVENTED THE BIKER WAVE?

by Jo Kelley

Who invented the biker wave, and why do we do it? We all know the wave. It's a part of rider etiquette, an accepted and expected form of acknowledgment from rider to rider. But what is the biker wave origin? Where did it come from? What does the biker wave mean, really? There are a couple of theories out there, so let's dive into some motorcycle history and see if we can debunk this mystery.

What is the wave?

Just in case you don't know, the name of the wave varies and has been called the "biker wave," the "motorcyclist salute," and the "motorcycle wave," among others. There are also variations on the type of wave, depending on where or what you're riding. It can range from a head nod, a single pointed finger, a palm-out V-sign, or a good ol' fashioned, chest-high, "I'm so excited to be here" type of wave. The greeting is popular among most riders in North America, while in Europe it's not nearly as common. The wave is almost non-existent in Germany; in Australia they nod, and the French stick out their foot like weirdos.

Waving is widely accepted, but I'm not saying that all riders must wave. For example, when you're riding in heavy traffic or at high speeds, and especially if you're a new rider, you may not feel safe enough to take a hand off the handlebars. That's perfectly understandable. After all, as a rider, your safety and full attention are first and foremost since the road is full of distracted cagers who seem to want nothing more than to text while driving (a.k.a. murder you with their two-ton death machines). So, let's look into some possible theories regarding where the biker wave came from.

Theory Number One: William Harley and Arthur Davidson invented the biker wave.



Photo Source: Rentomo Guide

Since the wave seemed to be most common among Harley and Indian riders in the 40's and 50's, the origin of the wave was speculated to have started in 1904 when Arthur Davidson and William Harley passed each other and waved. Supposedly, this exchange was seen by a passerby who assumed it was part of rider etiquette, and the tradition continued among Harley riders.

I don't think this theory is likely. While it is true that the wave was mostly attributed to the American Harley crowds in the mid-20th century, it's probably because the majority of motorcycles on North American roads after WWII were either Harleys or Indians. British motorcycles were only just beginning to make inroads in that market. So, naturally, it was Harley and Indian motorcycle riders who maintained the tradition. The wave was not intended to associate with brand specifics, but the idea likely stuck.

Theory Two: The wave was used as recognition of military service between bikers.



I really like this one. The V-salute, which became the peace sign in the 60's, was created in Europe during WWII. The gesture simultaneously meant "Victory over the Germans" as well as "Stick it up the Germans." As if that's not hilarious enough, the ambiguity of the sign allowed Churchill to insult the enemy in public without them even being aware of it, which is awesome.



Used as a sign of victory among the Allies in WWII, the V-salute became a common greeting in post-war America before war protesters took it over in the 60's. Even if this isn't the actual origin, I like to think that the wave really began as a veteran acknowledgment of valor and service while on the road. So, I'll mark this theory as plausible.

Theory Three: Knights in medieval Europe invented the traveler's wave.



Two knights on horseback approach each other on the narrow trail. Both are clad in heavy, metal plating, their faces covered by the thick visors of their armor. Be these friends or foes? The knights pause long enough to raise their visors to their foreheads, revealing their identities in a friendly fashion.

Could this be the origin of the traveler's wave? Nah. This is actually the origin of a military salute. Knights' visors were raised to the forehead as a courtesy to reveal their identity when they approached another knight or superior. In later centuries, this turned into removing hats or headgear in the presence of officers. Over time, the motion to remove a hat was gradually converted into a courteous salutation through a gesture to grasp a visor. Though interesting, this motion is very different from the motorcycle wave and is not the correct origin.

Theory Four: The wave is nothing more than a common practice among all motorcyclists because of the unique bond and camaraderie we share as riders.



This is very likely. In my opinion, the wave is seen as a benediction, a friendly wish for each other to keep the dirty side down. Skydiving actually has a similar system: before making their jump, skydivers will always fist-bump as if to silently say, "good luck, see you on the ground." I think it's safe to say the official origin of the wave will remain a mystery, but I believe the wave is simply a signal that we share something in common, something that most people probably won't understand.

Historically, motorcyclists have been defined by our fierce individualism. Back when motorcycles were rare forms of transportation, those who rode them were seen as rebels, as someone who couldn't be contained in the confines of a car, or anything else for that matter. The boldness of the lifestyle made bikers outcasts in a complacent society, and the continued refusal to adhere to social norms united riders into biker communities.

Today, there are many more bikes on the road, but the solidarity among riders is just as strong. We aren't really seen as those "raging misfits" the nuclear families stigmatized us as during the 1950's and 60's. No, these days, riders range from genuine badasses to soccer moms; from filthy rich doctors to starving college students; from big, tough manly men to, well, me. Yesteryear's negative stigma surrounding motorcycles has decreased, but along with it went most riders' need to flip a unified, violent bird to the status quo.

So, who invented the motorcycle wave? I believe it wasn't one person, but a community of people.

It's this reason that I always wave, and I always will. I think of it as a way to tell other riders that, yeah, we're cut from the same cloth. Just as I've chosen to forego the safety of four wheels, a seatbelt, and airbags, so have all bikers on the road, basking in the freedom of two wheels in the wind together.

Many Thanks to our friends at Rumble On for sharing this with us. <https://brainbucket.rumbleon.com/biker-wave-origin>





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A MOTORCYCLIST'S GUIDE to Motor Vehicle Insurance



When most people shop for motor vehicle insurance they focus almost entirely on which products to buy rather than on how much to buy. Most people can tell you what type of coverage they bought, but have no idea as to the amount. Having the right amount of coverage is crucial to protecting yourself in the event that you are injured by an inattentive driver. It can literally mean the difference between making a full financial recovery and bankruptcy. For decades, members of our firm have spoken to motorcycle clubs, groups and organizations about laws concerning motor vehicle insurance. Below is a list of frequently asked questions concerning motor vehicle insurance laws and how they affect you. If after reading this you still have questions concerning the laws in your state, please do not hesitate to contact me.

1. Why is it important for me to know about motor vehicle insurance?

You should think of your motor vehicle insurance as another kind of protective gear while you are riding. While we at the Motorcycle Law Group do not believe that motorcycling is dangerous, we do recognize that, in the event of an accident, riders have less protection around them and are therefore more susceptible to injury. If you are injured by another motorist, you are entitled to receive compensation for your medical bills, your injuries, your lost time from work, and for pain, suffering and inconvenience. This compensation will almost always come from the insurance coverage available to the people involved in the accident.

2. If someone injures me, won't their insurance pay for my injuries?

Yes, but only up to the limits of their policy. Most people shop for motor vehicle insurance by price. They try to buy the cheapest insurance available. Therefore, most people buy the minimum amount of insurance that their state requires. In North Carolina, that is \$30,000. In Georgia, South Carolina and Virginia the minimum amount is \$25,000. In West Virginia it's \$20,000. Regardless of how serious your injuries are, the other driver's insurance will not have to pay you any more than the policy limits. If you are seriously injured in an accident, \$20,000 to \$30,000 will not be enough to cover your medical bills, lost wages, pain, suffering and inconvenience.

3. Can't I always sue the other person?

Yes you can, but that will not change the amount of money that the other person's insurance company will have to pay you. If you sue and get a verdict of \$300,000, the defendant's company will still not have to pay any more than the policy limits. This is because the insurance company is not paying because it owes you anything. The insurance company is pay-

ing because it owes the defendant protection. The defendant bought protection from the insurance company in case they had a claim brought against them. People often buy the least amount of protection required by the law of their state. Therefore – in most cases – the defendant's insurance company will only have to pay you the minimum amount required in that state regardless of the seriousness of your injury or the size of the verdict.

4. Will I be able to recover from the defendant's personal assets?

The answer to that question is usually no. Most people do not have personal assets that will cover the cost of serious injuries. Assets owned jointly with someone's spouse – such as a house, land, vehicles and bank accounts – typically cannot be used to satisfy a judgment. Even if you find yourself in a situation where you can collect from a defendant's personal assets, the defendant often will have the ability to declare bankruptcy and have your judgment against them discharged.

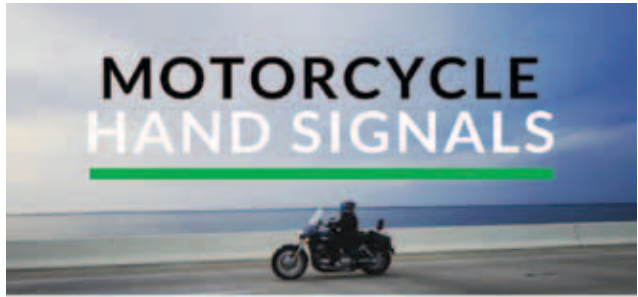
5. I have full coverage on my motorcycle, so I am covered, right?

Not necessarily. Full coverage means that you purchased all of the major coverages that your insurance company offers. What is more important to you as an injured rider is the amount of coverage that you have. If you also have the minimum amount of insurance coverage, you will most likely receive only the minimum limits for your injury regardless of how serious it is or the amount of the verdict that you receive in court. That is why it is important that you protect yourself with both uninsured motorist (UM) coverage and underinsured motorist (UIM) coverage.

6. What is uninsured motorist and underinsured motorist coverage and how do they work?

Uninsured motorist (UM) coverage protects you if you are injured by someone who does not have insurance. Your insurance company will pay you up to your limits of coverage for injuries caused by an uninsured motorist. However, what we see far more often is a driver who does not have enough insurance to cover the injured client. That driver is underinsured, and the client is protected by their underinsured motorist (UIM) coverage. If you have \$100,000 in UIM coverage, then you have at least \$100,000 to compensate you for injuries caused by another motorist. If you have \$250,000, then you are covered in that amount. You can buy UIM coverage in most any amount up to \$1 million, depending upon the insurance company and the rules of your state.

continued next page



Be Safe. Be Smart. Be Seen.
MAKE SURE DRIVERS CAN SEE YOU.



A MOTORCYCLIST'S GUIDE to Motor Vehicle Insurance continued

7. Is it expensive to buy more UIM insurance?

While insurance rates differ according to your age, driving record and place of residence, you often will be surprised at how little it costs to increase the coverage available to you. The more UM and UIM coverage that you buy, the less expensive it gets. The best thing to do is shop around and find out how much the additional coverage will cost you. One thing we can promise you is that it will be less expensive than being seriously injured in an accident and not having enough coverage available to you.

8. If I have several motor vehicle policies, am I protected only by the policy covering the vehicle involved in the accident?

In most cases you are protected by every policy in your household. This is called stacking policies. While the rules differ from state to state, Georgia, North Carolina, South Carolina, Virginia and West Virginia all allow stacking. One caveat is that West Virginia allows an insurance company to prohibit stacking in their policy language. It is very important that you read your policy. The Motorcycle Law Group is more than happy to look at your policy for you regardless of your state of residence.

9. How do I know if I have enough UM and UIM coverage?

At the Motorcycle Law Group, our rule of thumb is that no rider should have less than a total of \$500,000 in coverage. Injuries suffered by motorcyclists often result in expensive medical bills, lengthy time off from work and a permanent impact on the rider's overall health.

10. I still have questions about the rules specific to my state and what protection is available to me. Where can I get additional information?

We are happy to answer any questions that you may have. Feel free to call the Motorcycle Law Group at 1-800-321-8968. You may also email us at matt@motorcyclelawgroup.com. Additionally, if you are a member of a group, club or organization and would like to have a member of our firm come out and speak about motor vehicle insurance or any other area of law important to motorcyclists, we are happy to do so. There is no charge for speaking with groups or answering your individual questions. We want to make sure that if you are injured by a careless motorist that you have the resources available to protect you and your family.

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