

VIRGINIA RIDER

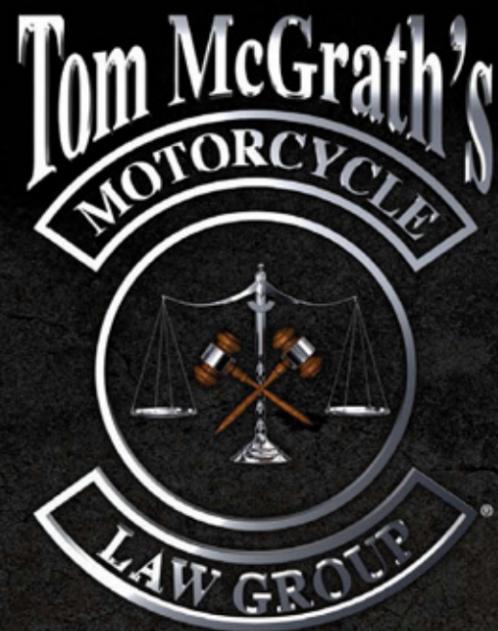
Serving the Riders of Virginia & West Virginia

MAGAZINE™



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November 2022
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from the editor's desk

Ahhhh, it's the most wonderful time of the year again. The holiday season always seems to bring out the best in many people and yet, it also can bring out the stress, worries and loneliness as well. Just as you look out for each other on the road during the typical riding season, now is a great time to start checking on each other since the days are shorter and it's starting to get down right cold out there. Many folks don't have good friends or family to check on them or spend the holidays with unfortunately. There's no time like the present to reach out to fellow riders to see what they might have planned for holiday dinners or activities. If it's too cold for you to ride, it's always a fun time to host some dinner gatherings, watching the games, playing cards, darts, pool or anything else you can think of that bring people together to take away some of the lonely feelings that the holiday season can sometimes bring out in folks. Facebook groups for motorcyclists in your area may be a great place to find fellow riders who may live close by and might really enjoy the company of like-minded bike owners. Feel free to post on our Virginia Rider page any time to give shout outs, post a pic of you & your bike or share a great place to ride. There are no strangers here; only friends you haven't met.

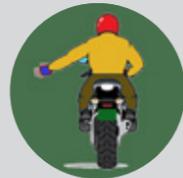
As we focus on all of the things that we are grateful for during this time, we'd like you all to know how much we really appreciate you being here with us and following the journeys and adventures of Virginia riders through the magazine. We are extremely thankful for all the rider-friendly businesses who are with us to help support our riding communities. We couldn't do this magazine without ALL of you so from the bottom of our hearts THANK YOU SO MUCH!!!

A humungous THANKS go out to the fabulous Virginia Rider crew...Warren, Marc, Rose & John, for their incredible talents that they share to help make Virginia Rider come to life each month. I thank God for them EVERY day as I couldn't do this without them. I love you guys!!!

We hope you all enjoy a wonderful Thanksgiving & cheers to the start of the holiday season as we make our way toward Christmas and the end of an amazing year. Until we meet again...

Be safe & stay AWESOME!

Kelly



IN THIS ISSUE

MOTORCYCLE HAND SIGNALS continues this month with five more throughout this issue and still five others to come in the December 2022 edition of the magazine to help you learn or refresh your skills of using hand signals to message fellow riders. When you're out on the road, communication is key!



RUFF RIDERS covers Stu and Janell Clarke, an Aussie couple who are travelling the world on two motorbikes with their dogs Weeti, Shadow and Azra. The adventure started in 2014 and they have since crossed 92 countries. First up, meet **Weeti Clarke**. Weeti has travelled to 85 countries across 5 continents. Part 1 of 3. Next time we'll meet Shadow.



FIT FOR THE ROAD this time is all about Isometrics. Simply put, isometric exercise is any type of exercise that holds the body in one position. The muscles are contracted but do not change length as you hold the position. We've got 8 exercises you can do to help you be Fit For The Road.



In **GREAT PLACES TO RIDE**, Marc and Rose managed to get in a ride in the last nice days of fall. Marc: "Rose and I were discussing where to go on our next ride, when up popped a post for the Highland Scenic Highway. I browsed my Virginia Rider Magazine folders, and to my surprise, I had not featured this amazing road in Great Places to Ride yet."



GOOD FOR YOU is all about the many benefits of pumpkin and especially pumpkin seeds. It turns out that pumpkin is good for lots of things, including better sleep, better heart health and lower blood pressure, to name a few.



THE LIGHTHOUSE continues, through the story of a blind boy, the theme of being grateful for who you are no matter how the world sees you. Gratitude is a heart-centered approach to being at peace with yourself and with all you have.



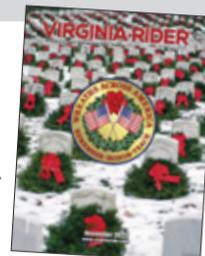
Tom McGrath's Law Group offers some tips and tricks to keep your motorcycle running in top shape. Everything from the correct tire pressure to checking oil levels, brake fluid and cooling fluid to adjusting your chain is covered.

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ON OUR COVER:
December 17, 2022 is the date for the annual Wreaths Across America event. It's a day that's been set aside to lay wreaths at the places where we remember, honor and teach about our veterans.



MOTORCYCLE HAND SIGNALS A RIDER'S UNIVERSAL LANGUAGE

Part 2 of 3



Comfort stop

Extend your left arm. Close your hand into a fist and wave it up and down. Sometimes you need to take a quick break. In a group, it is impossible to yell what you are trying to do. So, this signal alerts everyone that a break is needed.

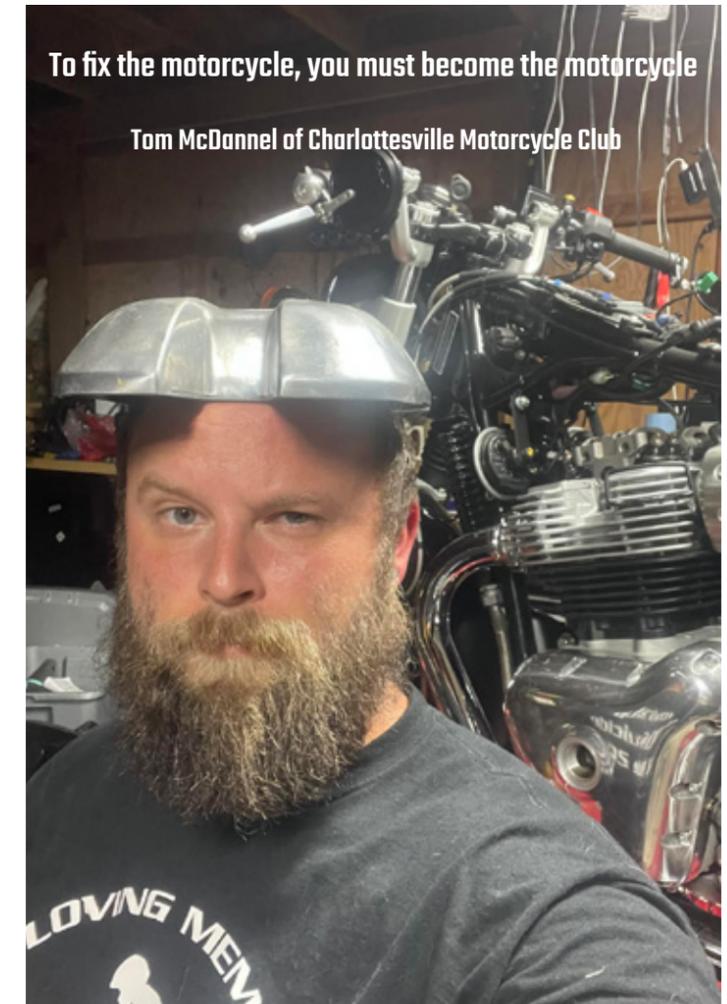
Over the years, there have been other hand signals created and used by motorcyclists. Sometimes groups have their own secret signals aside from the basic universal ones. Most of the time, these are just used among the riders in that group and the universal hand signals are still used to signal other motorists. Either way, we all have to share the road with each other. Being able to communicate with each other can make our journeys much safer for all motorists, regardless of the vehicle.

We zoomed in on six individual hand signals throughout last month's Fall edition. This month you'll find five more throughout this issue and still five others to come in the December 2022 edition of the magazine to help you learn or refresh your skills of using hand signals to message fellow riders. When you're out on the road, communication is key!



To fix the motorcycle, you must become the motorcycle

Tom McDaniel of Charlottesville Motorcycle Club



DRINK MORE WATER.

Staying hydrated in the fall & in the winter too is so important!

Drinking more water is always in season!

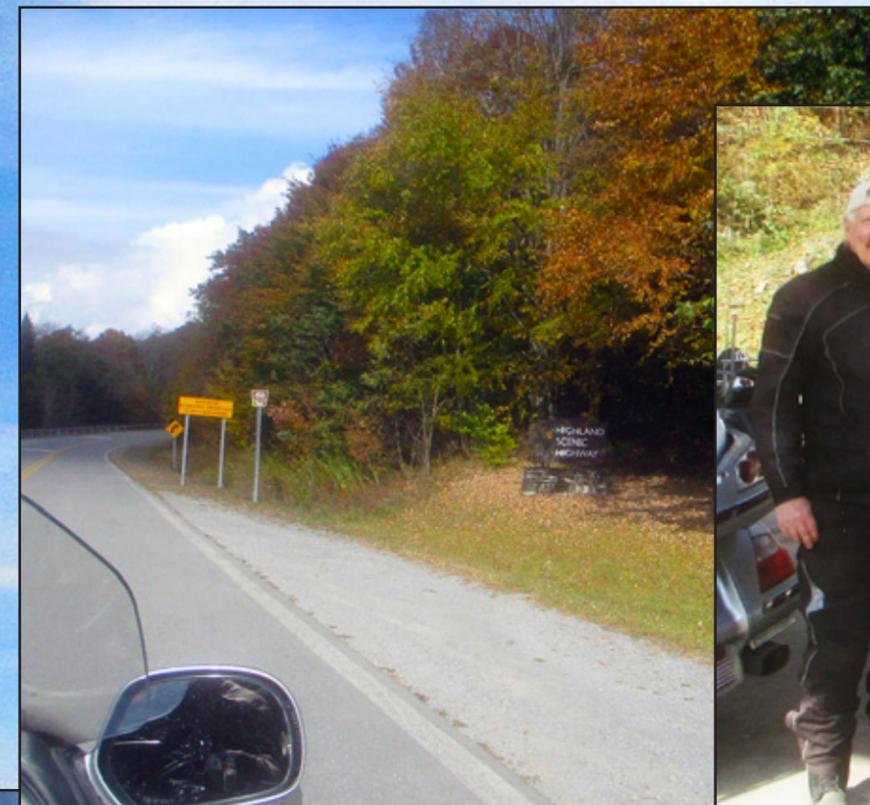
The most important daily habit of all, drink more water. You will burn more body fat and build more muscle if you do.



GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Highland Scenic Highway



Rose and I were discussing where to go on our next ride, when we popped a post for the Highland Scenic Highway. I browsed my Virginia Rider Magazine folders, and to my surprise, I had not featured this amazing road in Great Places to Ride yet. It was mid-October, near peak, and temps were forecast to push into the 60s. It was a no-brainer.

Skies were partly cloudy and 45F at departure. We left "The Juice" in the Sacred Closet opting for just neck socks and Windy's heated life support systems, which kept the winter gloves in the saddlebag. Right off the bat, nearing the peak of Jack Mountain, just before Monterey, Rose caught a colorful row of trees with their greens, golds, browns and crimsons, glowing in the sunshine. I always love when the crimsons get in on the action.

I had signed up for a trial on a music streaming site which enables streaming offline in remote areas. Windy's premium audio system never sounded better! We were on one of our favorite roads, Mill Gap, watching the mountains in the distance perform their slow dance. Porcupine Tree's "Dark Matter" seemed to capture the landscape perfectly with its layered complexity and textures, especially at high volume.

Rose and I stopped in Marlinton for fuel. There was a trike and a couple of bikes parked next to the pumps. We had unexpectedly rendezvoused with Lloyd and Forest, who were customers at the Staunton dealership Team GL (formerly FLH) used to work at. They had recently traveled on their bikes out west and were

headed up to the scenic highway as well. It was good seeing them, sharing a few stories and talking bikes. When I grow up, I want to be just like them.

Continuing west, we quickly caught a group of cages in the twisties. I pulled over to let them get ahead of us so Windy could eat in another gear other than second on some very dynamic turns. Rose and I emerged energized with the highway gear as we climbed higher and higher. We were in a temperature inversion, and it was now 64F at our turn. The snow removal sign bears attention, especially in April after a long winter, as I found out a few years ago.

The first couple of overlooks were very crowded this Wednesday, so we enjoyed a relaxed cruise catching a window of empty road all to ourselves. The colors were at or near peak and putting on a show, including crimson. The scenery became dramatically spectacular and my inner 10 year old emerged with a salvo of "WOWs!!!" one after another. I squeezed Rose's leg breathing deeply as she worked the camera simultaneously with my shoulder. It was like another home of ours: filled with love and somewhere special on a bike where we belonged.

We found a section at the third overlook free of tourons and setup the tripod. It was early afternoon, and the sun was in its usual southerly spot right behind us for the shot. It was still breath-taking and definitely worth stopping, especially since we always kiss after the shutter snaps. I wonder how many smooches that tripod is responsible for.



continued next page



The first couple of miles after turning north on 219 contain some of the most intense twisties around. The solo part of "Freewill" was playing and again, a purely random song was perfectly capturing the experience. The road straightens somewhat, but there's not much relaxing with all the driveways at highway speeds. But the pavement is smooth and some of the scenery is interesting in this rural area, especially around Halloween.

66 through Snowshoe to Green Bank is a different story. It's like a mini Deal's Gap with guardrails. There are several second gear corners, many including gravel, that can reach out and bite anyone not bringing their "A" game. Fortunately, like a lot of other roads in the trees, there's not much in the way of distraction, so riders can focus on the road.

Rose and I took a short break at the observatory before tackling the mountains on our way home. We watched a couple walking their dog on the old runway. It would scurry ahead, then run back to them, and continue this pattern for as long as they were in view. It's funny how at times on a bike ride, you can find yourself so relaxed and checked out, and kinda forget where you are for a bit, over the simplest of things. Don't do drugs kids.

Every mountain we crossed after that was a wonderland of color woven with a velvet ribbon. It's hard to imagine crossing those last 40 miles through this wilderness on horseback or foot. What used to be such a formidable and hazardous endeavor, is now recreation and sport for many, and eagerly partaken. It's become habit-like. But it had to have evolved to this level from

some point. Our current abilities weren't acquired out of thin air. Most of us didn't just hop on bikes from day one and ride effortlessly through Formula 1 tracks in the hills, just to view the scenery, without feeling a little intimidated at first. It all started with a passion. And what we have today is the result of time and pressure in pursuit of that passion. And for those whose decades long honing of habits forming diamonds in their treasure chests of experiences, motorcycles aren't just a machine. They have become as vital as the blood in our veins, and why roads are built in the middle of nowhere far, far away.

Cheers and thanks for reading!

Marc Ritchie
Photos: Rose Grant





43RD ANNUAL MOTORCYCLE RODEO

By Erick Smestad



In Mid-October 2022, the Mid-Atlantic Motorcycle Police Riding Committee, Inc. held their 43rd annual Motorcycle Rodeo, which for the last 42 years, has been strictly open to Law Enforcement. This year, I had the distinguished honor of being one of 25 civilians to be invited to participate. This is a huge honor, but an even bigger one personally since

always being in awe of how the Motor Officers ride and how they can control those large HD and BMWs is what got me started on this adventure. I have followed this event along with other Police Motorcycle Events for several years, and finally had the opportunity to compete in one.

I had the heartbreaking duty, thirteen years ago, to transport the body of one of my Sailors to his mom in New Hampshire. Once we landed in Boston, we were escorted by Boston PD and Massachusetts State Police through the streets of Boston and I95 at 5 PM rush hour. 8 Motors escorted us through the Big Dig stopping traffic while riding in circles and speeding by us to get to the next intersection. I was a rider at the time and was so impressed but had no idea I would ever be able to learn how to ride like this, it was the catalyst that got me started.

Five years ago, I stopped watching and decided to take my first class in Police motorcycle fundamentals and I have not looked back. I started looking for advanced classes that offered this discipline and I found the Virginia State Police (VSP) "Ride 2 Save Lives" program.

This is a free assessment that VSP puts on in several locations and dates throughout the state. This was an informative class, and I was itching for more. I went online and started following "Ride Like a Pro" Jerry Palladino. I found a Ride Like a Pro location in Maryland and signed up. This is when the addiction truly started. I could not get enough. I was adamant about constantly improving and went out and purchased tennis balls, cut them in half to use as cones and started practicing at the local High School parking lot. I longed to get more training and started my quest for more advanced training. I found the training I was looking for with Midwest Police Motorcycle Training, as they offered civilian training.

After attending two classes at Midwest, I decided I wanted to reach out to Ride Like a Pro and start my own franchise. I started Ride Like a Pro Virginia in July 2019, and it has been an exciting adventure. That too was not enough. I discovered there were "Motorcycle Rodeos" that were open to civilians. Over the past two years, I have attended about 15 events and have ridden beside some of the best riders in the country.

This past weekend's event was different from the past events as this was a Police event, 125 police riders and 25 civilians were allowed to ride alongside our men and women in Blue. A few things I took away from this event was the fact that this was a training event for the Motor Officers and a competition for the civilians. The Police were all about a clean precise run through the cones. It makes sense, hitting a cone is the same as a hit car, curb, dog, person, etc. aside from that in and of itself, reports must be written. Consider



if the officer was responding to a call, they might not be able to respond, save a life or stop a crisis, because they must fill out an avoidable incident report.

This event allowed our men and women in blue a moment to relax from the day-to-day grind on the streets and have some fun while doing a work-related activity. I was surprised to learn that in several departments the motor officers ride 365 and do not have a car to transfer to for inclement weather except ice and snow. The Secret Service Motors ride 365 regardless of ice

and snow, and they add sidecars in late November and remove them in March. Some departments ride Harley Davidson while others ride BMW's. When inquiring, it seems officers like both. The consensus seemed to be the HD for inner-city riding and the BMW's for traffic enforcement where higher speeds are needed.

The week started on Wednesday morning with sign in and a walk through of the patterns followed by practice the rest of the day and all day on Thursday. Friday morning, we had a planned ride to George Washington's Mount Vernon. I am not a big fan of organized rides, but this was an amazing ride through the streets of Fairfax, side by side, 3 feet off the tire in front of you. It was a little stressful riding close to the rider in front of you, however, I must say that a little stress was in fact relieved, knowing you were riding behind or in front of some of the best riders you would ever have around you. The ride was chilly but the view of the house at 8 AM with the sun coming up over the Potomac and the Motors in the front lawn was amazing. Once we returned, we started the scoring events.

First up was the Challenge ride (challenge ride is a ride that no rider knows about and must ride it with no practice), followed by running the five precision patterns. The precision patterns are tight cone patterns where the goal is to have a "clean" (no cone touches) run. On Saturday the timed runs were ran. The first was precision timed. The goal was to run the pattern clean with the best time, followed by the slow ride. The slow ride was a 24-foot keyhole pattern with the goal of having the longest time in the pattern without a cone touch or a foot down. There were some incredibly fast times in the speed run and one time of over 4 minutes and 30 seconds in the slow ride! All this was closed out by a great banquet at the end of the day.

In the end, Fairfax Motor Squad put together a great event and I was honored and humbled to have been invited. I really hope to be invited back next year and hope other police events allow civilians to ride alongside our officers.



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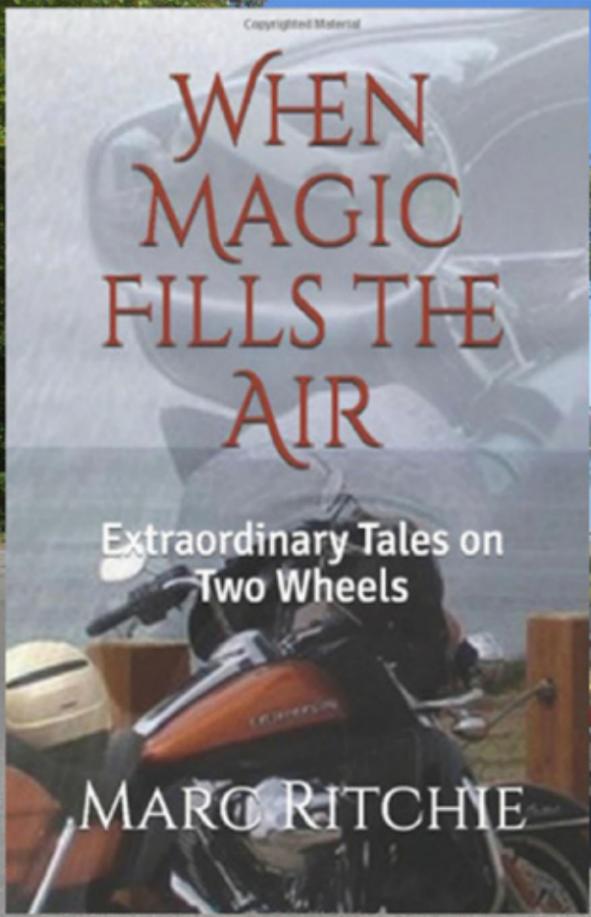
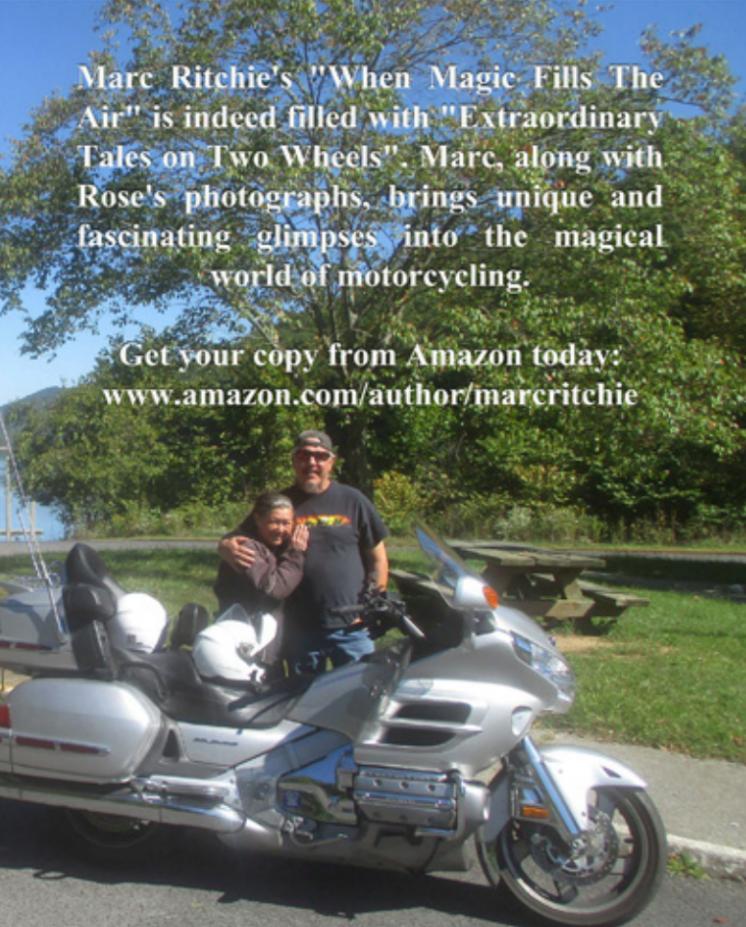
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"Great day for some wind therapy on Skyline Drive."
 Rob Pochek, Charlottesville Motorcycle Club



PULL OFF

Pull off
 Extend your left hand and wave it in a vertical motion toward your body. When riding in a group, in order for everyone to know when to "pull off", this signal can be used by the lead rider so that everyone can leave at the same time.

GOOD FOR YOU BE A PUMPKIN EATER!



During this time of the year there's pumpkin in your baked goods, in your beer and even in your coffee. Starbucks sells more than 20 million Pumpkin Spice Lattes every year! Even the makers of Pringles are getting in on the action. While most pumpkin-flavored treats should be added to the "once-in-a-while" list, pumpkin itself (not to be confused with artificial pumpkin spice flavoring) is actually one of the healthier foods of the season.

Here are some great reasons to be totally obsessed with this amazing superfood that is so good for you!

- **Feel Fuller** Pumpkin seeds or pepitas (the seeds without the shell) pack about 5 grams of dietary fiber per ounce. Mashed pumpkin has 3 grams of fiber and only 50 calories per cup. Fiber helps keep you fuller longer, which keeps your appetite at bay so you eat less overall.



- **Boost Vision** A cup of cubed pumpkin contains almost twice the recommended daily intake of vitamin A, which promotes good vision, especially in dim light, according to the National Institutes of Health. It has also been found to slow the decline of retinal function in those with retinitis pigmentosa, a degenerative eye disease that can lead to blindness, according to researchers from Harvard. Bonus: Vitamin A also helps form and maintain healthy skin, teeth and bones.



- **Lower Blood Pressure** Pumpkin seed oil is full of phytoestrogens, which research shows are beneficial for preventing hypertension. When researchers fed rats a diet supplement with the oil, they found that it helped lower both systolic and diastolic blood pressure in just 12 weeks.



- **Sleep Better** Pumpkin seeds are rich in tryptophan, the amino acid that contributes to post-Thanksgiving dinner sleepiness. Tryptophan is also responsible for helping the body make serotonin, the feel-good neurotransmitter that helps you relax and unwind. Not only do pumpkin seeds promote better sleep, the serotonin will improve your mood too.
- **Protect Your Package** Pumpkins — especially the seeds — are rich in beta-carotene and other antioxidants with cancer protective properties. And pumpkin seeds could be especially healthy for men. Researchers in Taiwan found pumpkin seed oil blocked unhealthy prostate growth in male rats. A quarter cup of the seeds also contains about 2.75 mg of zinc (about 17 percent of the recommended daily intake for adults), which contributes to male sexual health. When young men in a Wayne State University study restricted their dietary zinc intake, they had significantly lower levels of testosterone after 20 weeks.
- **Have a Healthier Heart** All that fiber can also help protect your ticker, research shows. One Harvard study of over 40,000 male health professionals found that those who ate a diet high in fiber had a 40 percent lower risk of coronary heart disease, compared to those who ate a diet low in fiber. A more recent study by Swedish researchers found that women who

ate a diet high in fiber had a 25 percent lower risk of heart disease compared with women who ate a low fiber diet. Men benefitted less, likely because they're more likely to get their fiber from breads, while women are more likely to get their fiber from healthier sources, like fruits and vegetables.

That means pumpkin-laced desserts won't quite cut it. (psst — we're still having a piece of pumpkin pie at Thanksgiving 😊)

For a healthier way to add pumpkin into your diet, try adding pumpkin chunks to a roasted vegetable medley, or sprinkling pumpkin seeds on top of your salad. Feeling even more creative? Try pumpkin puree or 100% pure pumpkin (they're actually the same thing), in place of nut butters as a spread. And for an energizing morning smoothie, blend a high-quality protein powder with coconut milk, chia seeds, pureed pumpkin and pumpkin pie spice....yum :) Enjoy your holidays!



STAY OUT OF TURKEY JAIL

Waht
if yuor lfe
depneded
on
how
rsat
ready you
ca
this
setnence?

Don't Drink and Drive or Ride

MY RIDE Clayton



My name is Clayton Rhoades and I currently ride a 2022 Indian Super Chief Limited. I am a native Virginian but lived out of state (Scottsdale, AZ and Chicago, IL) for about eight years. I am glad to have returned in 2010 to the holy ground of Virginia!

I am a newer rider with two riding seasons under me. My wife, Colleen, and I have been married for 23 years. I first wanted to get into riding early in our marriage when we lived in Arizona. Fearing for my safety at the time, she asked me to not pursue this new hobby. When COVID locked everyone in their houses and kept us from doing other things, I decided it was time to pursue this dream and hit the open road.

My wife was a good sport and took the motorcycle courses with me to also obtain her motorcycle license.

My first bike was a 2021 Indian Scout. This was a good bike for me to experience as a beginner and then I moved on to the Super Chief Limited earlier this year. I added Dean Speed Rampage Slip-Ons and made some minor customizations.

I live in the Hanover, VA area and tend to ride the back roads where there is little traffic. I often go out with no route in mind and just go exploring. The longest ride for me so far is to the Outer Banks of NC for a family reunion. I've made a few trips this year to ride portions of the Blue Ridge Parkway.

My wife and I have three kids and our Black Lab, Scout. My other hobbies include music, history, technology/gadgets, and boating.



Join us on National Wreaths Across America Day December 17, 2022

Each December on National Wreaths Across America Day, our mission to Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as at more than 3,400 additional locations in all 50 U.S. states, at sea and abroad.

Join us by sponsoring a veterans' wreath at a cemetery near you, volunteering or donating to a local sponsorship group. What does it mean to sponsor a wreath? It means you'll honor an American hero at one of more than 2,800 locations nationwide this year on Wreaths Across America Day. It's a day that's been set aside to lay wreaths at the places where we remember, honor and teach about our veterans: cemeteries, monuments, parks... Anywhere we can pay tribute to their sacrifices.

We can't do that without your support, though. Your sponsorship will ensure that a wreath is hand-crafted of all-American balsam and hand-tied with a red velvet bow here in Columbia Falls, Maine. It will then be sent to one of our participating locations, where a volunteer will place it on the marker of a fallen hero. That volunteer will then "say their name" to ensure that the legacy of duty, service and sacrifice of that veteran is never forgotten.

By sponsoring a wreath you'll have the opportunity to join a grateful nation in saying "thank you" to our veterans.

Visit their website to find a location near you and sponsor a sponsor a wreath. If you don't see a location near you, Wreaths Across America will support you in becoming a Location Coordinator for a cemetery in your area. There is no cost to become a participating location and host a Wreaths Across America ceremony. <https://www.wreathscrossamerica.org/>

You can also visit our friends at Renegade Classics Richmond 7590 W Broad St Richmond, VA (Merchants Walk Shopping Center where Charlie and his staff are raising money for Wreaths Across America.

Stop by and sponsor a wreath for \$15 and get a FREE Renegade Classics \$10 gift card.



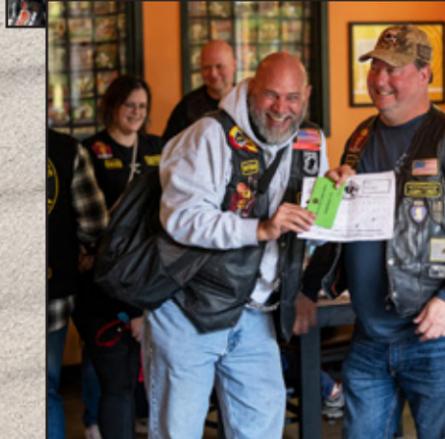
Turn signal on
Take your left hand and open and close it. This creates a "blinking" movement with your hand instead of a signaling light and alerts fellow motorists that you will be turning soon.



Double file line
Take your left arm, extend it up, and have your index and middle fingers pointing upward. Just like the "single file" signal. This is a way for the leader to get the group into two lines.

SHOTZ

Email your "SHOTZ" to virginiaridermagazine@yahoo.com





The Lighthouse

*"You, Lord, keep my lamp burning; my God turns my darkness into light."
- Psalm 18:28*

Gratitude

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help."

There were only a few coins in the cup - spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the cup. He then took the sign, turned it around, and wrote some words. Then he put the sign back in the boy's hand so that everyone who walked by would see the new words.

Soon the cup began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way."

I wrote, "Today is a beautiful day, but I cannot see it."

Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful they should be to see...

When your life seems full of troubles, it seems difficult to maintain an attitude of gratitude, doesn't it? All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

And the times when everything just seems to be going smoothly? We often take these precious moments for granted too, don't

we? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

So what, then, is gratitude?

Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not your current situation is to your liking.

Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When you practice this feeling of gratitude, it attracts even MORE things into your life for which to be grateful.

Go ahead, try it out right now. What or who do you have in your life to be thankful for?

*"In everything give Thanks."
1 Thessalonians 5:18*



EASY DOES IT

Good Food Simply Made

Good food doesn't have to be complicated! Three ingredients is all you need to enjoy these good eats! The holiday season is here! If you love traditional Thanksgiving foods without all the fuss, we've got a couple of iconic holiday side dishes for you that will help cut down the time you have to be in the kitchen so you can spend more time at the table with family and/or friends enjoying the feast and making memories.



Holiday classic #1
Easy Green Bean Casserole
Green beans are the star of this classic holiday favorite side dish that's as easy as 1-2-3, let's eat!

Here's your 3 ingredient line up-

- 4 (14.5-oz.) cans cut green beans, drained
- 1 (26-oz.) family size can cream of mushroom soup
- 1 (6-oz.) French fried onions, divided

Here's all you do-

- Preheat oven to 350 degrees.
- Drain the green beans, and mix them together with the cream of mushroom soup and about 2/3 of the can of French fried onions.

- Transfer to either a 9"x9" square baking dish or an 11" oval baking dish.
- Bake uncovered at 350 degrees for about 45 minutes, until bubbling. Top with the remaining French fried onions and bake for an additional 5 minutes, until the French fried onions are golden brown.

Extras - For an added OMG touch, sprinkle in some real bacon bits, minced onions or sauteed mushrooms!



Holiday classic #2 Cranberry Sauce
This three ingredient Cranberry Sauce is so simple to make! The best part is that it's totally homemade and is the most flavorful fresh sauce recipe for Thanksgiving. You'll never reach for the canned stuff again!

Here's your 3 ingredient line up-

- 1 cup orange juice
- 1 cup granulated sugar
- 12 oz fresh cranberries, washed

All you need to do is-

- In a small sauce pan, whisk together the orange juice and sugar over medium low heat.
- Pour in the cranberries. Stir to combine. Continue to cook until the cranberries begin to pop. (Yes, they will literally "pop" open!) This will take about 10 minutes.

Remove from heat and transfer to a serving bowl. The sauce will thicken as it sits. Extras - For a little added flavor you can add pecans after it's cooled and/or stir in some crushed pineapple & a little of its juice. Yumm! Bon appetit & Have a Deliciously Happy Thanksgiving!

WE WANT YOU TO JOIN



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

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BECOME INVOLVED AND JOIN TODAY!

FIT FOR THE ROAD

Isometric Exercises

If you've ever held a plank, then you've also done an isometric exercise.

Simply put, isometric exercise is any type of exercise that holds the body in one position. The muscles are contracted but do not change length as you hold the position. For example, when you hold a plank, you're contracting the muscles in your core, legs, and upper body to hold you up while remaining in the same position.

However, isometric exercises remain controversial for their strength and muscle building benefits. This may have you wondering if they're worth adding to your workout routine.

This article tells you all you need to know about isometric exercises and lists eight exercises for you to try.

What are isometric exercises?

Isometric exercises are exercises in which your muscles are engaged, but they are not changing length.

Contrarily, in an exercise like a biceps curl, where you lift and lower your hand as the elbow bends, the biceps muscle gets shorter when your hand moves toward your shoulder and longer as you straighten your arm back out.

Isometric training is a way to categorize exercises that recruit muscles and exert tension without actually lengthening (eccentric contraction) or shortening (concentric contraction) the muscle. In an isometric contraction, your muscle is engaged, but it's not changing size.

This form of exercise involves no movement and instead focuses on holding your body in a position for a set period of time. It's a stagnant way of placing a demand on a desired muscle or group of muscles without muscle or joint movement.

The type of resistance can come from your own body weight (gravity), holding an object, or weighted exercise equipment. Isometric exercises are ideal for those with limited workout space, people recovering from an injury, or anyone simply needing a change in their typical fitness routine.

In fact, isometric exercises are commonly added to rehabilitation programs, since they can add tension to the muscles with limited joint and muscle movement. This allows a person to rebuild strength and muscular endurance in an injured area while protecting it from further damage.

Can you build muscle with isometric exercises? How effective are they?

The process of building muscle is known as muscular hypertrophy. It occurs when a muscle undergoes mechanical and metabolic stress, which leads to increases in muscle size and strength. This stimulates a rebuilding process to make more muscle cells and create bigger muscles.

Most research suggests that the type of muscle contraction matters when it comes to building muscle.

In particular, eccentric (muscle lengthening) and concentric (muscle shortening) exercises appear to stimulate muscle hypertrophy most effectively, as they put more demand and stress on the muscles.

While isometric exercises do put stress on working muscles that can promote gains in muscle strength, some research suggests they're not as effective at building muscle size compared with eccentric and concentric training.

This is easy to visualize if you think of exercise modalities. A body builder who regularly lifts and moves heavy weights will likely have larger muscles compared with a yoga enthusiast who holds fixed poses during their yoga routine.

While you might not bulk up with isometric exercises, they're an excellent way to build muscular endurance, the ability to sustain exercise for a period of time. They can also promote muscular strength, defined as the muscle's ability to exert force against resistance.

Isometric exercises are also great for establishing better mind-body connection, allowing you to recruit your muscles more efficiently.

What's more, isometric exercise may be a better option for people who wish to avoid delayed-onset muscle soreness (DOMS), since less muscle damage occurs. Further, isometric exercise puts less strain on the joints, which may be beneficial for those recovering from injury.

Also, isometric exercises usually require little to no equipment and can be performed almost anywhere, making them easy to add to your workout routine.

If your goal is to build muscle, it's probably better to focus primarily on eccentric and concentric training. But, you can still incorporate isometric exercises

at the end of your workout to promote muscular endurance and build strength.

8 isometric exercises to try
If you're looking to add some isometric exercises to your workout routine, give these a try.

Wall sit



Wall sits focus on improving the strength in your thighs, specifically your quadriceps muscles.

Equipment needed: none

Muscles worked: quadriceps, hamstrings, and glutes

Stand about 2 feet away from a sturdy wall, leaning your back against it.

Bend your knees and lower your bottom down so that your knee joints form a 90-degree angle. Your body position should resemble the same posture you have when sitting in a chair.

Hold this position for 15 seconds or longer. Be sure to keep your hips and shoulders in contact with the wall and keep your knees over your ankles. Perform 2–3 rounds.

To maintain this position, you'll feel your thighs becoming tighter and more fatigued.

Experiment with going back and forth between driving your weight down through your toes and your heels. Driving down through your heels will target your glutes, while driving down your toes will target your quadriceps.

Just be sure not to let your knees go out past your toes, and when you put weight on your toes, don't put too much pressure on the knees.

High plank hold



The high plank hold is an effective way to engage many muscles in your body.

Equipment needed:

none; yoga mat optional

Muscles worked: abdominals, quadriceps, glutes, muscles of the arms, chest, and shoulders

Start in a kneeling pushup with your hands shoulder-distance apart.

Push your hands into the ground and straighten your knees, pushing down into the balls of your feet to raise your body into a high plank position. Your body should look as if you're in the upward position of a pushup. Ensure your hands and shoulders are aligned, legs are straight, and your core is engaged.

Hold this position 20 to 60 seconds, or as long as you can maintain proper form. Repeat two more times.

Side plank



The side plank is excellent for engaging your obliques, located on the sides of your midsection.

Equipment needed:

none; yoga mat optional

Muscles worked: obliques, spinal stabilizers, quadriceps, glutes, serratus anterior, shoulder stabilizers, hip abductors

Lie on your left side with your legs straight, keeping your hips, knees, and feet stacked. Bend your left elbow and place your forearm on the ground under your shoulder.

Push your left forearm into the ground to lift your torso and hips off the ground. Keep your core tight and ensure you're making a straight line from head to heel.

Lift your right arm straight into the air, or keep it by your side.

Hold this position for 10 or more seconds. Then, switch sides.

If you'd like a bigger challenge, try the side plank on with the bottom arm straight.

Low squat



Technically, you can make most exercises isometric exercises by holding your body still during the contraction. Here's what we mean, using the squat as an example.

Equipment needed: none

Muscles worked: quadriceps, glutes, hamstrings

Stand with your feet slightly more than hip-width apart. Your toes may be pointed slightly out, if it's more comfortable, with your hands on your hips or held straight out in front of you.

Slowly push your hips back into a sitting position while bending your knees. Avoid driving your knees forward.

Continue to lower yourself until your butt is slightly below knee level. If you can't go further, lower yourself until your thighs are parallel with the floor. Keep your feet planted with heels down, and your spine long without rounding forward.

Hold this position for 10–30 seconds. Then, return to the starting position. Perform 3–5 rounds.

Overhead hold

Overhead holds challenge the muscular



endurance of your shoulder girdle.

Equipment needed: light to medium

weight required (Start with a 5 to 10-pound plate, dumbbell, or kettlebell, or even just two cans of soup. Increase the weight as needed.)

Muscles worked: upper trapezius, shoulder girdle muscles, triceps, core

Extend your arms above your head and hold the weight steady. Be sure to engage your core.

Make sure to keep your arms fully extended and in line with your shoulders. Bending your arms will engage different muscles (your biceps and triceps).

Hold the weight over your head for 20–30 second intervals. However, stop before this if you're concerned you may drop the weight.

Perform 2–3 rounds.

Increase the challenge by standing on one leg while holding the weight.

Glute bridge

This exercise will quickly become a favorite



for anyone looking to improve the strength of their backside.

Equipment needed:

none; yoga mat optional

Muscles worked: hamstrings and glutes, core muscles

Lie on your back with your knees bent and your arms by your sides. Your heels should be 12–16 inches from your butt.

Press into your heels, brace your core, and push your pelvis upwards by squeezing your glutes. Ensure your ribs do not flare during this movement. Keep your tail bone slightly tucked, abdominals engaged, and your feet flat on the floor.

You will feel your glutes and hamstrings starting to fatigue. Resist the urge to let your hips sink or your back arch.

Complete 2–3 rounds of a 30-second hold.

continued next page

V-sit

The V-sit helps you work on your core



stability while also developing core strength.

Equipment needed:

none; yoga mat optional

Muscles worked: abdominals and hip flexors

Sit on your bottom with your knees bent and feet flat on the floor.

While engaging your core, straighten your legs to take your feet off the floor, creating a "V" shape with your body and legs. You can keep your arms by your side to make the exercise easier, or reach them straight overhead to make it harder. Keep your back straight, and avoid rounding your shoulders. Continue breathing throughout the exercise.

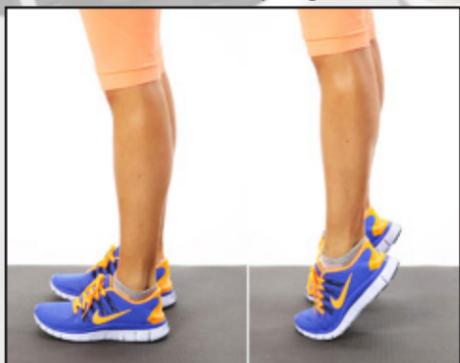
If maintaining a straight-leg position makes it hard to keep your spine long or makes your hip flexors work overtime, bend your knees slightly in order to lengthen your back and engage the abdominals more.

Hold this position for 15 seconds, or as long as you can while maintaining proper form.

Perform 2–3 rounds.

Calf raise and hold

The calves are commonly forgotten, but



are important to keep strong. Instead of doing normal calf raises, moving up and down, in this exercise you'll hold the top position of the calf raise.

Equipment needed: none,

a wall for support optional

Muscles worked: calves (gastrocnemius, soleus)

Stand with your feet hip-distance apart. You may wish to stand about 2 feet from a wall for support.

With your hands on your hips (or resting lightly against a wall for support), push into the balls of your feet and lift your heels off the ground.

Hold this position for 20–30 seconds. Perform 2–3 rounds.

For an added challenge, try doing this on one foot. Then switch sides.

There are many isometric exercises that target different muscles in the body. For best results, try adding a few different ones to your exercise regimen.

Tips for doing isometric exercises

Here are some tips to help you get the most out of your isometric exercises:

Focus on good form. To prevent injury and target your muscles effectively, pay attention to your form. Once you can no longer perform the exercise with proper form, the exercise is done.

Actively contract your muscles. As you perform the exercise, pay special attention to your muscles contracting. This will help ensure proper form and better activate the muscles, allowing for greater strength and endurance gains.

Breathe. It's common to forget to breathe during isometric exercise. Make sure you're breathing throughout the entire exercise.

Don't overdo it. It may be tempting to hold a position for as long as you can, especially if you're new. However, this can be very taxing on the body and may lead to injury. Instead, it's better to prioritize proper form.

If an exercise doesn't feel right for you, then it's probably best to skip it. If you're recovering from an injury, always listen to the advice from your physical therapist, doctor, trainer, or other healthcare professional.

Always remember that these exercises can be adjusted to suit your current level of fitness. For example, if 20-second planks are too challenging, bump it down to 10 seconds and then build up as you get stronger over time.

Isometrics are ideal for people who are

seeking low-impact exercise, have limited space, are recovering from an injury (under the advisement of a healthcare professional), or are looking for a different kind of fitness challenge.

In addition to building muscle, strength, balance, range of motion, reducing stress, improvement in mental health, and helping to avoid injuries, there are so many great reasons to include isometric exercises into your riding lifestyle to help you stay fit for the road.

Source: <https://www.healthline.com/health/fitness-exercise/isometric-exercises>



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SINGLE FILE

Single file line

Take your left arm, extend it up, and have your index finger pointing up. If for some reason everyone needs to line up, the lead rider can signal to everyone ahead of time so that they can get into position, one behind the other.

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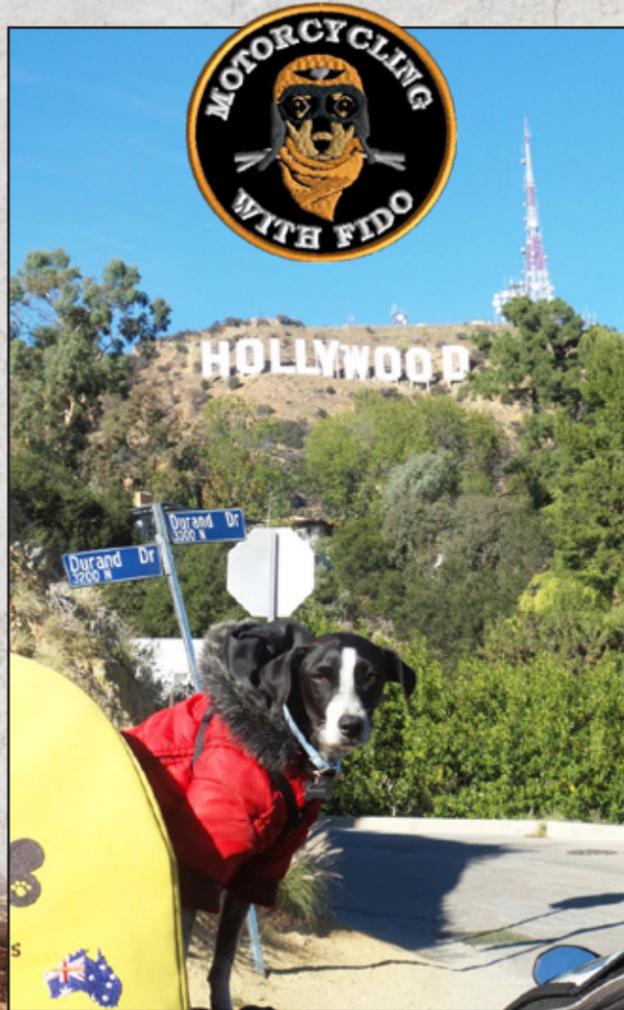
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AND THIS ONE HAS
 EXTRA LUMBAR SUPPORT,
 A BIFOCAL WINDSHIELD,
 AND A BUILT-IN PILL
 DISPENSER.

RRRuff Riders THE PACK TRACK Part 1 of 3



Aussie couple, Stu and Janell Clarke, are travelling the world on two motorbikes with their dogs Weeti, Shadow and Azra. The adventure started in 2014 and they have since crossed 92 countries in North and South America, Africa, Europe and a small part of Asia. Coming up next for the team is Mongolia and back to Australia.

First up, meet WEETI!

Weeti Clarke

Weeti has travelled to 85 countries across 5 continents. She is an inadvertent champion for pet travel. Her beginnings were very humble, born a street dog in El Callao, Venezuela. As a puppy she was hit by a truck with major damage to her back legs. Her rescuers, Luis and Alicia, are wonderful people who never gave up on her recovery, they are the reason she walks today. Weeti was about 2 years old and fully recovered when she joined our travels around the world on motorcycles in October 2014. Her confidence grew quickly with us and she took to riding and travelling so naturally. Weeti is now about 10 years old and on her way across Asia to Australia. Weeti has seen Machu Picchu, the Great Pyramids of Egypt, Petra, Niagara Falls, Victoria Falls and the list goes on. She is a very loyal and strong dog, the best companion a rider could ask for in their adventures.

There's much more information about these amazing dogs, along with Stu and Janell's travels if you're interested in following or asking them questions please visit www.ThePackTrack.com.

Jordan





TIPS TO KEEP YOUR MOTORCYCLE RUNNING IN TIP-TOP SHAPE

Keeping your bike in proper working order helps keep you safe on the road. Some riders like to handle nearly all types of maintenance on their own, while others trust the big service jobs to professional mechanics. Even if you're not mechanically inclined, there are still a handful of relatively easily routine maintenance jobs you can likely perform yourself.

These are just general suggestions. The actual proper application of each of the following maintenance suggestions may vary depending on the year, make and model of your motorcycle. Always consult your owner's manual before performing any maintenance on your bike.

Checking Tire Pressure and Tread Depth



Hopefully, every motorist knows how to check their tire pressure. It's generally just a matter of unscrewing the valve stem cap on a tire and pushing on a pressure gauge to measure the PSI. Your motorcycle's owner's manual should have the recommend PSI for your tires, which is typically between 28 to 40 PSI. There may also be a label somewhere on your bike with tire pressure info.

You should also periodically check your tires' tread depth. You can check tread depth by inserting a penny (with Lincoln's head pointed down) between treads. If you can see all of Lincoln's head, there's less than 2/32 inch of tread left, and the tires should be replaced.

Checking Oil Levels



Many newer bikes have a sight glass that lets you see the level and condition of your motorcycle's engine oil. Hold the bike level and look at the engine oil sight glass to make sure the oil level is between the two marker lines on either side of the window. You may need someone to help you hold the bike while you check.

If your motorcycle doesn't have a sight glass it may have a dipstick. Check your owner's manual to make sure you're getting an accurate measurement. The oil should ideally be close to the amber color it is when first poured out of the bottle. Oil that's dark or nearly black should be changed. Oil that appears milky may have been contaminated with coolant, which could indicate a blown head gasket or other engine problems.

If your bike is going through oil more quickly than normal you should probably schedule maintenance as it may indicate problems with a valve or piston-ring.

Changing the Air Filter



One of the many benefits of owning a motorcycle instead of a car is not having to deal with cabin air filters. Motorcycles do still have engine air filters that should be changed periodically (10,000 to 15,000 miles or once or twice a year, depending on how often you ride).

How easy an air filter is to replace depends on the bike. Some may even require removal of the gas tank to reach, which could make changing it more of a mechanic job for some riders.

Checking Brake Fluid



The ability to brake is pretty vital to any motorist, which is why it's a good idea to check your motorcycle's brake fluid relatively frequently if you ride a lot. The importance of braking is also why a lot of riders, even experienced ones, trust a professional to change their brake fluid. Checking your brake fluid levels and topping them off is a lot easier than replacing the fluid or flushing the system, and it's something every motorcycle owner should probably know how to do. Your bike may have two separate reservoirs: one for the front brake (near or on the handlebars) and one for the rear brake (under the seat). If your bike has an engine oil sight window it may also have a sight window for the brake fluid. Some brake fluid reservoirs are also made of a

light colored semi-see-through plastic, which should give you an idea of the brake fluid level and color.

Make sure the reservoir is level when checking volume; you may need to turn your handlebars for an accurate read. If the brake fluid is dark brown it should potentially be flushed.

You should be able to add brake fluid relatively easily by unscrewing the cap, pouring in brake fluid and screwing the cap back on. Brake fluid is fairly caustic so try not to get it on your bike's paint.

Checking or Changing Coolant



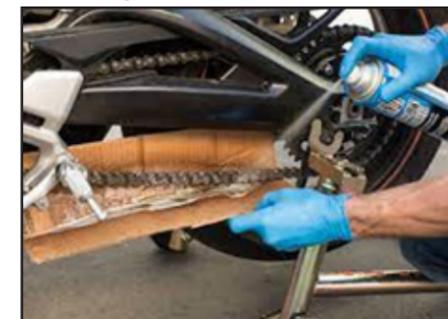
Coolant prevents your motorcycle's engine from overheating or freezing during the winter. Before checking coolant let your motorcycle run for a few minutes then cut the ignition. After your engine has cooled unscrew the radiator cap and check the coolant level with a dipstick. If the system is low (check your owner's manual for proper levels) you can add more coolant.

Changing coolant is relatively easy for some DIYers to accomplish on their own depending on the accessibility of their motorcycle's drain bolt and radiator cap. You may just need to:

- Remove some body work
- Unscrew the drain bolt (with a pan underneath)

- Remove the radiator cap
- Drain out the coolant
- Screw the drain bolt back in
- Use a funnel to refill the system with the appropriate level of coolant
- Screw the radiator cap back on

Cleaning Your Motorcycle's Chain



The frequency with which you need to clean your motorcycle's chain depends on the style and the age of your bike. Older motorcycles may have unsealed chains that require more frequent cleaning. Your motorcycle's owner's manual likely recommends chain cleaning frequency and procedures.

To clean your motorcycle chain:

- Elevate the motorcycle's rear wheel
- Put the transmission in neutral
- Wipe any grime off with a soft-bristle brush
- Evenly spray the chain with chain lubricant
- Let the lubricant sit for about five minutes before wiping off any excess lubricant with a rag or paper towel

Do not let your bike idle in gear while doing this. Riders have accidentally injured themselves while cleaning their chain with their motorcycle idling, so this job may be best left to a mechanic.

If you are going to attempt to clean your

motorcycle chain, there are specially formulated chain cleaners you can buy online or at any auto parts store, but a lot of manufacturers just recommend using kerosene.

Get Help After a Motorcycle Accident

Keeping your bike in good working order may help prevent some single-vehicle motorcycle accidents, but it won't protect you from other drivers on the road. If you or a loved one are ever injured in a motorcycle accident due to the negligence of a car or truck driver, the motorcycle attorneys at the Motorcycle Law Group are here to help. Call us at (855) 529-7433 for a free initial consultation.



VIRGINIA RIDER MAGAZINE



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

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

A motorcyclist should attempt to avoid obstacles on the roadway. If avoiding an obstacle is not possible, the motorcyclist should:

- (1) Speed up before coming into contact with the object.
- (2) Rise slightly off their seat.
- (3) Tilt the motorcycle.



Answer: (2) Rise slightly off their seat.
Explanation: If you are unable to avoid an obstacle and must instead ride over it, slow down and approach the obstacle at as close to a 90-degree angle as possible. Rise slightly off the seat with your weight on the footrests to absorb the shock with your knees and elbows and avoid being thrown off the motorcycle.

To position yourself to see when taking a curve, you should:

- (1) Start in the center of the curve and stay there until you exit.
- (2) Start on the inside of the curve and drift toward the outside.
- (3) Start on the inside of the curve and stay there until you exit.



Answer: (1) Start in the center of the curve and stay there until you exit.
Explanation: Moving into the center portion of your lane before entering a curve, and staying in that position until coming out of the curve, allows you to spot traffic coming toward you at the earliest possible moment. Always be prepared to adjust your lane position in response to changing road conditions.

Under ideal riding conditions, maintain a following distance of at least:

- (1) One second.
- (2) Two seconds.
- (3) Three seconds.



Answer: (3) Three seconds.
Explanation: Under ideal conditions, a motorcyclist should ride at least three seconds behind the vehicle in front of them. If conditions are less than perfect, a rider should open up their following distance to at least four seconds.

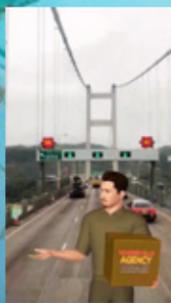
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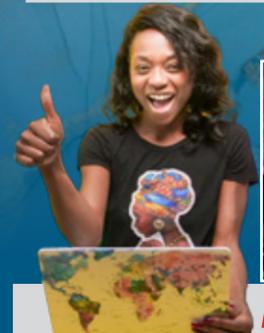
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