

# VIRGINIA RIDER

*Serving the Riders of Virginia & West Virginia*

*Magazine™*



**2022**  
**The Year Of Adventures!**  
**January**

[www.virginiarider.com](http://www.virginiarider.com)

FREE





# TIDEWATER MOTORCYCLES



**(757)255-4200**

**4324 Godwin Blvd.  
Suffolk, VA 23434**

**Parts & Apparel**

**Full Service Shop**

**American & Foreign**

**On & Off Road**

**[www.tidewatermotorcycles.com](http://www.tidewatermotorcycles.com)  
[www.facebook.com/tidewatermc](https://www.facebook.com/tidewatermc)**



**THE FIRM THAT RIDES**

Dedicated to protecting the rights  
of injured motorcyclists. We ride  
so we understand.

If you've been injured, call the  
Motorcycle Law Group.<sup>SM</sup>

**1-855-LAW-RIDERS** 

**[www.MotorcycleLawGroup.com](http://www.MotorcycleLawGroup.com)**

Licensed in Virginia, West Virginia, North Carolina, South Carolina and Georgia.



**Hours:**  
**Tues-Sat**  
**10am to 6pm**  
**Sunday**  
**11am - 4pm**

**RENEGADE CLASSICS**  
**BIKER OUTLET**

**MERCHANTS WALK SHOPPING CENTER • 7590 W. BROAD STREET RICHMOND, VA**  
**(804) 501-2453**  
**[www.RenegadeClassicsRichmond.com](http://www.RenegadeClassicsRichmond.com)**





## from the editor's desk

Welcome back Virginia Riders! It's so great having you with us as we welcome in 2022 & what's hoping to be an upward year with one of the best riding seasons in a very long time. The past couple of years have been filled with unexpected changes and challenges which have altered our lives in many ways. We like focusing on the positive and to celebrate this new year, we are dubbing it, "2022 - The Year of Adventures". Adventure is defined as "an exciting or very unusual experience, participation in exciting undertakings or enterprises" and as a verb, "to take the chance of or to venture". For those of us who enjoy the ride life on 2, 3, or 4 wheels, we have adventure in our souls! We enjoy having the wind in our faces, the open feeling of freedom as we take to the road or trails to discover new sights, sounds and smells. Do you remember the feeling of your first ride by yourself? That feeling of anticipation of the unknown but yet the excitement that continuously flows through your body as your travel forward. It's a feeling like no other! It's the same feeling that you get every time you grab your gear and get ready to head out, knowing that within minutes you'll be returning to the freedoms that only a special group of us, the people who ride, are privy to and know how to fully enjoy this special privilege.

We have so many incredible great places to ride, rider-friendly businesses to visit and the best places to eat, drink, stay and play in Virginia and West Virginia. Our Rider-Friendly Directory on our website is your best resource for everything you'll need to guide you down the Virginia's highways and byways. We want you to know where to go and we guarantee that you'll wind up having some awesome stories to tell and making some great new friends along the way too.

You're invited to share your pictures and stories of your travels and whether you ride street or trails, we'd love to hear about your "ride". We may feature you in our My Ride section of the magazine!

In between magazine issues we'd love for you to stay in touch with us through our Facebook and Instagram pages. Share your events, rides, meetups, say hello or just share some good encouraging words for the day. We'd love to hear from you!

For those of you who travel to or have friends in North or South Carolina, we're excited to announce that we'll be launching Virginia Rider's sister magazine, "Carolinas Rider", making its debut digitally in April 2022 so be sure to stay tuned for it!

We wish you all much happiness, safe travels and good health throughout this exciting new year. Let's get out there and make some great adventures!

Stay well & be awesome!

*Kelly*

## IN THIS ISSUE



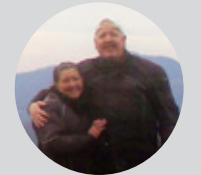
If winter's got you down, we have some great tips for beating the winter blues. You can read Part One of those tips in this issue, with part two to follow next month. Cheer up, Spring's coming!

**GOOD FOR YOU**

What's Good For You in 2022? Salmon, Olive Oil, Nuts and Spinach, just to name a few. You can read about all the good food news in this month's Good For You.



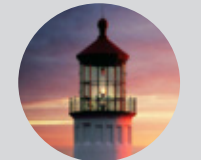
John Peterson has saved a 1968 Puch in this month's **BIKE SAVERS**. A Puch is an Austrian two cycle bike. John found this one in desperate need of saving in Myrtle Beach. He convinced his wife he needed it, and that was that!



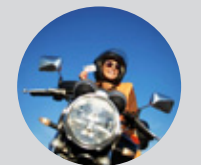
**GREAT PLACES TO RIDE** this time is not about Dancing With Wolves, but about Dancing With Hills. Rose and I finished another dance together, arriving home safely after 200 miles... Like the old barns and the landscapes we took in today, our passion for motorcycling remains timeless, or so it would seem.



Welcome to **SHOTZ** version 2022, in which we feature your pics of rides, bikes, friends and anything else relating to bikes that you'd like to share with us. Winter's here, so send us your cold weather pics.



You might think this month's **THE LIGHTHOUSE** is about mice and firewood, but really it's about how we deal with changes in our life, great and small, that affect us in ways we can't always handle in the best way.



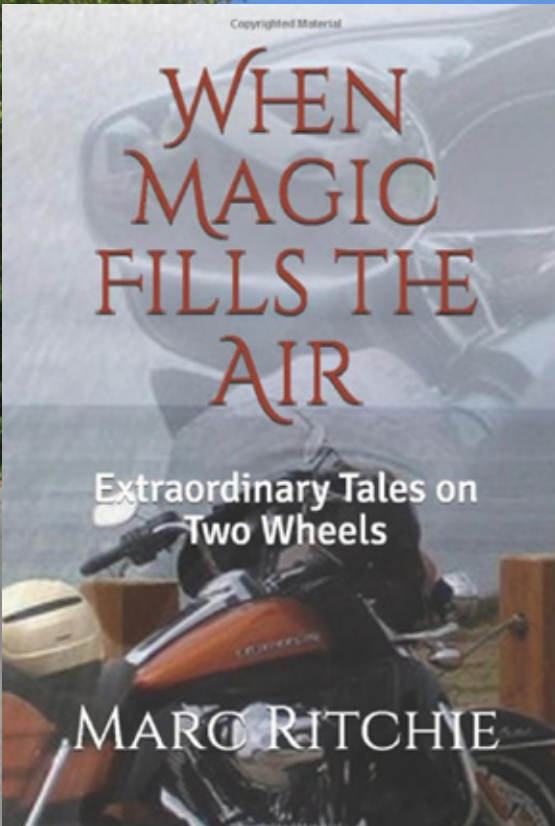
If you're new to riding, **TAKING IT TO THE STREETS** will give you five tips for starting out right: Get licensed, Get training, Start on the right bike, Get the proper gear, and Don't Ride Alone (unless of course, that's what you want).

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



Layout & Design  
Gene Darnall  
genedarnall@gmail.com

ON OUR COVER:  
*Winter's here and some of you hearty riders are out there enjoying the roads in spite of the cold weather!*



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

Get your copy from Amazon today:  
[https://www.amazon.com/When-Magic-Fills-Air-Extraordinary/dp/1793061688/ref=tmm\\_pap\\_swath\\_0?\\_encoding=UTF8&qid=1546527421&sr=1-1](https://www.amazon.com/When-Magic-Fills-Air-Extraordinary/dp/1793061688/ref=tmm_pap_swath_0?_encoding=UTF8&qid=1546527421&sr=1-1)



**REASONS TO USE YOUR CEILING FAN IN THE WINTER**

1. Redistribution of warm air makes a room feel warm and more comfortable to you and your family.
2. Save up to 15% on heating costs.
3. Reduces the cost of heating fuel.
4. Reduces clutter and electric hazards due to space heaters and heating blankets.

www.delmarfans.com

**WINTER - CLOCKWISE**





# BACK TO BASICS OF MOTORCYCLING

For many us, it’s probably been years since we’ve taken the Basic Rider Course and much of the info that we learned in, we may have forgotten. If we don’t use our knowledge on a regular basis we tend to get a little rusty. Each month we’ll bring you questions from the course so test yourself and stay on top of the basics to be a better rider. These questions were drawn from the Basic Rider Course classroom session and handbook.

- 1) The friction zone is used to:  
\_\_\_Control starting out from a stop.  
\_\_\_Increase the ability to brake.  
\_\_\_Help keep feet stable when stopped.
- 2) An off-highway motorcycle:  
\_\_\_Performs well on public streets and highways.  
\_\_\_Has turn signals and mirrors  
\_\_\_ Primarily is used for off-highway recreation and competition.
- 3) Before risks can be managed, a rider must:  
\_\_\_Develop superior riding skills.  
\_\_\_Consider the consequences of actions.  
\_\_\_Wear the minimum protective gear.
- 4) To have a margin of safety means to:  
\_\_\_Keep a 12 second following distance.  
\_\_\_Create time and space.  
\_\_\_Ride where there is little traffic.

A simple and powerful strategy for safety is to SEE — to Search, Evaluate, Execute. It is the strategy to help you understand what is going on in traffic and to be constantly planning and implementing a course of action. To SEE is to Search for factors that might lead to trouble, Evaluate how the factors might interact to create risk, and to Execute an action to maintain a margin of safety. To SEE is to ask ourselves such questions as: What’s the other person going to do? What if that driver doesn’t see me? What if there’s gravel in that curve ahead? What if that car doesn’t provide the right-of-way at that intersection? These everyday riding situations have something in common: if a strategy for dealing with them isn’t employed, they can easily lead to a crash. To put it simply, you must continually SEE. Remember to always apply the SEE strategy to give yourself time and space. It works anywhere, and can help to ensure your safety and the safety of others.

## ANSWERS

- 1) The Correct Answer is:  
Control starting out from a stop.  
The friction zone is that area in the travel of the clutch lever that begins where the clutch starts to transmit power to the rear wheel and ends just before the clutch becomes fully engaged. It is a region of partial engagement in which the clutch “slips” to permit you to precisely control engine power to the rear wheel. Proper use of the friction zone is one of the most important skills you must develop as it is how motorcyclists get moving smoothly from a stop.
- 2) The Correct Answer is:  
Primarily is used for off-highway recreation and competition.  
Off-highway motorcycles are not street-legal, and are typically used for recreational or competitive use. Each type of motorcycle has a variety of styles and sizes, and you can have fun shopping to determine which one is right for you.
- 3) The Correct Answer is:  
Consider the consequences of actions.  
Once you become aware of the risks associated with motorcycling, and once you accept that risk, it is time to learn how risks can be managed. Choosing to accept the challenges of being a responsible motorcyclist means to think about the consequences of your riding behavior in traffic. It also means accepting personal responsibility for the results of your decisions and actions, as well as developing good skills and judgment.
- 4) the Correct Answer is:  
Create time and space.  
One way to think about your personal safety when you ride is to consider your personal margin of safety. This means to consider the “margin for error,” or how much extra time and space you need given your skill level.

# Motorcycle Lobby Day Meeting 2022

Sunday January 16, 2022

The Virginia Coalition of Motorcyclists (VCOM) and Tom McGrath’s Motorcycle Law Group invite all interested motorcyclists to attend this year’s Motorcycle Lobby Day Meeting. This year it will be held on Sunday, January 16, 2022. Beginning at 1:00 p.m., Virginia Coalition of Motorcyclists lobbyists will lead an informational meeting in the Willow Room of the Holiday Inn Express- Richmond Midtown, located at 2000 Staples Mill Road, Richmond, VA 23230.

At this meeting we will discuss this year’s legislation affecting motorcyclists. We will also give pointers on how to talk to and email your legislators about the important legislative issues that we will discuss. Later that evening, attendees will enjoy a BBQ dinner that will be provided by Tom McGrath’s Motorcycle Law Group as a thank you for participating in this important event. There will also be a cash bar for those who wish to partake.

This year we intend to pursue two legislative initiatives that came out of this year’s Motorcycle Legislative Roundtable. One bill will seek to change the law in Virginia in order to allow motorcyclists options when traffic is backed up or stopped. Several states currently allow some form of lane filtering / splitting. VCOM is pursuing legislation that will legalize that practice in Virginia. The other bill will aim to end the discriminatory practice of excluding motorcycles from high mileage tax relief. Many localities offer tax breaks to owners of high mileage vehicles, yet most of these localities exclude motorcycles from such tax relief. VCOM feels that that is both discriminatory and wrong, and we are seeking legislation to prevent localities from doing that.

We often find ourselves on the defensive end of legislation. VCOM lobbyists keep watch for bills which negatively affect motorcycling as well. As these bills are filed, we will identify them so that we can discuss them at Lobby Day and convince legislators to oppose any bills that we feel are harmful to Virginia motorcyclists.

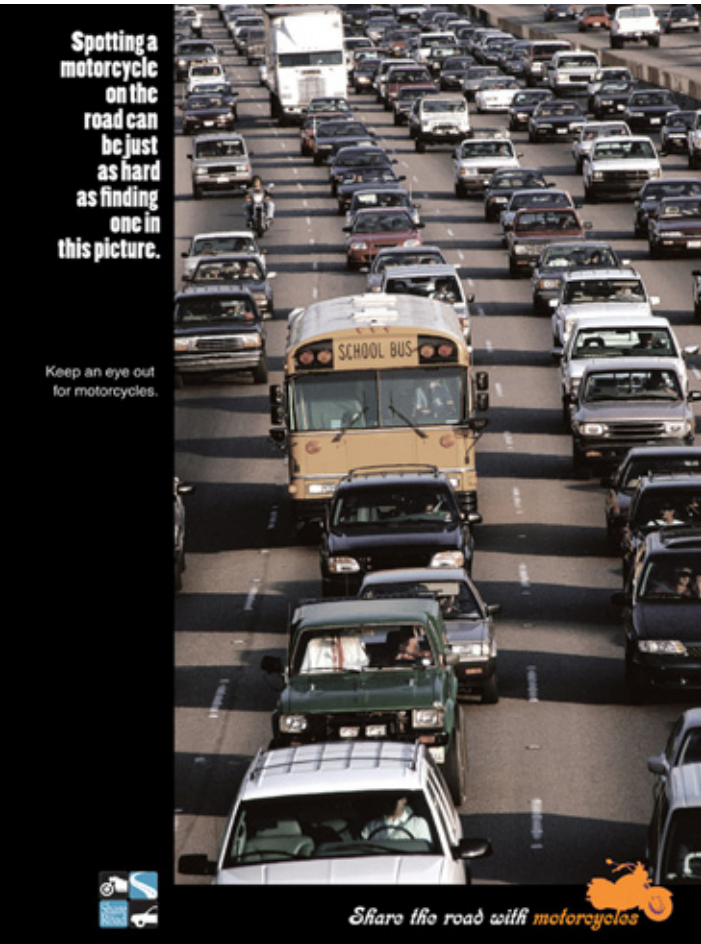
Unlike past years, we will not be going as a group to the capitol on the following Monday. The Clerk is encouraging people to avoid large groups due to the narrow hallways and small rooms at the Pocahontas Building where the legislators’ offices are located. We are respecting that request and encouraging people to either email their legislators, or better yet, make an appointment to see them in their office on a date that is convenient.

I encourage everyone who can to join us. It is a lot of fun, it is educational, and most importantly, it shows the legislators

that motorcyclists are a significant and active portion of the electorate.

For more information you may call VCOM at (800) 437-9434. You may also email me at [matt@motorcyclegroup.com](mailto:matt@motorcyclegroup.com). We hope to see you at the 2022 Motorcycle Lobby Day Meeting.

Matt Danielson  
McGrath, Danielson, Sorrell & Fuller  
Tom McGrath’s Motorcycle Law Group  
1-855-LAW-RIDERS  
[Motorcyclegroup.com](http://Motorcyclegroup.com)





# Beating The Winter Blues (Part 1)

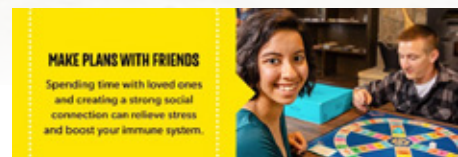
## WHAT ARE THE WINTER BLUES?

During the cold winter months, many people experience unexplained sadness or moodiness. Although there can be several causes — such as holiday stress — one of the biggest reasons is decreased sunlight exposure. Some symptoms of the winter blues include:

- Difficulty focusing and concentrating on tasks
- Feeling lethargic and tired, even after a full night's sleep
- Unexplained irritability or mood swings
- A sense of gloominess
- A noticeable increase or decrease in appetite

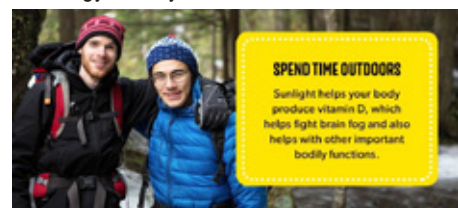
## 15 TIPS TO BEAT THE WINTER BLUES THIS WINTER (Part One)

If you have been feeling down in the dumps, give these 15 tips to beat the winter blues a try.



### 1. MAKE PLANS WITH FRIENDS

One fun way to beat the winter blues is to get other people involved. Numerous studies suggest spending time with loved ones and creating a strong social connection can relieve stress and boost your immune system. Spending time together can also help your friends feel good, too — so everybody wins. To beat the winter blues together, you could: Cook and enjoy a meal together. Have a snowball fight. Build a snowman. Try your hand at ice skating. Get a group together and go bowling. Catch a movie. Try a new restaurant together. Hit the gym or try a new fitness class.



### 2. SPEND TIME OUTDOORS

If you want to know how to beat winter

depression, go outside. Nature in the winter is a beautiful sight to see. Plus, spending time outdoors — even during the winter months — can do wonders for your mental and physical health. Sunlight helps your body produce vitamin D, which helps fight brain fog and also helps with other important bodily functions. Try these ideas to enjoy the crisp, refreshing air this winter:

Playing in the snow with friends.

Taking a winter hike.

Going on a winter camping trip.

Going skiing, snowboarding or sledding.

### 3. STAY ACTIVE

Exercise and physical activity have numerous physical benefits, like increased heart health, reduced blood pressure, weight control and increased energy. But did you know staying active can actually help you beat the winter blues, too?

A good workout at the gym or a brisk jog can:

Release endorphins: Exercise boosts your endorphin production, which is the “happy” chemical your body naturally produces.

Help you sleep: An invigorating workout will tire your body and help ease you into a relaxing sleep at the end of the day. Being well-rested gives you the energy you need to tackle your winter depression.

Reduce stress: Are your winter blues stressing you out? Exercise can improve your body's stress response.

Boost brain performance: Some studies suggest exercise helps your brain produce new cells, which boosts brain performance and clears mind fog.

While working out in a temperature-controlled gym is a good option if you want to avoid ice or cold wind, there are several benefits to working out in the cold. For example, because it is cold, your heart does not have to work as hard, resulting in less sweat and more energy.



### 4. GET COZY AROUND THE FIRE

Another fun way to beat winter depression is to build a campfire. Campfires will keep you warm, and one study says a campfire also helps your body relax and promotes healthy social behavior.

If you are not sure how to build a fire, follow these steps:

Determine which type of campfire you want to build: teepee, log cabin, platform, star or lean-to.

Gather all the necessary materials, including tinder, kindling, firewood and a flame source. Choose a safe spot that is far away from any dry brush.

Create a tinder bed.

Stack the kindling on top of the tinder and use the firewood to construct your fire.

Light your campfire using waterproof matches or another flame source.

Enjoy your campfire. To get the most out of your campfire, invite your friends over for some cozy campfire comfort foods, like bean and cornbread casserole or campfire chicken pot pie.

### 5. KEEP BUSY

One way to beat the winter blues is to keep yourself busy. In fact, one study from the Association for Psychological Science found being busy makes people happier than being idle. When you fill your schedule with lots of things to do, you have less downtime for moodiness and gloominess to fester — just be careful not to overdo it.

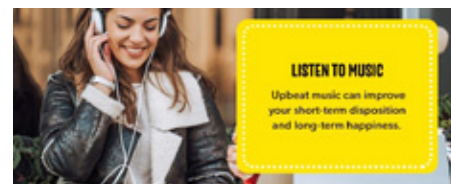
Some ways to stay busy this winter are:

Volunteering with a local charity.

Learning a new skill or hobby.

Beginning a creative project.

Cleaning and organizing your space.



### 6. LISTEN TO MUSIC

Listening to music is one of the best ways to beat the winter blues. Upbeat music can improve your short-term disposition and long-term happiness. For this reason, many people turn to music as a form of therapy when they feel sad. Listening to your favorite summer songs can also take you back to a warmer time and remind you that spring and summer weather are just around the corner.



### 7. TAKE A TRIP

Vacations are not just for summer, and a change of scenery can do wonders for your mood this winter! If you have started to feel the winter blues, plan a getaway trip for yourself or take a group of friends with you. Taking a trip can help you recharge and reset. In fact, some studies suggest that taking regular vacations can be good for your overall health.

KOA has over 500 locations across North America, and many are open year-round. Escape the winter cold by traveling to warm-weather places, or embrace the winter weather by planning an outdoor camping adventure.

For the perfect winter camping trip, keep these tips in mind:

Prepare your gear: If you are camping in an RV, winterize and insulate your rig before heading out. If you are tent camping, make sure you wear plenty of dry layers and have a plan in place in case the temperature drops too low. Use a tent heater to stay toasty all night long. For a comfortable, hassle-free winter camping experience, reserve a stay in a KOA Camping Cabin or Deluxe Cabin.

Cook hearty meals: One of the best ways to stay warm during a cold-weather camping trip is by cooking hearty campfire meals — do not forget to bring all the ingredients you need for campfire favorites like cast iron chili and cornbread or campfire mac and cheese.

Embrace the winter hike: One of the best camping activities is exploring and hiking the great outdoors. Winter hikes are a unique twist on this favorite camping pastime. Winter offers a different perspective of nature and, if you are lucky, you might even see winter wildlife. Be sure to heed any trail signage and only choose trails that are safe in winter weather.

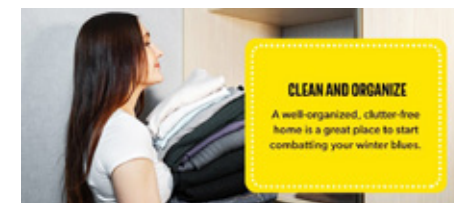
Stay hydrated: It can be easy to forget about proper hydration during the winter. Make sure you drink plenty of water throughout your camping trip, as hydration is essential for regulating your body temperature.

Keep an eye on the weather: Before you hit the roads or the trail, be sure you have taken a look at the weather forecast. Also, familiarize yourself with black ice and understand how to navigate icy roadways,

just in case. The weather can change quickly in the winter, which could result in hazardous road conditions. If you are driving to your camping destination or plan to do any sightseeing, monitor the weather and plan accordingly.

Plan fun winter activities: In addition to enjoying the KOA Campground itself, you can fill your camping trip with other winter activities, like snowball fights, building a snowman, snowboarding, skiing, sledding, ice skating and more. Staying active during your winter camping trip can help keep you warm, and all that exercise is great for beating the winter blues.

If a vacation is not an option, something as simple as taking a drive or visiting a friend's house can be enough to jog your mood and refresh your outlook. If the winter weather has you housebound, spend time in different parts of the house, rather than confining yourself to only the living room or bedroom.



### 8. CLEAN AND ORGANIZE

One tip to beat the winter blues is to clean

up your room or house. Think about it — is it easier to unwind and find peace in a messy, cluttered space or when everything is clean and open? A well-organized, clutter-free home is a great place to start combatting your winter blues. Besides, the cleaner your space is, the less likely you are to attract dust mites or irritate allergies, which can make your winter blues more challenging to manage.

Turn your home into an oasis this winter by:

Donating things you do not use, like clothes, books and children's toys.

Dusting all surfaces, including blinds and hard-to-reach places.

Cleaning out and organizing your refrigerator and pantry.

Washing your bed set and fluffing your pillows.

Lighting scented candles.

Rearranging or redecorating your living room or bedroom.

Winter is also the perfect time to work on any interior home repairs or improvement projects. For example, you could repaint a room in your house, line your cabinets, replace knobs and fixtures or hang frames and art on the wall.

*to be continued in Part 2 in the February issue of Virginia Rider Magazine*







# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## Dancing with Hills



It was an extremely stressful morning before KSU to say the least, as all of our devices were chirping, dinging, and buzzing, as if they were in some sort of unsettled exhibit at a digital zoo. Rose and I finally managed to gear up and hit the road by 11 AM. It was sunny and 39F. “The Juice” was on and our captive animals were out of range.

We stopped for gas at the Mountain Oasis in McDowell. They carry my favorite energy drink and have a nice display of home-made frosted nirvana in the form of cinnamon buns to tempt anyone while paying for ethanol free fuel from the old school pumps. Their sandwiches have been known to be equally addicting.

We climbed and climbed the next several miles towards Monterey and as fate would have it, we caught a couple of cages eliminating any possibility to scrape pegs in the fun twisties on Jack Mountain. In town, workers were busy wrapping the new dollar store in sheet metal, tipping another domino once standing for mom and pop businesses and small town charm. I’ve already started referring to it as “The East Side.”

We weren’t stopping. By the time we passed the left handed soldier saluting at the courthouse, our stage was wide open,



and we began to dance like Fred and Ginger, if they ever had found the highway gear on a bike in the hills.

I reached down and to squeeze Rose’s leg and she put her hand on my shoulder. It’s become somewhat of a ritual since our first ride. I took a deep breath. Led Zeppelin’s “The Rain Song” was playing and our spirits seemed to coincide with the rising altitude. Rose and I were finally in that familiar, soothing zone that only happens perched together, precariously balanced on two wheels on a willing machine, in wide open spaces all to ourselves. It’s a disease for which there is no cure, or need for one.

Team GL leveled off just above 4200 feet for a moment crossing the continental divide and WV state line. On this side, all of the water flows into the Mississippi instead of the Chesapeake Bay. November-Golf-Lima-One-Eight-Heavy was cleared to descend and land in Bartow for a break. It was sunny and 50. Ahead lay Durbin, which still has all of its dominos standing AND has a fantastic steam locomotive ride with a converted caboos should anyone want an overnight adventure on a historic train.

The Open Road Show finally came to an end just north of Marlinton at a work zone. One of the things I wanted to do was get some GoPro footage of the ridonkulous twisties on 219 just



ahead for a video. Instead, Plan B was spent following an empty flat-bed kicking up all of the dust in front for miles that the road crew had left. What made it kind of amusing was its jake brake bellowing over the music and all of the dust in the air, like we were following Pigpen from the Peanuts who couldn’t stop farting.

Rose, Windy and I managed to find empty and wide open spaces once again past Marlinton. There were places to eat, The Greenbrier Grille for one, which we’ve enjoyed several times, but we wanted something a little more intimate and free of crowds. We instead had our sights set on a place in Frost about 20 minutes away.

Dean’s Den is at the intersection of Routs 92 and 84. I’ve eaten here a few times and the food has always been very good. The owner and staff have always been super friendly, and they rock their outdoor patio with cool music. Rose and I enjoyed some hot sandwiches outside, watching a tractor with a bail of hay roll



by, to some Def Leppard on a warm December day. It’s also a popular ice cream stop.

Chalking up another fat, dumb and happy experience at a restaurant, we headed for home: well, me anyway. We didn’t save room for dessert, but enjoyed a wide open 84 with the sun at our backs as a treat. What made it even more special, was the fresh, new pavement and paint, whose dotted yellow lines were the only hint we were moving with any velocity at all.

Rose and I finished another dance together, arriving home safely after 200 miles, to our well-rehearsed routine of stowing gear in The Sacred Closet. Like the old barns and the landscapes we took in today, our passion for motorcycling remains timeless, or so it would seem. Even after all these years, we’re still together and riding. I’ve often said there’s no better way to spend time together. It’s the one thing we can still do that makes us feel like kids again. We can put on our helmets and gloves that conceal our gray hair and wrinkles, and we forget for a while, how old we are without getting any older.

Cheers and thanks for reading!

Marc Ritchie  
Photos: Rose Grant





# TAKING IT TO THE STREETS

## Five Things Every New Rider Should Know

People come to motorcycling in a lot of different ways. There’s the guy who suddenly realizes that all his friends are going on a weekend motorcycle trip and he’s the one missing out because he doesn’t ride. There’s the woman who has been a passenger for years and wants to ride her own ride. There’s the middle-aged guy who sees a kid on a dirt bike, remembers the happy riding days of his own youth, and suddenly can’t recall why he ever stopped riding. Or the young woman who spots the sleek new sportbike in the display window and suddenly decides, with absolute certainty but with no warning, that she simply must have it and learn to ride it. These are general examples and actual true stories. But for as many different ways as there are to get into motorcycling, there are a few common experiences everyone has. You face a bewildering variety of choices. You need advice, but you find that even advice from experienced riders is sometimes contradictory. (See a word you don’t understand? While you’re still learning the motorcycle lingo, refer to our glossary of motorcycle terms following this article.) Even a small amount of research will quickly teach you that motorcycling can be a relatively inexpensive, even money-saving hobby, or it can lead you into horribly expensive mistakes; that it can bring life-long fun or hurt you badly if you get it wrong. None of which is meant to discourage you. To the contrary — the AMA consists of thousands and thousands of enthusiastic riders who hope you become a convert to motorcycling and join in the fun we’re having. Of course we hope you’ll eventually become a committed motorcyclist and join the AMA, too. But for now, to help you get into first gear, we’ve put together some basic advice gathered from the hundreds of years of riding experience accumulated by AMA members. Based on that wisdom, here are the five things we believe every new rider needs to know.



**1. Do it right: Get licensed. Be legal. Be smart.** The statistics show that unlicensed riders are more likely to be involved in a crash. Does a motorcycle endorsement on the piece of plastic in your wallet make your riding skills sharper? Of course not. The real reason licensed riders are less likely to crash is because of their attitude, not their drivers license status. Riders who take motorcycling seriously, ride legally, ride sober, and try to continuously improve their riding skills are more likely to have long and happy riding careers. It’s all about attitude. Which leads us to the importance of lifelong learning.



**2. You need training, but your best friend probably isn’t your best teacher.** True story: We know a woman whose rider training lasted 10 feet. That’s how far she got across the parking lot before her boyfriend got nervous, yelled at her, and in the ensuing argument she gave up on learning to ride. Often, it’s easier to learn from a professionally trained stranger than from even the best-intentioned friend or relative. Want to ride off-road? The MSF has a course designed to help you with that, too. Visit the MSF website for more info,

[www.msf-usa.org](http://www.msf-usa.org). Even if you never stray from the pavement, having experience in a low-traction environment will improve your skills and make you a better rider. Some of the world’s best riders on asphalt got started in the dirt. Fortunately, the Motorcycle Safety Foundation offers a course specifically designed to take you from zero riding experience to a licensed motorcyclist in one weekend. See our account of a course to get an idea of what to expect and read the Basic Rider Course handbook at the MSF website to study up in advance. In many states, passing the MSF course automatically makes you eligible for a motorcycle endorsement on your drivers license. No more tests to take. Also, many insurance companies offer discounts if you’ve passed the course. The downside is that these courses are very popular and fill up early. It’s best to check with your state program around the beginning of the year and reserve a spot as soon as possible. But don’t stop with the beginning rider course. Make a commitment to lifelong learning. You can go on to take the MSF’s Experienced Rider Course, and there’s a wide range of schools that provide advanced training on the road, on the race track or in the dirt. Check out our list of schools, some of which give discounts to AMA members and our brief list of books on motorcycling topics, including how to improve your riding skills. Also, there’s one other benefit of taking an MSF course before you plunge head first into motorcycling. Some take the class and learn that motorcycling’s not for them after all. Better to learn that after dropping a few dollars on course tuition than a few thousand on a motorcycle.



**3. Your dream bike shouldn’t be your first bike.** When you’re just getting started, it’s easy to get caught up in the allure of the machine itself. Your friend has a Harley so you have to have a Harley. You saw the Ducati gleaming in the sun and now you can’t get the color red out of your mind. You saw the superstars of AMA Superbike dragging a knee at Road Atlanta and now you know you want a Suzuki GSX-R1000. We understand. We experienced riders can waste hours talking about how great this bike is, or how much we’d love to own that one, or why this other one is more beautiful, more desirable, etc. And yet, the best bike for you to start riding on is probably one that would never inspire lust. While you may be tempted to buy the bike of your dreams, you’re probably best off buying a smaller, less expensive used motorcycle that’s mechanically sound, even if it’s an ugly duckling. “What?” you exclaim. “You’re taking the fun out of my dreams!” Hear us out. Here are three reasons to buy an inexpensive used bike to learn on: You’re most likely going to drop it. And if you drop your dream bike, you’re going to cry. And incur bills. Hey, it’s nothing personal. All of us, especially when we were learning to ride, have dropped a motorcycle or two in our day. Take it from experience: It’s easier to stomach the results when you’re less emotionally (and financially) attached to the bike that’s hitting the pavement. What you think you want now may not be what you really want later. Only after you’ve ridden for a while will you know whether what you really love is riding across three states on a week-long tour or riding three miles to your local bike-night hangout. Buying an expensive new bike today and selling it a year from now when you realize it’s not for you is the perfect way to take a big financial hit on depreciation. You can still get your dream bike. Once you have some experience and have refined your idea of what you want in a motorcycle, you’ll be better able to choose the one that’s right for a long-term relationship. Plus, you can sell the cheap learner bike, probably for about what you paid for it, to another aspiring rider. Just feel the good karma spreading.



**4. It’s not just the motorcycle. You need gear.** We’ve mentioned the unpleasantness of dropping your bike. What if your body hits the ground? Will you be prepared? While the AMA opposes mandatory helmet laws, the association strongly encourages voluntary helmet use. Even some states that don’t require helmets for adult riders may require them for riders with less than a year of experience. You can find your state’s requirements on our state laws page. A helmet and gloves are a good start, but also consider boots, a jacket and pants specifically made for riding. Gearing up right doesn’t have to be expensive. While you should always buy a new helmet because crash damage to the interior can often be undetectable to anyone but an expert, gently used riding pants, boots, gloves and a jacket are usually fine. Most retailers and online mail-order houses also frequently discount non-current styles. Rain gear made specifically for motorcycling is inexpensive and will keep

you comfortable and safer when the weather turns foul. Ordinary rainwear will likely be destroyed from the wind when riding a motorcycle.

**5. You don’t have to ride alone.** Of course you can, if you want, but for most people, motorcycling is a social activity, at least part of the time. Meeting other riders will introduce you to a level of camaraderie that’s uncommon these days. Riding with responsible, experienced riders can help you improve your own skills. And, above all that, it’s fun. How do you find like-minded riders? If you’re interested in a certain kind or brand of motorcycle, you can almost always find an internet message board devoted to that interest. The AMA can also help. On this site you can find an AMA-chartered club in your area, or search our database of thousands of AMA-sanctioned events across the country. Of course, we hope you’ll become hooked on motorcycling, just like the rest of us have, and then we hope you’ll be committed enough to join the AMA and help protect your right to ride. And stick with us for the long, fun ride ahead.

Source: <https://americanmotorcyclist.com/getting-started-in-riding>





# BIKE SAVERS

with John Peterson



## Mein Österreichischer Zweistat (Or, My Austrian Two-Stroke)

I’ve been wanting to write about my 1968 Puch SGS 250 for some time. I don’t remember where I first laid eyes on one – probably in one of my many Craigslist/Google hunts for the new-to-me or unusual...but once I saw one and learned about it I had to try to find one.

I had no idea how much they cost, who made it or where to find one. And make no mistake, I may THINK I can indiscriminately find and buy any bike I want...and to this day my wife wants to keep it that way. Maybe you know what I mean.

After doing some more research I found out that Sears (and Roebuck, as it was called back in the day for those of you old enough to remember when they still had that suffix) actually sold several different models of Puch motorcycles through their catalogue, the same catalogue I breathlessly went through as a child at Christmas before presenting my parents with a virtual manifesto of the toys I had to have lest it absolutely crush my childhood.



Upper Right: Puch 250 SGS

Sears sold several different model of Puch motorcycles under the Allstate badge, motorcycles that were originally manufactured in Austria and rebadged as Sears Allstate. Also known as the Crusaire and Compact, some models of these scooters actually were available with sidecars, and ranged anywhere from 50cc’s up to the 125, 175 and 250cc models that ran on a mix of gasoline and oil...yes, a two-stroke engine! Indeed, at the time many of these two-stroke machines were a rider’s first introduction to ‘real’ motorcycling before moving on

to the bigger stuff, like Hondas, Indians, Harleys, etc. I get a kick out of the prices, too - \$579 in 1968 for the 250SGS! Of course, that’s, like, just over four thousand dollars in today’s prices.

Anyway, I eventually I finally found one on Ebay, a later-model 1968 Puch SGS with a square “toaster” gas tank that ‘needed some work’, as all these old bikes usually do, but I was more than willing to take this baby apart and find out more about it. So after some discussion, convincing...negotiation...and OK, maybe some capitulation... (see Paragraph Two) with my wife, we drove down to Myrtle Beach to pick up my machine:



My 1968 Puch 250 SGS, where I found her

Yes, it was a little ‘rough’ – but I loved it! So we put her into the truck and made the long journey home. And it even came with a parts bike, too, which was an added bonus, and even the original paperwork! Stuff like this is always a good-to-have sort of thing, and rare to find.



I love getting back and triaging whatever new/old machine I’ve found. Giving her the once-over, taking the first photos of the

wheels, engine, brake set-up, whatever. I also usually get a can of PB Blaster and hit all the bolts and screws I can find – I think it helps loosen stuff up and in general makes the disassembly process easier.

It actually wasn’t in very bad shape – I’ve restored worse... anyway – I got her home and started triaging her, to see what was what and what needed to be done. The thing about old bikes is, they never tell you what’s wrong...they always make you guess, and you have to figure it out from there. In this case, I found out pretty quickly at least one of the problems when I got the head off – a nice big chunk was missing out of the piston!

And there’s only one place for a piece of broken piston to go, too... looks like I was going to have to open her up and do some investigative work...



Oh, No...Where did YOU go?

I wound up splitting the cases, after MUCH hard work trying to get them to do so...that case just Did Not Want to give it up!



1968 Puch 250 SGS Rust Burger

To make a long story short, I did open her up and only found a teeny-tiny piece of the piston skirt. The picture above is not of the featured bike’s engine, but the same spare parts engine of another 250 SGS that came with the bike, and I was lucky to have it. I put it here though just to show you how simple it is! Look at that – six gears, two rods and a crankshaft – and no valves! It IS a two-stroke, after all...a pretty neat, efficient design.

SO, after all was said – and lots more specifically Done – here she is today:



1968 Puch 250 SGS – ‘Pookie’

Being a two-stroke, she is a kick-start only machine and can put out quite the pall of smoke as she warms up, and sounds like a weed-wacker on steroids going down the road, but is surprisingly nimble and accelerates great. If you look closely, you can see the two caps on the gas tank – one for gas, and one for oil. It’s a two-stroke! NO VALVES! And see that little round thing on the side of the engine? That’s the choke!

I kept the original patina just because I like it, but what you can’t see is the all-new wiring, connections and upgraded coil, rebored head and new pistons and rings. I took it from the original, ragged out Bosch two-coil system and replaced it with a new single-coil set-up from Matt Quirk at Motorwest in Wisconsin – motorwestmotorcycles.com - a great site for all things Puch, and I think the only distributor of new, reasonably priced Puch parts for almost every Puch you can think of. I was able to source a new coil, petcock, the silver oil line you can see if you look closely...tires, fork gaiters, cables... Matt knows his stuff when it comes to these old bikes, and is a great guy to deal with. If you have an old Puch, give Motorwest a call. Tell Matt John sent you.





WE WISH YOU A HAPPY HEALTHY AND  
EXCITING RIDE SEASON IN THE YEAR AHEAD!

# VIRGINIA RIDER 2022

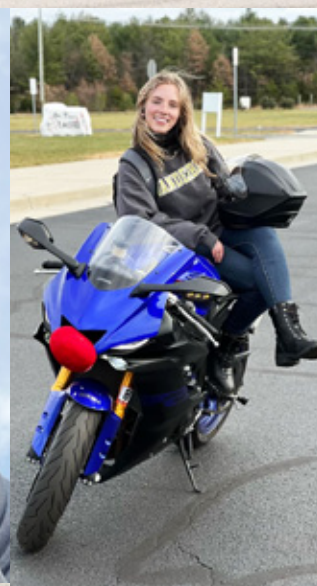
Magazine™

JANUARY							FEBRUARY							MARCH							APRIL						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
26	27	28	29	30	31	1	30	31	1	2	3	4	5	27	28	1	2	3	4	5	27	28	29	30	31	1	2
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	1	2	3	4	5	27	28	29	30	31	1	2	24	25	26	27	28	29	30
30	31	1	2	3	4	5	6	7	8	9	10	11	12	3	4	5	6	7	8	9	1	2	3	4	5	6	7
MAY							JUNE							JULY							AUGUST						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	29	30	31	1	2	3	4	26	27	28	29	30	1	2	31	1	2	3	4	5	6
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
29	30	31	1	2	3	4	26	27	28	29	30	1	2	24	25	26	27	28	29	30	28	29	30	31	1	2	3
5	6	7	8	9	10	11	3	4	5	6	7	8	9	31	1	2	3	4	5	6	4	5	6	7	8	9	10
SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
28	29	30	31	1	2	3	25	26	27	28	29	30	1	30	31	1	2	3	4	5	27	28	29	30	1	2	3
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30	1	23	24	25	26	27	28	29	27	28	29	30	1	2	3	25	26	27	28	29	30	31
2	3	4	5	6	7	8	30	31	1	2	3	4	5	4	5	6	7	8	9	10	1	2	3	4	5	6	7



# SHOTZ

Email your "SHOTZ" to [virginiaridermagazine@yahoo.com](mailto:virginiaridermagazine@yahoo.com)





# COLD WEATHER RIDING

## How To Keep Your Legs Warm On A Motorcycle

*Riding a motorcycle certainly has its perks, but unfortunately there are a few downsides to riding, too. One of those downsides is that you're not in an enclosed area like you are with a car, so heating and air conditioning on a motorcycle isn't possible.*

*It's no secret that cold legs during a motorcycle ride can ruin your day. The rushing cold wind against your legs sometimes seems to be merciless and unfortunately legs are what gets some of the harshest impact from the cold. Having cold legs during a ride can be dangerous to both your safety and health, especially for longer periods of time.*

*Luckily there are several ways you can keep your legs warm during even the coldest of winter days. When we go out for a ride, we usually think of the obvious things to wear such as thick boots, a warm jacket, a defogged helmet, and a good pair of gloves. While these are all important things to have, most people forget about keeping their legs warm. A simple pair of jeans just won't cut it in the cold.*

*So, how do you keep your legs warm on a motorcycle? Here's some great suggestions that may help keep you toasty and riding all the way through the winter months:*

**Wear a good, warm pair of pants and wear a set of wind-resistant, water proof pants over those.** The bottom of the pants should be tucked in to tall socks to prevent any wind chill going up the pants. Leg heaters are also heat available if needed and can to be placed underneath pants.

If using wind-resistant pants doesn't seem like it'll be enough to keep your legs warm while you ride, you can always try using calf wraps. These were originally made for tight leg muscles but they work perfect to keep your legs a bit warmer during a cold ride.



If you know it's going to be a cold ride, it's a good idea to get the circulation in your legs pumping by doing a few legs exercises. Such exercises may include lunges, jumps, and squats. Starting off a cold motorcycle ride with good leg circulation will not only keep your legs warmer longer, but it will also prevent getting a few cramps that the cold can cause. Drinking lots of water and eating a high protein and carbohydrate meal beforehand can also greatly help your cold situation. Water with fresh protein and carbs circulating through your body increases blood flow which can really help keep your legs warm.

### The Dangers Of Riding With Cold Legs

Yes, riding with freezing legs is super inconvenient, not to mention uncomfortable. But there's actually a few health and safety disadvantages that you may not know about.

First, when your legs are cold, they have a lot slower response to what you want them to do. So If you have to come to a stop that requires you to put your feet down for balance, your legs may be a bit slow and you could potentially lose your balance.

When there are certain parts of the body that are exposed to the cold, that part of the body will likely have slower circulation of blood throughout. If you have cold legs, that will mean there will be poor circulation leading down to your feet. It's similar to your arm falling asleep while you're sleeping; a certain part of your arm's circulation is cut off, so your whole arm (including hands) loses circulation.

Adding cold feet and toes to the mix can make your ride that much more miserable. This can increase your chances of shivering which can lead to occasional spasms throughout your body. Though it's unlikely a spasm would make you lose your balance on your bike, it's still a possibility.

Having any part of your body exposed to cold temperatures can increase your risk of hypothermia. When your core temperature starts to lower, the blood circulation automatically starts to flow to the major organs of the body to protect them. So the low circulation in your cold legs becomes even lower which then increases your chances of frost bite.

### What To Do When Your Legs Get Cold

Getting caught in the cold during a motorcycle ride unprepared is inevitable for a seasoned rider. Whether we didn't look at the weather before or an unexpected storm happened, unexpected cold weather riding happens to even the best of riders.

If you find yourself in this situation either unprepared or you thought you were prepared but your legs still froze, there are few things you should do to maintain your health and safety. If possible, you should stop riding and/or go straight home. If that's not possible, go to the nearest stop that will provide you warmth. Wait out the cold and/or storm for as long as possible.

Once you stop, make sure to do a few leg exercises (like mentioned earlier) to make sure the blood is flowing through your legs. This will also help circulation to your feet and toes and prevent them from freezing too.

Winter riding isn't the safest activities for several reasons including ice, obstructed views, and unaware drivers. So staying out of the cold weather will 100% ensure your safety.

If you have no choice but to keep riding, you'll at least need to make a pit stop at a gas station or somewhere similar. Though gas stations don't sell wind-resistant pants, they do sell a few items that could help you. First, make sure you drink plenty of fluids (water preferably) and eat a meal with protein in it.

If it's raining or snowing outside, you'll want to protect your legs from the water. Wetness greatly increases chances of hypothermia. See if the gas station or a nearby store has some sort of poncho you can put over yourself. It may be a bit noisy in the wind, but securing it to your body to keep the unwanted moisture

out is worth it.

Most convenient stores also have hand warmers you can buy. These are easily activated by simply rubbing them. You can try buying several of these and placing them in your shoes and tie a few around your legs.

So bundle up, stay warm & be safe on the road friends.



# EASY DOES IT

## ROOT BEER PULLED PORK SANDWICHES

These tasty dinner sandwiches can be made in the crockpot or slow cooker. The pork is cooked in root beer all day long. You could use any flavor of soda really like Dr. Pepper or Coke but we like root beer the best.

The root beer acts as a tenderizer and after soaking in it all day, the pork practically melts in your mouth. After cooking, drain the root beer and add your favorite BBQ sauce to the shredded meat.

## WHAT KIND OF PORK CUT DO I USE?

You can use a pork shoulder or butt which has a ton of flavor. You can also use a pork tenderloin but it is a lot leaner and should be cooked for less time.

# Good Food Simply Made

Here's your 3 ingredient line up:

- 1 (2 pound) pork shoulder or butt tenderloin can be used for a leaner option
- 1 (12 ounce) can of root beer (we like A&W)
- 1 (18 ounce) bottle of barbecue sauce (Sweet Baby Ray's is our #1)
- 8 hamburger buns

Here's all you do:

Place the pork in your crock pot or slow cooker and pour the can of root beer over the meat. Cover and cook on low for 6 hours or until pork shreds easily with a fork. After pork has cooked, drain and discard the root beer. Shred the pork and place it back in the slow cooker. Pour the barbecue sauce over the pork and stir to combine. Serve immediately or keep warm in slow cooker until ready to serve. Serve on hamburger buns. YUM!!!







Don't Cling to the Firewood

They're just a young couple, I can tell. These mouseholders who have taken up residence in the woodpile are just starting out in life. They've built a nest under the pile of oak firewood I am loading into the back of our station wagon.

We had our first frost a few days ago, and had spent several days winterizing our house. So had this mouse couple. At the bottom of the woodpile their nest would be dry and warm in all but the wettest of storms, ready for the young ones that would surely be coming soon.

I think of my wife and me in our first apartment many years ago. So excited, so optimistic.

These are tiny mice, equipped with miniature jumping legs, their little bodies only 2-1/2 inches long -- if you don't count the tail. I must seem like a huge giant as I deconstruct their carefully built lives, one log at a time.

I feel sorry for them. Such cute little creatures, so hopeful for the future, yet so filled with terror at what is happening to them.

"What's going on, dear?" the mouse bride cries.

"I don't know," her husband answers. "Nothing like this has ever happened before."

He's wrong, of course. Change happens -- constantly. But, thankfully, it's not too often that our entire lives are altered forever by external events.

A few weeks after my bride and I had moved into our first apartment, I received a draft notice: "Greetings from the President of the United States." Yes, greetings to you, too, Mr. President. Our carefully constructed lives suddenly took a sharp turn.

You've had some of those turns, too. The death of someone very close to you. Divorce. Loss of a job. Failure of a business. An illness or injury.

Suddenly, life is not the same and never will be again. Everything's different. And we try to cope -- sometimes in healthy ways, sometimes in self-destructive ways.

I keep loading the firewood into the back of the wagon. I'm about to stack it higher yet when I see one of the tiny mice clinging to a piece of firewood in the back of the car. Another few seconds and he would have been crushed. I pick him up by his long tail, set him on the ground, and go back to get more logs. When I return he is still at the same place on the ground where I put him -- stunned by these events, barely able to get out of harm's way.



We're so mouse-like sometimes.

Life goes on. The props change, sometimes all too often. We're so tempted to cling to the props as they are being dragged off the set. And sometimes we're hurt because of our inability to let go, so attached to the accouterments of the past that it's impossible for us to welcome the future.

Change requires courage, great helpings of it. My mind goes to Joshua in the Bible. For nearly forty years he has been an understudy to the great leader Moses. Now Moses is dead and leadership is thrust fully upon Joshua. Ahead is the Jordan River running at flood stage, and beyond that the fortified cities of Canaan -- the "Promised Land" that seems

so elusive. Talk about change? Joshua has change swirling all around him.

And God speaks to him a word: "Be strong and courageous. Do not be terrified, do not be discouraged, for the Lord your God will be with you wherever you go" (Joshua 1:9).

Our mouse couple looks up as their world is trembling. One by one the logs that comprise their shelter are disappearing, and soon only open sky is above. What do you do?

Do you cling to the firewood and risked being crushed by it? Or do you cling to God's promise to you?

God has promised to be with you wherever you go. He has promised never to leave you or forsake you. What he asks of you is faith to overcome your terror. Courage to meet your discouragement. And confidence to draw on his strength.

Change is a constant. No part of our lives will endure unchanged for more than a few years, a few decades at most. But the Lord our God is unchangeable. He is forever. You can put down your roots into him, knowing that in this way you will never be utterly uprooted again.

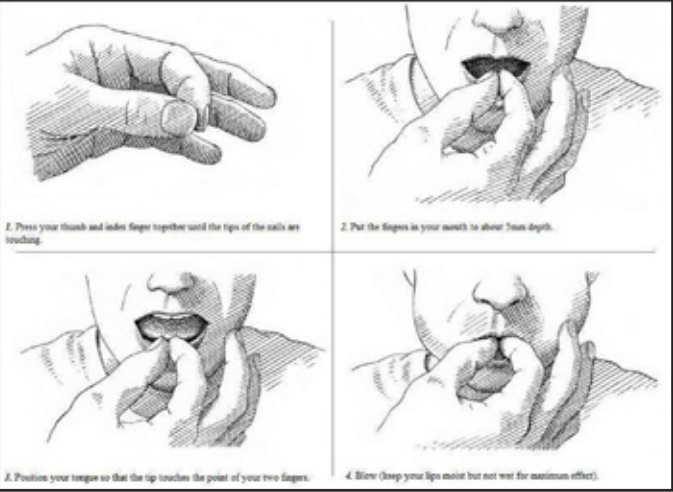
I think of Mr. and Mrs. Mouse. My heart goes out to them. I've been where they are, and so have you. And I hope that, even as I am writing these words, they are dragging their nest into another shelter in the woods to keep them dry and warm this winter. I hope that Mr. Mouse has finally got over his shock and got with the program. Older now, and wiser they are.

And if I could offer just one word of advice for them and for you -- and for me -- it would be this: Don't cling to the firewood.



MOTORCYCLE MYTHS

Loud Pipes Save Lives. A recent scientific study says no, loud pipes don't save lives. Drivers may notice you, but all that noise directed rearward doesn't do much in the most common and much more dangerous conflict where a car turns in front of you. Maybe it's the fatigue caused by the noise, maybe it's the attitudes of riders who insist on making annoying noise, or perhaps loud bikes annoy enough drivers to make them aggressive. Whatever the reason, the research shows that bikes with modified exhaust systems crash more frequently than those with stock pipes. If you really want to save lives, turn to a loud jacket or a bright helmet color, which have been proven to do the job. Or install a louder horn.





# NEW YEAR'S RESOLUTIONS

Do you ever wonder how New Year's resolutions got started? A New Year's resolution is a promise a person makes to themselves for the new year. Recent studies have found that about two-thirds of people abandon their New Year's resolutions within a month. It was also found that most resolutions involve either diet or exercise, and that people tend to make the same resolutions year after year.

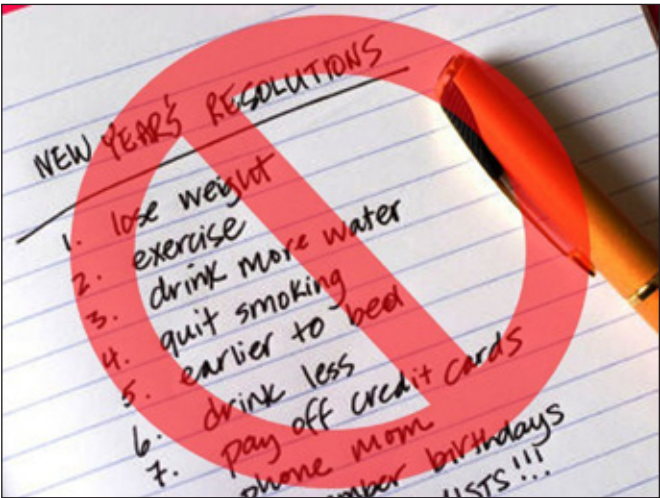
Regardless of what resolution you commit to, the goal is to improve life in the coming year. Resolutions can come in many forms. Some people make a promise to change a bad habit, such as quitting smoking or eating less junk food. Other people make a promise to develop a positive habit, such as starting an exercise program, spending more time riding, volunteering in their community or recycling more.

The tradition of New Year's resolutions dates all the way back to 153 B.C.. January is named after Janus, a mythical god of early Rome. Janus had two faces — one looking forward, one looking backward. This allowed him to look back on the past and forward toward the future. On December 31, the Romans imagined Janus looking backward into the old year and forward into the new year. This became a symbolic time for Romans to make resolutions for the new year and forgive enemies for troubles in the past. The Romans also believed Janus could forgive them for their wrongdoings in the previous year. The Romans would give gifts and make promises, believing Janus would see this and bless them in the year ahead. And thus the New Year's resolution was born!

If you were planning on making some New Year's resolutions for 2022, maybe you can just set goals instead...realistic ones that you can stick to. Don't put too much pressure on yourself and if you wind up getting off track a bit, the good thing is that you can always jump back on & keep going.

We hope your new year gets off to a fresh start & always remember ....

*"You never fail until you stop trying." – Albert Einstein*



Of all the things  
I learned in  
grade school,  
trying to avoid  
cooties was the  
last one I  
expected to use.

**dropping  
temperatures  
...and thirst**

Cold temperatures  
can reduce the  
body's thirst  
sensation by up to

**40%**





How much should you drink daily?  
According to the Institute of Medicine,  
13 cups for men, 9 cups for women.

**LEE'S GARAGE**  
**434-210-1503**

Custom Exhaust Systems  
Foreign & Domestic  
1.5" to 3" Custom Bending  
Miner 4 x 4 Repair  
Welding & Oil Changes

Lee Brankley  
Heath Brankley  
leesgarage@rocketmail.com  
439 Tinker Road  
Chase City, VA 23924

FEEL THE STROOP EFFECT YOURSELF

blue orange green red purple  
red purple blue orange green  
green red purple blue orange  
red blue green orange purple

TRUE COLORS

The Stroop effect is a phenomenon that occurs when you must say the color of a word but not the name of the word. For example, blue might be printed in red and you must say the color rather than the word. While it might sound simple, the Stroop effect refers to the delayed reaction times when the color of the word doesn't match the name of the word. It's easier to say the color of a word if it matches the semantic meaning of the word. For example, if someone asked you to say the color of the word "black" that was also printed in black ink, it would be much easier to say the correct color than if it were printed in green ink.

Keep your brain sharp. Using a stopwatch, say the color of each word correctly...what's YOUR best time?

**Pete's Custom Cycle  
& Auto LLC**  
**757.696.8300**  
[www.xtreme-biker.com](http://www.xtreme-biker.com)  
[www.petescustomcycles.com](http://www.petescustomcycles.com)  
Chesapeake, VA



**Customizing Bikes  
Aftermarket Parts  
Service/Maintenance**

**VISIT US ON FACEBOOK**  
[facebook.com/  
petescustomcycleandautoLLC](https://facebook.com/petescustomcycleandautoLLC)





## 9 Winter Safety Tips

*By Matt Danielson, The Motorcycle Law Group*

Cold weather is upon us. While it doesn't mean we have to stop riding altogether, it does mean we should take certain winter weather precautions. Below are 10 tips to keep you safe – and warm – on the road this winter.

**Watch road conditions.** Watch out for slippery areas like oil spots, painted lines and black ice. When oil spots get wet from rain or snow, they become slippery, compromising your tires' ability to grip the road. Avoid riding close to the painted lines, which can collect fuel and dirt deposits and become slick. Same goes for black ice; be alert and never assume it's just water on the roads in the wintertime.

**Protect your bike and yourself.** Salt on the roads can have a corrosive effect on your bike, so keep that in mind when riding after salt has been applied to roads. Also remember that after the snow melts the salt and gravel remains and can severely affect traction, especially in curves.



**Check your tires.** Cold weather usually means colder tires and less traction. To push heat into your tires, accelerate and brake (in a safe, flat, dry place) if your tires are cold at the start of your ride or after stopping for a while. When temperatures drop, so does your tire pressure, so check that, too. Make sure your tires are in good condition before getting on the road.

**Slow down – and enjoy the ride.** Slow down around sharp turns or corners. And don't speed up, brake or gear down too quickly. Your bike will react differently in winter conditions than it did during the summer, even on the same familiar roads.

**Layer up and stay dry.** Wind- and water-proofing yourself during winter rides is critical. Layer yourself so you're warm without being constricted. Inner layers should be fleece or wool, something that provides insulation. Outer layers should be wind-proof (leather is your friend), and protect your body, hands, head and neck. Wind chill is a serious factor that can cause hypothermia.



**Hydrate.** This one is important. We all know we need to drink more water during a hot summer ride, but the same is true for winter. Though you may not feel as thirsty when it's cold out, your body still needs to be hydrated, so stop and drink some water, often.

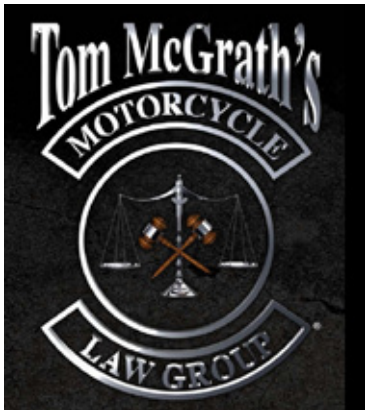
**Use thinner oil.** But, only if your owner's manual says you can use different weights of oil. Using thinner oil can help improve your bike's performance in cold weather. Don't forget to switch back once it warms up.

**Heat packs.** For long-distance rides, consider heated clothing or disposable heat packs. If you want to spend a little more, you can also add grip, seat and foot warmers to your bike. Keep in mind though, these take power from your battery. So if you use them, consider an alternator and/or battery boost.

**Eat – and drink – well.** Eat healthy foods and avoid alcohol and caffeine while you're riding this winter. Remember, your body is fighting to keep warm in low temperatures: a healthy diet will make it easier. Stay safe and enjoy another season of scenic views from behind your handlebars.



*Matt Danielson is a partner at the Motorcycle Law Group, a personal injury law firm whose attorneys all ride motorcycles and represent clients in VA, WV, NC, SC, and GA. Matt has successfully represented clients in cases ranging from simple property damage to complex multi-million dollar personal injury claims. He also serves as a lobbyist, adjunct professor and works with motorcycle rights organizations throughout the country.*



To learn more about the Motorcycle Law Group, visit [motorcyclelawgroup.com](http://motorcyclelawgroup.com) or call 1-855-LAW-RIDERS.





# GOOD FOR YOU IN THE NEW YEAR

With the start of a new year, many of us make plans to live better, to be better. It all starts with food. “Food is medicine.” It’s an idea that goes all the way back to Hippocrates, if not before him. In one form or another, this notion is found in many cultures all around the world. As the COVID-19 pandemic drags on, the consequences of poor diet and unhealthy lifestyle become even more apparent. There are clear, well documented correlations between heart disease, diabetes, obesity and other metabolic disease states and increased risk of getting COVID in one form or another. There is an easy and inexpensive way to reduce the risks across the board: eat healthy food. While food cannot replace medication entirely, it can be an invaluable daily tool to help preserve health, and prevent, reverse or at least mitigate heart disease, hypertension, diabetes, and many inflammation-related conditions.

If you’re planning on eating healthier for the new year, here are some of the best nutrient packed foods to do your body good:

## OATMEAL



Start your day with a steaming bowl of oats, which are full of omega-3 fatty acids, folate, and potassium. This fiber-rich superfood can lower levels of LDL (or bad) cholesterol and help keep arteries clear. Opt for coarse or steel-cut oats over instant varieties—which contain more fiber—and top your bowl off with a banana for another 4 grams of fiber.

## SALMON



Super-rich in omega-3 fatty acids, salmon can effectively reduce blood pressure and keep clotting at bay. Aim for two servings per week, which may reduce your risk of dying of a heart attack by up to one-third. Salmon contains the carotenoid astaxanthin, which is a very powerful antioxidant. But be sure to choose wild salmon over farm-raised fish, which can be packed with insecticides, pesticides, and heavy metals. Not a fan of salmon? Other oily fish like mackerel, tuna, herring, and sardines will give your heart the same boost.

## AVOCADO



Add a bit of avocado to a sandwich or spinach salad to up the amount of heart-healthy fats in your diet. Packed with monounsaturated fat, avocados can help lower LDL levels while raising the amount of HDL cholesterol in your body. Avocados are a source of vitamins C, E, K, and B6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids. Avocados contain high levels of healthy, beneficial fats, which can help a person feel fuller between meals.

## OLIVE OIL



Olive oil is rich in antioxidants. The main fat it contains is monounsaturated fatty acids (MUFAs), which experts consider a healthful fat. The antioxidants in olive oil may help protect the body from cellular damage that can lead to a range of health conditions and diseases.

## NUTS



Eating nuts as part of a healthy diet may be good for your heart. Nuts contain unsaturated fatty acids and other nutrients. And they’re a great snack food — inexpensive, easy to store and easy to pack when you’re on the go.

## BERRIES



Blueberries, blackberries, raspberries, strawberries—whatever berry you like best, they’re some of the healthiest foods you can eat. They’re low in calories and high in fiber, vitamin C, and antioxidants. Many berries have been associated with being beneficial for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.

## LEGUMES



Legumes are typically low in fat, contain no cholesterol, and are high in folate, potassium, iron and magnesium. They also contain beneficial fats and soluble and insoluble fiber. A good source of protein, legumes can be a healthy substitute for meat, which has more fat and cholesterol.

## SPINACH



Spinach has vitamins and minerals like vitamin E and magnesium that support your immune system. This system keeps you safe from viruses and bacteria that cause disease. It also defends your body from other things that can hurt you, like toxins.

## FLAXSEED



Flaxseed’s health benefits come from the fact that it’s high in fiber and omega-3 fatty acids, as well as phytochemicals called lignans. One tablespoon (7 grams) of ground flaxseed contains 2 grams of polyunsaturated fatty acids (includes the omega 3s), 2 grams of dietary fiber and 37 calories. Top a bowl of oatmeal or whole-grain cereal with a smidgen of ground flaxseed for the ultimate heart-healthy breakfast.

## SOY



Soy foods contain omega-3 fats, essential polyunsaturated fats. Omega-3 fats are linked to a lower risk of cardiovascular disease. Soy foods are a great source of vitamins and minerals. B-vitamins, iron, zinc and an array of antioxidants round out the nutritional qualities of soy. Soy may lower cholesterol, and since it is low in saturated fat, it’s still a great source of lean protein in a heart-healthy diet. Look for natural sources of soy, like edamame, tempeh, or organic silken tofu. And soy milk is a great addition to a bowl of oatmeal or whole-grain cereal.

*We wish you all a delicious and healthy new year ahead!*

Good For You



**HOW ABOUT THAT**

What is it called when your brain reads misspelled words? The phenomenon it describes, known as **typoglycemia**, is the ability to understand words when the first and last letters are stable, but the intermediate letters are scrambled. Your brain puts the letters back into a sequence again. ... Similarly, in typoglycemia, we read and comprehend individual words as a whole.

**7H15 M3554G3  
53RV35 70 PR0V3  
H0W 0UR M1ND5 C4N  
D0 4M4Z1NG 7H1NG5!  
1MPR3551V3 7H1NG3!  
1N 7H3 B3G1NN1NG  
17 W45 H4RD BU7  
YOUR M1ND 1S  
R34D1NG 17  
4U70M471C4LLY  
W17H 0U7 3V3N  
7H1NK1NG 4B0U7 17,  
B3 PROUD! ONLY  
C3R741N P39PL3 C4N  
R3AD 7H15.  
PL3453 F0RW4RD 1F  
U C4N R34D 7H15.**





# Catching some Zzzz’s - THE POWER OF A NAP

*(nap or cat nap – definition of: To sleep for a brief period, often during the day; doze.)*

According to a growing body of research, napping is a smart thing to do. It can help refresh the mind, make you more creative, boost your intelligence, and even help you live a longer, healthier life. It’s slowly gaining acceptance as part of a healthy lifestyle, even in some corporate offices. In our modern hurried world, making time for even a short nap might seem like an impossible luxury. Yet, for some, they may be necessary to make it through the day at peak mental and physical performance. Our bodies crave naps for a reason, some based on our evolution, others on our habits.

The No. 1 reason many people need a nap? Not getting enough sleep at night. While there is no magic number of hours that people need to get at night (the ideal varies by age and other highly individual factors), the National Sleep Foundation suggests that adults get seven to nine hours. Unfortunately, a CDC study found that more than 40 million workers get less than six hours a night. That lack of sleep can have consequences, and if it happens often enough your body may start seeking out rest during the day, leaving you in dire need of a nap.

Poor nutrition is another easily remedied reason for feeling sleepy throughout the day is based on nutrition. Many people feel tired in the afternoon because of plummeting blood sugar levels after a poorly planned lunch. This can be caused by two things: not eating enough at lunch to supply enough energy to get through to dinner, or by choosing foods that don’t contain enough protein and fiber and far too much of sugars and other carbohydrates. Either way, these kinds of lunches leave most feeling tired, sluggish, and worn out well before the work day is over.

It may be more common for people in the U.S. to only sleep at night, but that isn’t exactly the way our bodies are necessarily designed to work. Wakefulness throughout the day is governed by our natural biological clock, a phenomenon more commonly referred to as the circadian rhythm. While some may not feel sleepy until evening, others experience a small “hump” in sleepiness in the mid-afternoon that’s entirely normal and is actually programmed into the circadian schedule. As a result, the desire to nap is simply an expression of the natural rhythms of our bodies, regardless of whether we get enough sleep at night.

It’s an evolutionary necessity... As the day goes on, learning ability, alertness, and focus degrade. A nap can help counteract that effect and give those mental faculties a boost.

While this might not be an absolute necessity for survival today, especially with the invention of caffeine-laden energy drinks, at one point in our evolutionary history it just might have been. Slowed reaction times and decreased watchfulness could have meant the difference between life and death for our ancestors (and can still have a marked effect on our own success today). A short nap, even just 15 to 20 minutes, can greatly increase the faculties that increase the odds of survival, so it’s only natural that we’re predisposed to want to sleep.

If you’ve tried taking naps in the afternoon and found yourself feeling groggy after waking—if you manage to force yourself back out of bed—you may just be going about them all wrong. Even if you don’t work in a job where napping is acceptable, there’s a very clear reason why the best naps are the ones that are usually around the half-hour mark. Take advantage of the first two phases of your sleep cycle: stage one, where you’re probably “dozing,” or feel relaxed but if someone woke you, you probably wouldn’t even notice you’d been asleep, and stage two, where your brain starts to consolidate memories, organize its biological bookshelves, and shuts the brain off from external, non-dangerous stimuli. If you’re the type who says “It takes me 10 minutes just to fall asleep,” that 10 minutes is probably leading you into stage one—after that, you’re in stage two.



The trouble comes in stage three, or the part where we’re sleeping deeply, and waking is difficult. That’s when you start to feel groggy, and hate the idea of getting up. If you hate mornings, you’re probably waking up during this phase. So the key to getting all of the benefits of naps without the drawbacks is to sleep only for about a half-hour, or the time it takes your brain to go through the first two stages, but not enter the third.

Timing is important when you nap, but whenever you choose to try and nap—whether your company is okay with napping in the office or you slink out to your car for a quick snooze during your break, make sure not to sleep too long. A power nap of about 15 to 20 minutes is your best bet when you’re feeling weary, but only if taken between 1:00 and 3:00 PM in the afternoon.

Sweet dreams!



# 24 HOUR TOWING

## 727-248-8004

129 SOUTHGATE AVE.  
VIRGINIA BEACH, VA 23462

### FULL SERVICE SHOP

MILITARY DISCOUNT

AUTHORIZED EXTENDED WARRANTY CENTER  
VIRGINIA STATE INSPECTION STATION

CERTIFIED DYNO TUNING | ALL MAKES, ALL TUNERS

www.precisionmotorcycle.com

Remember,  
you can't  
reach what's  
in front of  
you until you  
let go of  
what's behind  
you.



# VIRGINIA RIDER

## We're Here For You!



**If you enjoy life riding on 2,3 or 4 wheels,  
Virginia Rider is your go-to source for all  
your needs for your riding life.**

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

**[www.virginiarider.com](http://www.virginiarider.com)**