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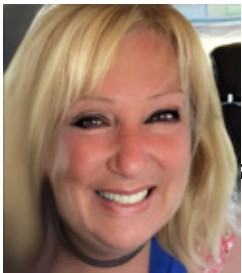


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from the editor's desk

Welcome back friends to the Sizzlin' Summer edition of Virginia Rider! The pages are loaded up with so much good stuff for you such as great places to ride, awesome rider-friendly businesses, fun adventures, important info to help keep you safe & healthy & so much more as you flip through these pages.

We would like to send a big warm welcome to some new friends joining us this month who are rider-friendly businesses that you'll definitely want to include in your plans for summer riding. Be sure to visit Blue Grass Mercantile in Blue Grass, VA; CycleLogikal in Mount Crawford, VA; Jim's Drive-In out in Lewisburg, WV; and The Curly Maple nestled in Monterey, VA. A big shout out to our faithful long-time friends of the road, Tidewater Motorcycle in Suffolk, VA along with the incredible Firm that Rides, Tom McGrath's Motorcycle Law Group with offices in Virginia, North Carolina, South Carolina & Georgia.

All of our advertisers are "Rider Destinations" which means that they are a fantastic place to plan a road trip to whether it's 20 miles or 200 from you, welcoming riders with open arms. They also all have the Virginia Rider Destination logo on their ads so that you can find them easily in the magazine. Our advertisers & other rider-friendly places can also be found on our website, www.virginiarider.com/rider-friendly-business-directory. They are all so unique and definitely worthy of a fabulous summer ride. Next month we'll be adding more amazing places along with full maps of West Virginia & Virginia as we launch our Virginia Rider Destination Station. Saddle up with family or friends and hit the road for lots of fun & adventures!

It's getting hot, hot, hot out there but we've got you covered when it comes to summer riding – check out the "Cool Summer Riding" article in this issue along with many other great reads!

The past few years have been kind of rough on many of us but now that the storm has passed we are so happy to have the country back open & free, just in time to celebrate its 247th birthday of our young nation. We can't thank you enough for being here with us as we roll through the summer of 2023....finally freedom 😊

Until next time,

Be safe & Stay Awesome! ❤️

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE Marc says "Windy is definitely back, and life seems to have returned to normal, and then some. In addition to these Great Places to Ride, Rose and I also logged in some appointments. We'd like to welcome aboard our new advertisers: Blue Grass Mercantile, The Curly Maple, Jim's Drive-In and CycleLogikal."



RUFF RIDERS features Willow, who showed up just over 5 and a half years ago now. She was found hiding out under a family's porch in country hills here in WNY. From the moment she was taken in, she was very skittish, but the absolute sweetest and had the best demeanor.



In our new feature, **MUSIC AND MOTORCYCLES**, we cover iconic bands and songs that have become anthems for riders through the years. This month features The Allman Brothers Band classic, Midnight Rider. "Midnight Rider" was Gregg Allman's signature song, describing how he continued on in the face of obstacles.



SURVIVING THE CITY Congratulations: you own an invisibility cloak! No matter what you do to increase your visibility to others, there will always be drivers who won't see you. "Be Unhittable." What does this mean? Find out this & much more important information & safety tips for riding so you don't become a fool for the city.



FIT FOR THE ROAD Drinking water should always be a part of your daily life, especially when riding but that isn't the only way to stay hydrated. Did you know that you can also get your water in the foods that you eat too?



THE LIGHTHOUSE When people think of attorneys, they picture getting a reduced sentence or fine for whatever their offense is. But the Lord is an attorney who advocates for us by using the argument that he has already paid the price for our transgressions, and we should be set free because of it.



TOM MCGRATH'S MOTORCYCLE LAW GROUP asks whether all drivers should be familiar with riders rules of the road. Many of these rules keep riders safe from passenger car and truck drivers, and as a courtesy to riders it would be nice if more people were aware of them

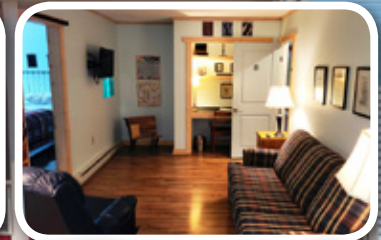
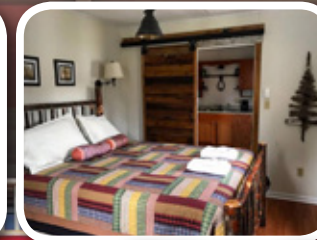
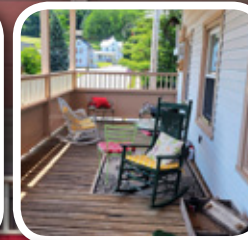
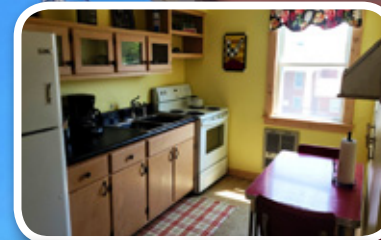
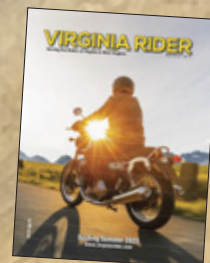
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ON OUR COVER

Summer's here and it's hot! Riders are out soaking up the sun and enjoying rides to destinations all over Virginia and West Virginia!



Ride here. Eat here. Stay here.

Welcome Riders! Warm, cozy suites!



WE WANT YOU TO JOIN



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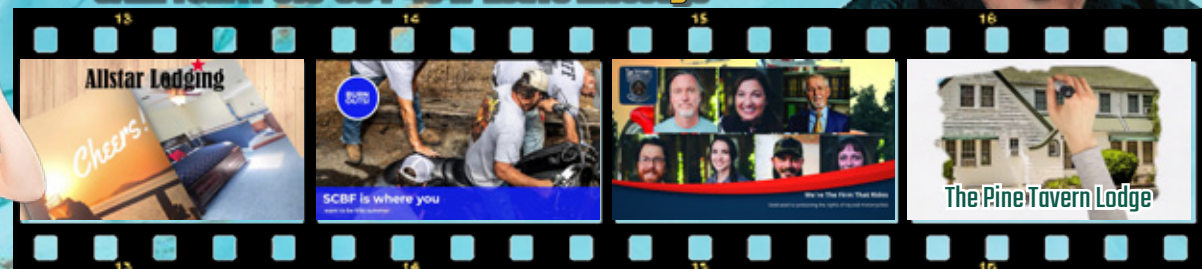
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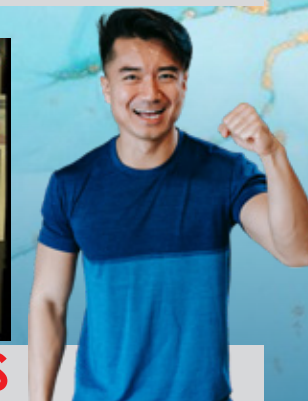
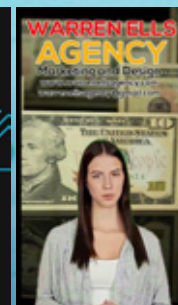
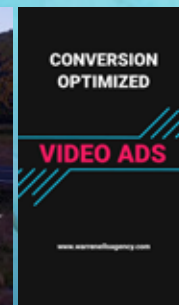
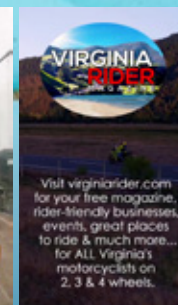
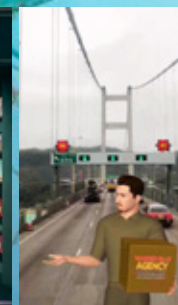
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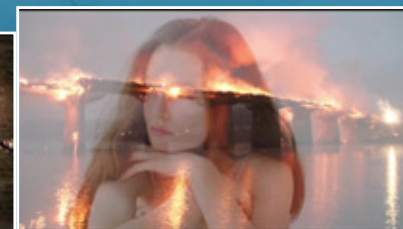
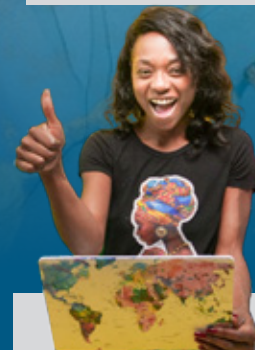
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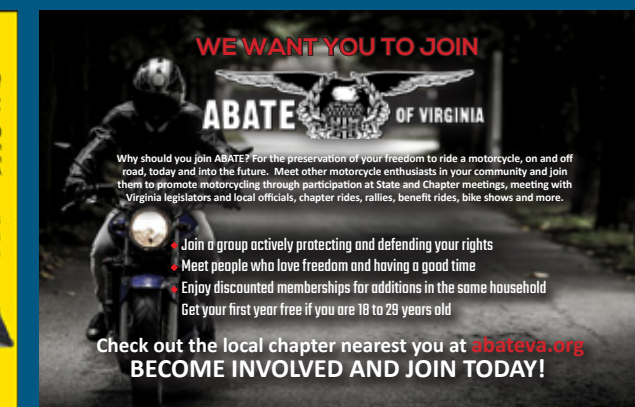
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TOP 5 Summer Safety Tips for Pet Parents

Hope you are having a nice summer! With the hot weather setting in, we wanted to remind folks that amidst the fun and games, pet health should be kept top of mind to help ensure a safe season for all. To keep dogs and cats out of harm's way, the ASPCA has created a helpful infographic with the Top 5 Summer Dangers for Pets, including:

1 Fireworks & Thunderstorms

Load noises like fireworks are one of the top reasons pets go missing, so secure your pet in an escape-proof place. If your pet does go missing, download the ASPCA app for a free step-by-step digital toolkit to help find your pet: www.ASPCAapp.org.

2 Sun & Heat

High summer temperatures and bright days can mean dehydration, overheating, and scorched paws. Know the signs of overheating (excessive panting, increased heart rate, and weakness) and bring your pup indoors or to a cool, shady place.

3 Toxic Chemicals

Insecticides, citronella products, and glow sticks are toxic to pets. Keep your pet away from areas where chemicals have been sprayed and ensure dangerous products are out of reach.

4 Parties & Barbecues

If your pet's joining the party, make sure guests don't feed your pet human food (especially grapes, onions, avocado, and chocolate) and ensure alcoholic drinks are kept out of your pet's reach.

5 Hot Cars

Even with the windows open an inch, a car's temperature can reach over 100° in 10 minutes on an 85° day. One quick errand can turn dangerous in minutes, so leave your pet safely at home. Sign our Hot Car Pledge to help save lives this summer and all year long.





Email your "SHOTZ" to virginiaridermagazine@yahoo.com





GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

The First Time Again



So much has happened since Rose and I got Windy back. Looking through my riding files, there were none created between 03/04 and 05/13: two months and 10 days without a KSU. And it went from one extreme to the other in a matter of days, if not hours, riding to Texas and back, where the speedo spent more time over 80 than it did under. It was over 3000 miles of riding, 2700 of it in four days. So much happened in that short time. Needless to say, we had our fill of congested concrete jungles and highways for quite a while.

I had posted during that adventure, that it was great to be amongst the living again. Watching Windy roll off the trailer like the launching of the Bismarck, thinking she was in gear as I released the last strap, seemed like a clear sign from the universe, at the time, that riding was over. It is now spring, and a far cry from that gray, winter day, broke down on the side of a cold, empty road. Rose and I have a fresh bike to ride, roads to rediscover, places to revisit, friends to catch up with, and a new universe, blooming with anticipation.

After returning on our journey from central standard time, Rose and I took a ride up to Franklin on two of our favorite backroads: Doe Hill and Thorn Creek. Things had blossomed nicely since we'd last ridden here. We got a sub to go from AGK Italian Restaurant and Pizzeria, and took it to Ruddle Park, where we shared it. We can usually find an empty pavilion with picnic tables, and watch the traffic along

WV220, while we eat. Perhaps more importantly, they have indoor plumbing. There might be a giant spider in a corner, but it's a small trade-off when transferring fluids indoors.

The very next day, we rode to Monterey and looped down to Mill Gap Road, up Meadowdale to Hightown, and back on VA250. The view of the valley was spectacular! Everything had gotten so green. And clear skies with mild temps in June was icing on the cake. We noticed fresh "leavings" on the road, indicative of buggy traffic. And sure enough, we encountered one a couple miles ahead. Fortunately they were headed in the opposite direction. I'd hate to find one in a blind turn in those hills headed the same way.

A few days later, our good friend, Henry Jordan, invited us to go along on a ride to Beartown State Park and Lewisburg, WV. Sadly, Rose couldn't make it, but I got the green light. Henry and I met Mac and his son, Corey, in Warm Springs after heading down from Monterey. They were arriving from the south on 220, and we met at the parking area near the freshly remodeled bath houses at precisely the same time. That will never happen again, but we'll keep trying.

There were a few vehicles in the lot at the park, but we pretty much had the place to ourselves. It's really impressive, even if you've been there before. I always marvel at the effort to which WV made this beautiful and spectacular area so accessible with all of the decking and walkways winding



through the rock formations, massive boulders and cliffs. There is a gray room, but no indoor plumbing, so potty strategy is suggested when visiting. You can check out wvstateparks.com/park/beartown-state-park/ for more. It really is great riding and a great destination.

Continuing south, the views on WV219 were amazing! And a new encounter for the books, a car was turned sideways blocking the oncoming lane. I didn't realize the driver was motioning for us to stop until we were right up on her, but there was a large turtle trying to cross the road several yards ahead. We managed to slow down and avoid it, and motioned for the oncoming traffic to slow as well. I hope it got to the other side without incident. But talk about hazards...

We stopped at Humpback Covered Bridge on the way back. The backroads, 60, 311 and 159, from Lewisburg were laden with farms and nice homesteads where we once again, enjoyed the highway gear. It was 82 degrees and folks were taking a dip in the river. Even though the parking lot was fairly full, we managed to get a touron-free shot of our team with the bikes in front of the bridge. There's also a "LOVE" display with a tree forming the "V" for pics. Again, strategy is advised. The rooms were blue this time.

Windy is definitely back, and life seems to have returned to normal, and then some. In addition to these Great Places to Ride, Rose and I also logged in some appointments. We'd like to welcome aboard our new advertisers: Blue Grass Mercantile, The Curly Maple, and Jim's Drive-In. They fit very



nicely in what we're all after when going for a ride, so please be sure to check them out, along with other Rider-Friendly Businesses at virginiarider.com/rider-friendly-business-directory. They, along with our current partners and advertisers, help bring you this uniquely informative publication each month.

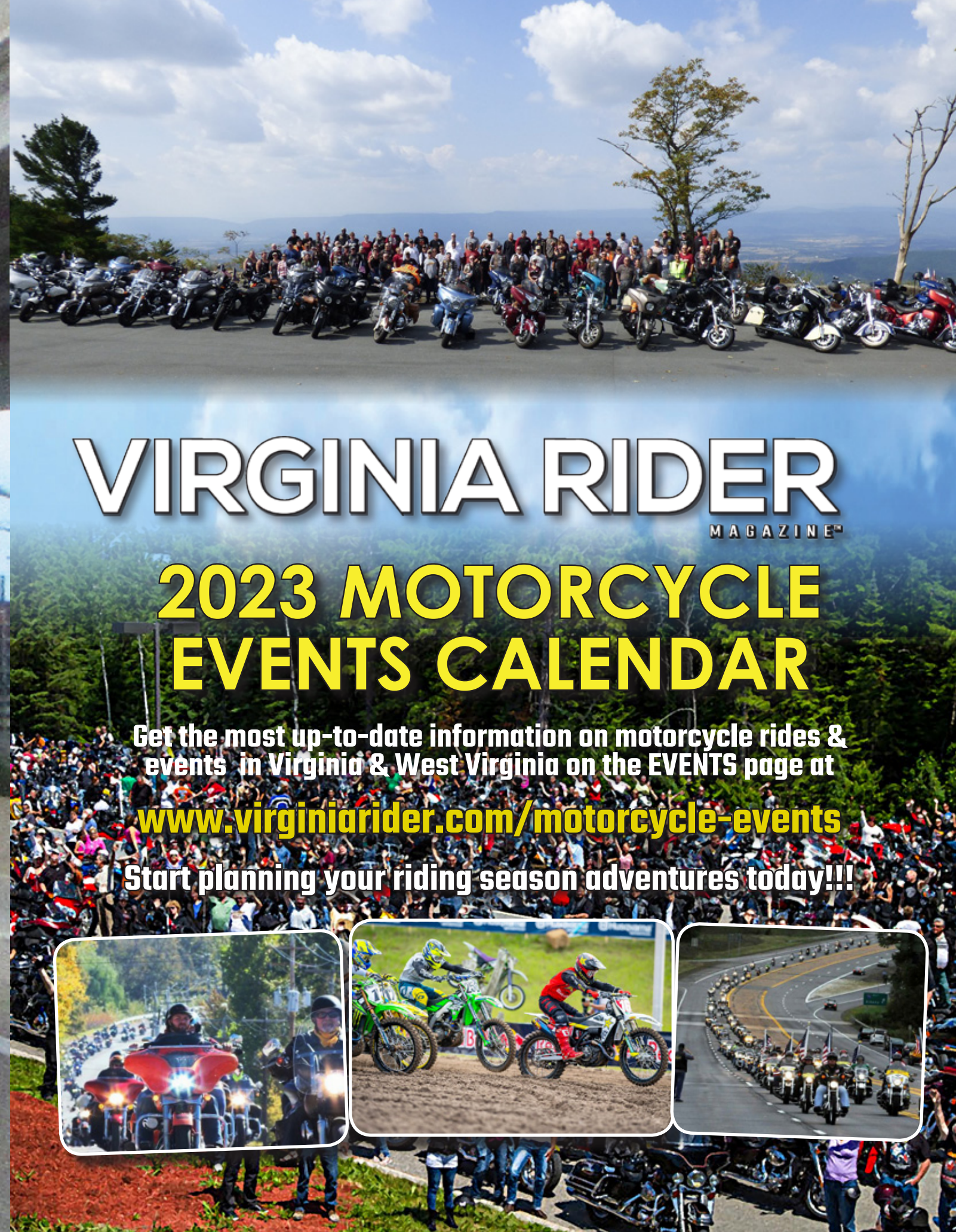
And there's MORE big news! We'd like to welcome CycleLogikal onboard as our new sponsor for Virginia Rider Magazine's Great Places to Ride feature, as the official service facility! Gary and Norm have an impressive, new business in Mount Crawford, VA that "Keeps the Fun Alive!" This will greatly assist in bringing creative and informative content that just may inspire a memorable ride of your very own.

I hope whatever is in the air tucked in these mountains is reaching everyone. This riding season feels different this year. It seems more like the first one again, where everyone was so hyperly eager to get on their bikes and ride every chance they got. And if you look back at the last few years, many of us really haven't gotten to. I think we all got a dose of just how short life really is, and the importance of time, and how we spend it. And those of us who are fortunate enough to ride, know exactly what that means.

Cheers and thanks for reading!

Marc Ritchie
Photos, Angelic Pillion: Rose Grant

continued next page



VIRGINIA RIDER

MAGAZINE™

2023 MOTORCYCLE EVENTS CALENDAR

Get the most up-to-date information on motorcycle rides & events in Virginia & West Virginia on the EVENTS page at

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Start planning your riding season adventures today!!!



RR Ruff Riders

Willow



"I've been on motorcycles as long as I can remember. Growing up in a motorcycle shop, I was always around them from 50cc dirt bikes to taking rides with my Dad on the back of his Harley. Riding is one of my life-passions and when Willow came along, I knew I couldn't separate the two. Willow showed up just over 5 and a half years ago now. She was found hiding out under a family's porch in country hills here in WNY. From the moment she was taken in, she was very skittish, but the absolute sweetest and had the best demeanor. At the time, we were on the lookout for a dog and when no one claimed her we decided to take her home. She was around a year old we were told and from then on, she has never left our side (oh, and it turns out she was pregnant and had 7 puppies on us a month later!) She listened so well, stuck around while never on a leash, and loved riding with her head out the car window! That was when I decided she would probably do great on my motorcycles so I purchased a Kuryakyn Pet Palace and gave it a shot. Well, that was easy! We took test runs going slow around the neighborhood and practicing staying still and not jolting around and the rest is history. Between my Harley and Dual Sport, she rides all over with us, including on back country roads and trails. I wouldn't trust just any dog behind me, but Willow is so content and just happy to be with us, she makes the best copilot around! (so much so that I got her tattooed on my arm :)"

Willow's owner is Ashley Baron – Even though this story was written back in March 2020, you can still follow & enjoy the amazing ongoing journey of Willow & Ashley on Instagram @willygoat_adventures.



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Should Car and Truck Drivers Also Have To Learn Motorcycle Laws as Well?

Other than equipment laws and a handful of laws pertaining to lane sharing, and in some states traffic lights, there really aren't that many different laws that are specific to motorcycle riders. However, there are a lot of informal rules of the road motorcyclists follow. Many of these rules keep riders safe from passenger car and truck drivers, and as a courtesy to riders it would be nice if more people were aware of them.

Motorcycle Hand Signals Drivers Should Know



Any car or truck driver unfamiliar with the hand signals motorcyclists use to communicate on the road may want to check out our recent post on the topic. From a safety standpoint the most important signals all drivers should be able to identify are the left and right turn hand signals.

A left arm pointing straight out indicates a left turn while a left arm out and bent with the fist pointed upward indicates a right turn. These are the same signals bicycle riders should be using when they're making left or right turns on busy streets.

If a car or truck driver causes an accident with a rider who was making a legal turn that they properly signaled prior to their turn, the car or truck driver will likely be found to be at fault for the accident and any injuries that result.

Keeping an Eye Out for Riders



Riders don't intentionally make themselves less visible on the road, but a lot of drivers use the "I didn't see them," or "they came out of nowhere," excuse after accidents with motorcycles. The increasing prevalence of distracted drivers on the road are making these accidents more common.

While motorcycle safety starts with the rider, is also important for automobile drivers to be more aware of their surroundings, check their mirrors and keep an eye out for riders who may not be as visible as large cars or trucks. Riders have just as much right to be on the road as other motorists, even if they may in some circumstances be harder to spot.

As motorcyclists we should be cognizant of possible blind spots of vehicles around us and try to avoid those potential hazards.

There is also growing evidence that the use of conspicuous clothing and lighting can aid in being detected by other drivers.

Riders Are Entitled to the Full Use of Their Lane

One of the laws that's specifically written in many states is that riders get a full lane in which to operate their vehicle. Just because a motorcycle may not take up a full lane on the road doesn't mean drivers are allowed to drift precariously over the line.

Tailgating Is Especially Dangerous for Motorcyclists

Most states have laws against tailgating.

Hundreds of riders across the country are injured and, in some cases, killed every year because drivers follow too closely behind them in traffic or aren't paying attention when approaching stop lights. A light tap that causes minor fender damage to a car or truck could result in life-changing injuries for a rider or their passenger.

What Drivers Should Keep in Mind If They're Ever Called for Jury Duty on a Motorcycle Accident Injury Case

Not all, but many car and truck drivers who don't ride motorcycles have unfair biases against motorcyclists. Some of them assume that riding motorcycles is inherently recklessly, so if a motorcycle is involved in an accident with a car or truck driver it's likely the motorcycle rider who was doing something negligent.

This type of thinking is one of the reasons motorcyclists can have more trouble winning accident injury cases than car or truck drivers.

The majority of riders are responsible motorists who pay more attention to safety than the average commuter. They often ride not just for enjoyment but also because it's a convenient, economical way to get to and from work or school. Riders understand that too many drivers are distracted, so they must take responsibility for their own safety.

Your neighbors, coworkers, fellow parishioners at church or the barista who makes your coffee every morning could be riders. They're just average people going about their lives and they deserve respect on the road.

If you, a friend or a loved one has ever been injured in a motorcycle accident, the Motorcycle Law Group is ready to help. As The Firm That Rides®, we understand the prejudices some people have against riders because we've experienced them ourselves. Call us at **1-855-LAW-RIDERS** to get the aggressive, knowledgeable representation you deserve.



FIT FOR THE ROAD

Eat Your Water

It's so important to keep hydration in mind when riding open on 2, 3 or 4 wheels. Water is vital to our health. It plays a key role in many of our body's functions, including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature. Drinking water should always be a part of your daily life, especially when riding but that isn't the only way to stay hydrated. Did you know that you can also get your water in the foods that you eat too? Most foods contain some water but plant foods have more. When you consume water through fruits and vegetables you get the added benefit of antioxidants, anti-inflammatory agents and fiber. You typically get about 20% of your water each day from food. You can get even more if you eat foods that have a high water content, which many just happen to be some of our favorites!....

Cucumbers



They're 95% water and low in calories. They also may help fight inflammation and might even slow the aging process. They're great in a salad or as an edible scoop for dips.

Carrots



This one may be a surprise. Crunchy and dense, you wouldn't think they're full of water. But they are, around

90%. And they're loaded with beta carotene and other antioxidants that protect you against cancer and keep your heart strong. Add them to a salad or have them as a snack.

Zucchini



This green squash that grows like a weed in the South is 95% water. It has antioxidants -- things that help protect your cells from damage -- including two that are good for your eyes. It's great grilled or roasted in the oven.

Iceberg Lettuce



It's 95% water, and while it has fewer nutrients than some other greens, it does give you a few things. Besides fiber -- which helps keep you regular -- it also delivers potassium, manganese, iron, calcium, magnesium, and phosphorous -- all essential minerals that can help keep you healthy.

Spinach



Here's a green leafy veggie that can be used raw in a salad or sauteed as a side dish. It doesn't have quite as much water as iceberg lettuce, but it's loaded with vitamin K, folate, manganese, and magnesium, plus antioxidants that help fight inflammation and cancer.

Celery



It has a satisfying crunch and is still 95% water. It's also low in calories and high in vitamin K, folate, and potassium. And celery is good for digestion because it has lots of fiber and helps prevent inflammation in your digestive system.

Cauliflower



You may not have thought of this one, but it's 92% water. It's also rich in vitamin C, vitamin K, and other essentials. And it has other nutrients

that may help lower cholesterol and protect you against cancer. But don't boil it -- roast it to keep in the nutrients.

Soup



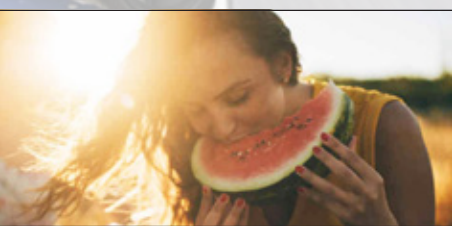
No surprise here: The whole idea of soup is that it's largely liquid. But it's a great way to get fiber and nutrients as well -- and there's one for every taste. Make broth from fish, chicken, or vegetables, and add almost anything to it, from beans to greens and meats -- even pasta. Homemade chicken soup is not only good for hydration, but it also might help fight the common cold.

Tomatoes



They're 95% water, and they can add flavor and sweetness to a sandwich or salad. They have lots of antioxidants, including one called lycopene that may help fight cancer. They also can help lower "bad" cholesterol (LDL) and may boost your overall heart health.

Watermelon



This summer treat is a good way to stay hydrated when it's hot. It's sweet, but low in calories, and can quench

your thirst, thanks to its 91% water content. Like tomatoes, it has lots of lycopene, an antioxidant that may protect your cells from sun damage and help your skin.

Strawberries



They're 91% water and also have lots of antioxidants, especially flavonoids -- chemicals that help your brain stay sharp and healthy. Eat them for dessert with a bit of whipped cream, or put them in a summer salad.

Yogurt



It's 85% water and a great source of protein and electrolytes that make your heart and other organs work the way they should. It also has bacteria (probiotics) that are good for digestion and help keep you regular. Have some with a few strawberries to get even more water in your afternoon snack.

Oatmeal



Made with water or low-fat or skim milk, it can help keep you hydrated

and give your heart a boost. It can lower your cholesterol levels and may even help ward off type 2 diabetes and breast cancer. It's a healthy way to start the day -- as long as you watch the added sugar.

Grapefruit



That sour bite can sure wake you up in the morning. Plus, at 90% water, it will help keep your body hydrated. It's also full of fiber and nutrients, especially vitamin C, which helps your immune system and can protect your cells against damage. But it can cause problems if you take certain medications, so check with your doctor first if you take any prescription drugs.

We want you all to have your best summer ever so by making sure that you're drinking plenty of water and *eating* it too, you're helping to keep your body ready to ride and fit for the road.



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THE LIGHTHOUSE

"I have come into the world as a light, so that no one who believes in me should stay in darkness." - John 12:46

MY ATTORNEY

After living what I felt was a "decent" life, my time on earth came to the end. The first thing I remember is sitting on a bench in the waiting room of what I thought to be a court house. The doors opened, and I was instructed to come in and have a seat by the defense table. As I looked around, I saw the "prosecutor." He was a villainous looking gent who snarled as he stared at me. He definitely was the most evil person I have ever seen. I sat down and looked to my left and there sat My Attorney, a kind and gentle looking man whose appearance seemed so familiar to me; I felt I knew Him.

The corner door flew open and there appeared the Judge in full flowing robes. He commanded an awesome presence as He moved across the room. I couldn't take my eyes off of Him. As He took His seat behind the bench, He said, "Let us begin."

The prosecutor rose and said, "My name is Satan, and I am here to show you why this man belongs in hell."

He proceeded to tell of lies that I told, things that I stole, and times when I cheated others. Satan told of other horrible perversions that were once in my life, and the more he spoke, the further down in my seat I sank. I was so embarrassed that I couldn't look at anyone, even my own Attorney, as the Devil told of sins that even I had completely forgotten about. As upset as I was at Satan for telling all these things about me, I was equally upset at My Attorney who sat there silently not offering any form of defense at all. I know I had been guilty of those things, but I had done some good in my life - couldn't that at least equal out part of the harm I'd done?

Satan finished with a fury and said, "This man belongs in hell, he is guilty of all that I have charged, and there is not a person who can prove otherwise."



When it was His turn, My Attorney first asked if He might approach the bench. The Judge allowed this over the strong objection of Satan and beckoned Him to come forward. As He got up and started walking, I was able to see Him in His full splendor and majesty. I realized why He seemed so familiar; this was Jesus representing me, my Lord and my Savior.

He stopped at the bench and softly said to the Judge, "Hi, Dad," and then He turned to address the court. "Satan was correct in saying that this man had sinned. I won't deny any of these allegations. And, yes, the wage of sin is death, and this man deserves to be punished."

Jesus took a deep breath and turned to His Father with outstretched arms and proclaimed, "However, I died on the cross so that this person might have eternal life, and he has accepted Me as his Savior, so he is Mine."

My Lord continued with, "His name is written in the book of life and no one can snatch him from Me. Satan still does not understand yet. This man is not to be given justice but rather mercy."

As Jesus sat down, He quietly paused, looked at His Father and said, "There is nothing else that needs to be done. I've done it all."

The Judge lifted His mighty hand and slammed the gavel down. The following words bellowed from His lips... "This man is free. The penalty for him has already been paid in full. Case dismissed."

As my Lord led me away, I could hear Satan ranting and raving, "I won't give up, I will win the next one."

I asked Jesus as He gave me my instructions where to go next, "Have you ever lost a case?"

Christ lovingly smiled and said, "Everyone that has come to Me and asked Me to represent them has received the same verdict as you, "PAID IN FULL."

"So if the Son sets you free, you will be free indeed" (John 8:36, NIV)"



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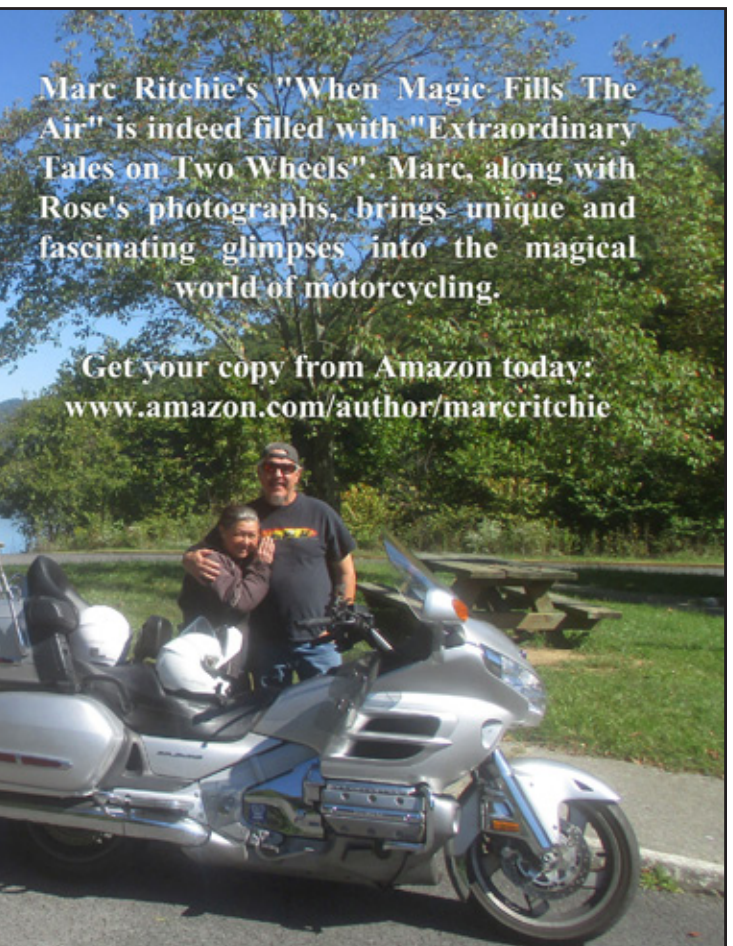
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Don't Be a Fool For the City

Tips for Riding in City Traffic

My present job has me commuting about 25 miles each way into a downtown area for work for the last 10 months. Just about everything that was taught to me by the Motorcycle Safety Foundation (MSF) instructors in the basic and experienced rider courses has come into play during that time. Here are some tips that should help you to survive riding in city traffic.

First off, if you didn't know it by now, congratulations: you own an invisibility cloak! No matter what you do to increase your visibility to others, there will always be drivers who won't see you. You can have modulating headlights, reflective tape and jacket, and heck you can wear a spinning yellow light on top of your helmet. But, you must still ride as if you're invisible. Even police cars, with their lights flashing and sirens blaring, have had cars pull out in front of them or been hit by unwary drivers



Be Unhittable

One of the principles I ride by is "Be Unhittable." What does this mean? It means ride fully expecting drivers to not see you and positioning yourself to be more visible to any driver that can possibly ruin your day.

Positioning is important: try not to ride adjacent to cars. You should always ride in the front line of vision of the driver behind you, not in their peripheral vision. Often people fail to use their turn signals, or even fail to check their blind spots, so keep alert and out of the blind spots of other vehicles. Place yourself so that if the driver unexpectedly moves into your lane, he will do so without hitting you.

Along with being aware of what is immediately around you, don't forget to check what is seven to 12 seconds in front of you. The way I see it, if traffic events surprise you, you weren't paying attention. Riding in traffic is not the time to think about anything but the threatening environment around you. Do you ride where there's an "escape lane"? Do you create options for yourself in case the car in front of you stops unexpectedly or the car behind you doesn't notice that traffic has come to a stop?

Do you create and maintain a safe reaction zone between the vehicle in front of you and your motorcycle? (This zone is also called a Safe Following Distance.) Essentially, it's all about giving yourself enough time to react.



A Visible Intersection

Although you cannot assume for an instant that any driver sees you, you must ride in a way that affords them the chance to see you.

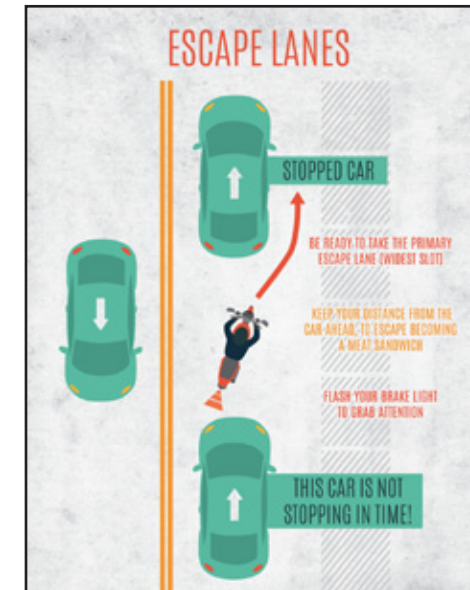
A Safe Following Distance not only gives you the time you need to react to a situation, but it also serves to prevent the vehicle in front of you from blocking the oncoming traffic's view of you. If you ride too close to a vehicle's bumper, chances are drivers coming your way won't see you and will try and make a turn into you after they pass the vehicle ahead of you.

In my opinion, the greatest threat to motorcyclists at intersections is a left-turning vehicle. There have been medical studies which suggest motorcycles are "not seen" by car drivers who are turning left because humans don't perceive motorcycles as a threat, compared to the size of the car they are in. In essence, the brain appears to ignore the smaller vehicle that's oncoming. How many times have you heard the stories where the driver of a car is quoted to say: "Honestly, Officer, I didn't see him"?



As you approach the intersection, you must catch the eye of the left-turning driver by presenting yourself in their line of vision. By doing a slight weave within your lane, your headlight becomes an unusual moving object. This perhaps will gather more attention from that driver. Furthermore, don't watch the driver's eyes, but rather watch the front tire and what it is doing. I've had drivers look me straight in the eye and still initiate a left turn towards me. If at all possible, transit an intersection with a "buddy": a car either to your left or right, which the left-turning driver will perceive as a threat. Always be on the lookout for escape lanes as you approach intersections. You should have a final resort if the driver happens to turn into your path. Lastly, don't

forget to double-check your turn signals after you've made a turn, and before you approach intersections. You don't want to signal the wrong information!



Escape Lanes

Understanding the concept of escape lanes is imperative to being safe on your bike. Basically, you want to develop the habit of being constantly aware of available space in the road ahead, should the need arise to maneuver there. The escape-lanes concept applies to two different situations.

First, when stopped at an intersection, the car in front of you can become one third of a "meat sandwich" should the car coming up behind you fail to stop in time. Know whether you'd maneuver right or left in that situation. Also, remember to flash your brake light to attract a driver's attention as they come up to the intersection behind you. I tend to keep a close eye on the approach of the car behind me, and only relax when I see them slow and come to a stop.

Second, while riding along pick a lane where, if necessary, you could swerve out of harm's way. On my commute, this involves riding in the lane next to a bike path, or perhaps next to a painted median where I could possibly swerve to avoid a collision with a car. Riding next to raised medians should be avoided.

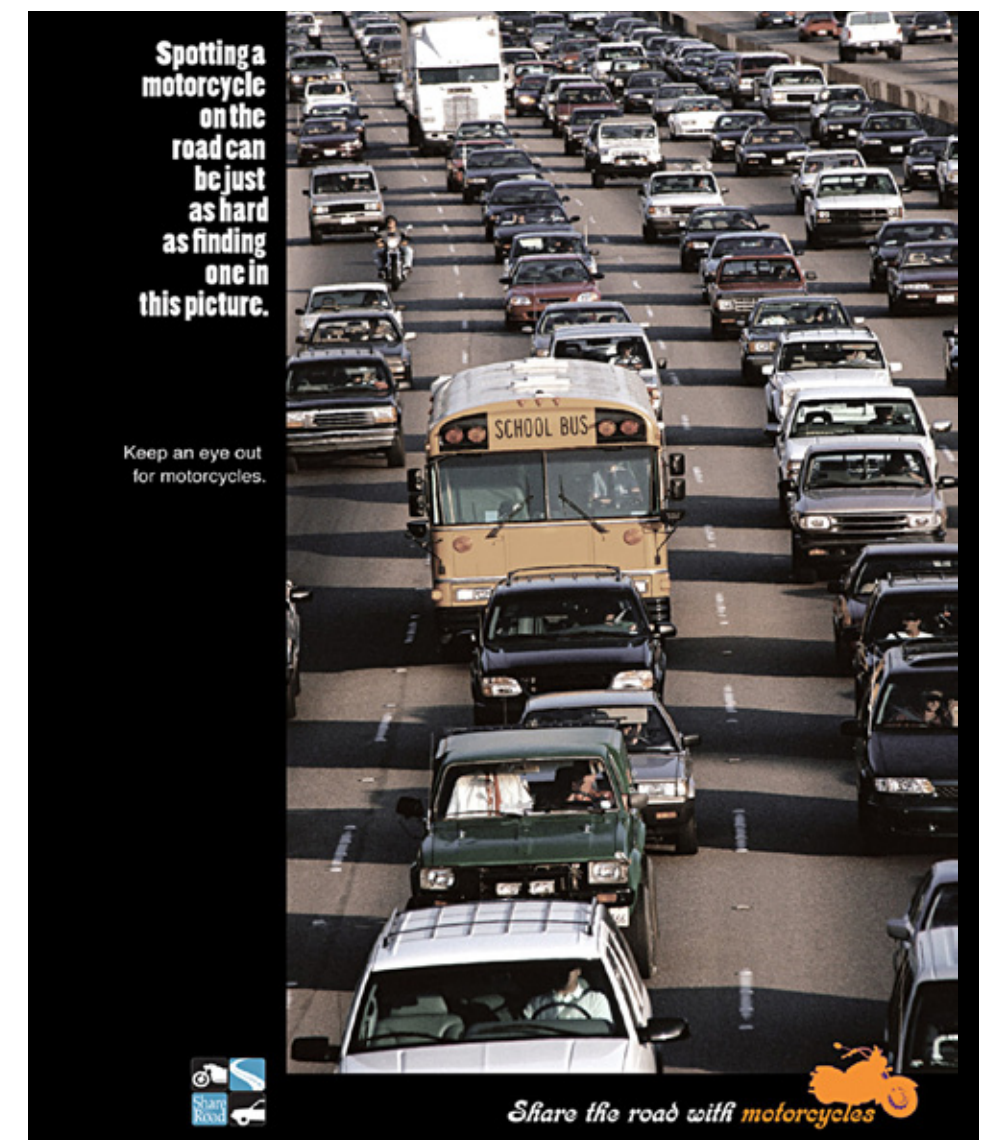
Escape lanes come and go, and you must continually look for them. One sign you're not paying enough attention to what's around you? A car suddenly passes you and you weren't even aware it was there.

It's Up To You

In sum, it is up to you to ride as though you were invisible to other drivers. A bike will always lose in a collision with a car. You may have had the right of way, but do you really want to be dead right? I've talked about how to be unhittable, making yourself more visible to other drivers, and most of all remaining aware of what is around you and in your line of travel. The British teach their riders to always do the "Lifesaver." What's that? Before you change lanes, actually turn your head and look: you'd be surprised how many times you'll find a car riding along in your blind spots. Get to know your commute route, including the best times to travel, and the best shortcuts and traffic patterns. I've found that the shortest way is not the best way, and the taking the longer route can result in a lot less stress. At the same time, my closest calls have actually been on quiet neighborhood streets and not congested city roadways!

There's a lot more to learn and practice about safe motorcycle riding, and the techniques and best practices needed in different environments. If you haven't taken the MSF's Basic Rider Course, I strongly encourage you to do so. I've met riders who, after riding for years, took the course and admitted they discovered some bad habits which required correcting. Safety on a bike is the key to ensuring you'll be riding for years to come. Ride Safe. Ride Aware.

Source: <https://www.fix.com/blog/motorcycle-riding-in-city-traffic/>



Share the road with motorcycles



Midnight Rider

Triumph. Harley. Indian. No matter which brand you ride, there’s a good chance you’re listening to one thing – Rock and Roll. From outlaws to outcasts, the rich, intertwined history of both make for one of the most iconic pairs in American history.

As years have passed and culture has changed, the opinions surrounding both motorcycles and rock and roll have shifted. Largely gone are the days that motorcycles, leather and a little rock and roll are seen as the sign of a criminal or bandit. Nowadays, as we’re driving down the highway and hear the sound of an old two-stroke cruising from behind, we turn up whatever rock station that’s in range, look back into the rearview mirror and appreciate the iconic duo of loud music and fast bikes.

We can’t really say for sure that the Allman Brothers Band’s outlaw protagonist was actually riding a motorcycle (instead of a horse, say). But one certainly gets that impression. “Midnight Rider” was Gregg Allman’s signature song, describing how he continued on in the face of obstacles. He wrote the song, but shared the songwriting credit with Kim Payne, a roadie for the band who came up with the classic line, “The road goes on forever.”

Song by The Allman Brothers Band, From ‘Idlewild South’ (1970)

Lyrics

Well, I've got to run to keep from hidin'
And I'm bound to keep on ridin'
And I've got one more silver dollar
But I'm not gonna let 'em catch me, no
Not gonna let 'em catch the midnight rider

And I don't own the clothes I'm wearing
And the road goes on forever
And I've got one more silver dollar
But I'm not gonna let 'em catch me, no
Not gonna let 'em catch the midnight rider

And I've gone by the point of caring
Some old bed I'll soon be sharing
And I've got one more silver dollar
But I'm not gonna let 'em catch me, no
Not gonna let 'em catch the midnight rider
No, I'm not gonna let 'em catch me, no

Not gonna let 'em catch the midnight rider
No, I'm not gonna let 'em catch me, no
I'm not gonna let 'em catch the midnight rider
No, I'm not gonna let 'em catch me, no
I'm not gonna let 'em catch the midnight rider
Not gonna let 'em catch the midnight rider



Testing 1-2-3 from the DMV Motorcycle Test

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

Which of the following items provides the most protection to your entire face and eyes while riding a motorcycle?

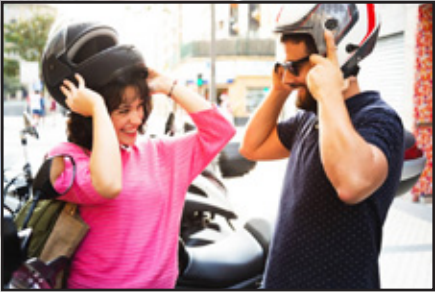
- (1) A windshield
- (2) Goggles
- (3) A face shield
- (4) Sunglasses



Answer: (3) A face shield - A plastic face shield can help protect your whole face in a crash. It also protects you from wind, dust, dirt, rain, insects, and stones thrown up from cars ahead.

How much more likely are motorcycle drivers without a helmet to die from a head injury than drivers who are wearing helmets at the time of the crash - regardless of the speed they are traveling?

- (1) Ten times more likely
- (2) Five times more likely
- (3) Not at all more likely
- (4) Three time more likely



Answer: (4) Three times more likely - No matter what the speed, unhelmeted riders are three times more likely to die from head injuries than are riders who are wearing helmets at the time of the crash.

To operate the throttle on your motorcycle:

- (1) Start with your wrist down
- (2) Sit forward with arms straight
- (3) Twist it forward and down for more power
- (4) Start with your wrist up



Answer: (1) Start with your wrist down - Hold the handle grips firmly to help you keep your grip if the motorcycle bounces. Start with your right wrist down to help you keep from occasionally using too much throttle.

Cool Summer Riding

While some of us revel at the thought of ripping up a country road with the sun beating down on our backs, some of us cringe at the thought of warmer weather. We want you to enjoy your motorcycle season for as long as possible. If you cut it short by avoiding the hot days (or months), you will be missing out on some serious road time.

Some of you may be thinking to yourselves that you know how to keep cool while riding—shorts, a t-shirt, and sandals. Sure that sounds refreshing now, but think about how terrible you’ll feel if you get in an accident and don’t have your protective gear on to save your skin!

Here’s some tips and tricks to help keep you cool all season long and to help summer riders withstand the heat.

Wear a Base Layer

You would think that wearing less clothing would mean you would feel less hot; just throw your riding jacket on with no shirt underneath and you’re good to go.

In fact, the exact opposite is the truth. Wearing a lightweight cotton shirt underneath your riding jacket will act as a water-wicking barrier between your sweaty skin and your leather jacket.

Put Your Base Layer in the Freezer



About 3 hours before you are planning on going for your ride, try putting the clothing you are planning on wearing under your riding gear in the freezer. This will cool down your clothes to keep you feeling fresh while you ride. It will also cool down the inside of your riding jacket, which will delay the inevitable heat that will slowly make its way in over time.

Do some at-home experiments and test how different lengths of time in the freezer affect your clothes. Maybe thinner shirts only need a quick, half-hour blast. Maybe thicker shirts need to be left in overnight to fully cool.

Another helpful tip for this trick is to put your clothes in a freezer bag first. I’m not saying your freezer is filled with meat and other perishables that should have been thrown out years ago, but unless you want your clothes to take on a freezer-food smell, it’s recommended that you put everything in a freezer bag.

Keep Your Hands Covered



If you have chrome handlebars on your motorcycle, they will heat up fast when they are exposed to direct sunlight. Trying to get a good grip on your handlebars while simultaneously burning your hands is a recipe for disaster. Wear gloves!

Whether they are full leather, mesh, or finger-less gloves, your hands will thank you for keeping them covered. Not only will you be avoiding the chrome-on-skin contact that could be uncomfortable while riding, but you will also be preventing your hands from being sunburned.

Cover as Much Skin as Possible



Think about it for a second. The more of your skin that is exposed to the sun, the greater risk you have of being sunburned, and therefore, feeling hotter. The more of your skin that is covered

and protected from the sun, the less direct sun you will feel on your skin, which will result in feeling cooler.

We aren’t suggesting that you waltz out into 95° weather wearing a parka, two pairs of pants, and wool socks. Wear a loose shirt under your vented jacket and reinforced riding jeans.

Combine a Damp Shirt with a Vented Jacket



Layering a vented jacket with a slightly dampened shirt will help to create an evaporative-cooling affect. This means that as the air passes through the vents in the jacket and over your damp shirt, it will turn the hot surrounding air into cool, moist air.

It doesn’t get more refreshing than this! To stay extra cool, soak your shirt in cold water rather than lukewarm water before letting it dry slightly. A damp shirt is better than a soaking wet shirt (most of the time).

Dress in Layers

If you are going on a day-trip, or even a weekend-trip, out on your bike, it’s important to not focus solely on the highest temperature that will occur that day. Temperatures fluctuate. What you wear during the middle of the afternoon might not be enough to keep you warm if you’re riding at night or early the next morning.



It’s important to think ahead. Dress in layers or even pack an extra sweater with you in case of cooler temperatures. You might feel silly grabbing a hoodie when it’s over 100° outside, but you’ll be thankful when you are riding through a windy valley or mountain ridge after the sun has set.

Stay Hydrated!



While this tip doesn’t have anything to do with what you can wear or bring with you on a ride, it certainly is one of the most important tips we can think of to help keep you cool this summer. Dehydration and heat stroke are no laughing matter. Staying hydrated throughout your ride will help you in the long-run. Drinking cool water will help to keep your internal body temperature low, offsetting the risk of developing heat stroke from the summer sun.

These are just some of the ways to help keep you cool on the road this summer but most of all just use your common sense, plan ahead & dress for your ride so you can enjoy your best riding season ever!



VIRGINIA RIDER MAGAZINE

Source: <https://barneshd.blog/2018/07/20/tips-for-staying-cool-while-riding-this-summer/>

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LOOKING FOR A GREAT RIDER DESTINATION?
JUST LOOK FOR THESE LOGOS FOR GREAT PLACES TO RIDE!



GOOD FOR YOU

What Fresh Air Does for Your Health

When you’re out riding or doing activities outside, most of us don’t normally think about all of the fresh air that we’re breathing in, we just breathe in and out of natural necessity. Being out in the fresh air is good for your body and your mind – anyone who enjoys getting outside will tell you that. But you don’t have to take their word for it. Scientific studies also back up the premise that fresh air, sunshine, and outdoor exercise benefit you in a number of ways. So here are a few scientifically-backed excuses to head out the front door now....

Fresh Air for Healthy Lungs

Breathing deeply increases oxygen in your blood, which has been proven to increase serotonin levels in your body. This “happy chemical” is responsible for lowered stress and anxiety. But the benefits of breathing deeply from fresh air go beyond that, too. Air pollution can cause a wide array of negative lung impacts, from asthma to coughing, chest pain, and shortness of breath. But outside in the fresh, clean mountain air away from indoor irritants and city pollution, you can help clear your lungs while enjoying the outdoors.

Boost Vitamin D Production

Outside in the sunlight, you’re doing a world of good for your body when it comes to Vitamin D production. Your body can’t produce this vital vitamin without UVB light, like the rays you soak in from the sun. UVB rays interact with a chemical in your skin, traveling through your body to create active Vitamin D. This helps you absorb calcium better and promotes immune health, too.

You don’t want to forego sunscreen as you soak up the sun, though, since it’s still important to protect against burns and damage that can lead to skin cancer. If you have concerns about your Vitamin D levels, talk to your healthcare provider about a blood test that could give you more information.



Movement for Whole-Body Health

When you’re outside, it often makes sense to be moving, whether you’re playing a game of volleyball at the park, throwing a ball around, riding your 2, 3 or 4 wheeled vehicle, taking a walk around the neighborhood, or hiking and climbing.

Moving your body is fun and good for you, helping to improve your mental and physical health. Aerobic exercise has been proven to reduce symptoms of anxiety and depression, and there are many scientifically proven benefits of exercise on your heart, lung, and musculoskeletal health.

Higher Levels of Happiness

A study conducted by Stanford University took a look at the emotional state of two groups: one walking in nature and the other in an urban area. The nature walkers expressed lower stress levels and negative thoughts, along with higher levels of positive emotions, compared to the people walking in an urban setting. So that fresh air and time in nature are good for even more than proven improved brain function, memory, and creativity. With all that taken into consideration, it’s well worth taking the time to get outside and take some deep breaths.

Fresh air...it’s good for you!

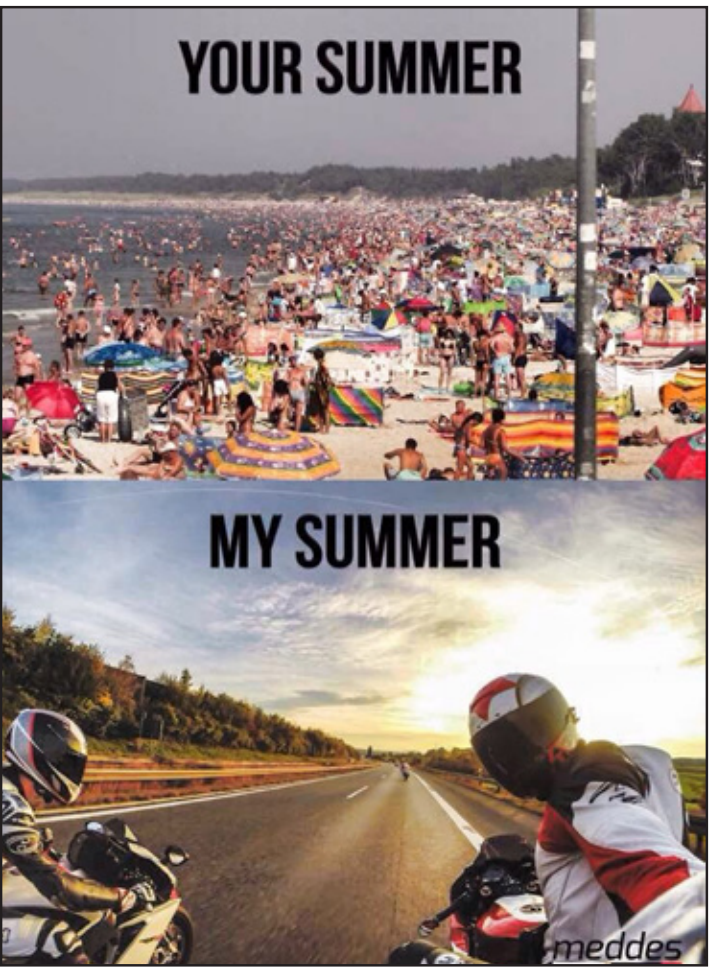
<https://chphealthmt.org/news/what-fresh-air-does-for-your-health>



Fireworks Safety

For pets

- ★ **KEEP YOUR PETS INSIDE YOUR HOME.** Even dogs in fenced yards find ways to escape the scary sounds.
- ★ **GIVE THEM A SAFE PLACE TO HIDE.** Set up a comfortable room or crate in the house just for them.
- ★ **USE AMBIENT NOISE.** A tv or radio playing comforting music works well
- ★ **UPDATE THEIR I.D.s & MICROCHIPS.** Just in case...
- ★ **KEEP THEM BUSY.** Treat toys, like Kongs, can help them stay distracted during the display



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EASY DOES IT

Good Food Simply Made

SUNSATIONAL PESTO PENNE PASTA

Good food doesn't have to have many ingredients or be complicated! Quick and easy pesto penne pasta is a simple and light Italian pasta dish made with just five ingredients in under 15 minutes. Freshly cooked pasta is packed with flavor when tossed in pesto, fresh cherry tomatoes and Parmesan cheese. It is best served fresh for an easy summer weeknight dinner, and serve any leftovers cold as a pasta salad the next day for lunch. You can also double the recipe & serve it cold for your summer picnic!

Pesto penne pasta is one of the easiest and quickest pasta recipes you will make... like ever.

Here's all you need:

- 8 oz. penne pasta (3 cups) or substitute with your favorite kind of pasta
- ½ cup basil pesto, homemade or store-bought
- ¼ teaspoon salt (or to taste)
- ¼ teaspoon ground black pepper (or to taste)
- 1 cup cherry tomatoes, halved
- ¼ cup Parmesan cheese, freshly grated

Note: You will also need a large cooking pot and a mixing bowl.

- Make the penne pasta. Bring a large pot of water to a boil over medium-high heat. Add penne pasta and a little bit salt, and cook till al dente (fully cooked but still firm) about 8-10 minutes, or according to package directions. Do not overcook the pasta. Turn off the heat and reserve at least ¼ cup of pasta water, then drain the pasta in a colander and let it cool for 1 minute.

- Transfer pasta into a large mixing bowl and add pesto and reserved pasta water (¼ cup or more, if desired). Season with salt and pepper and toss well to coat. Stir in cherry tomatoes and parmesan cheese.
- Serve immediately. Sprinkle extra parmesan on top, if desired.

TIPS:

- Toss in a mixing bowl. When mixing the pasta and pesto together, make sure to use a mixing bowl rather than just mixing in the pot. The pot is too hot and will cause the basil in the pesto to turn black.
- You can customize this penne pasta by adding in cooked meat or vegetables such as chicken, shrimp, zucchini, or broccoli.
- Serve pesto penne pasta with a side of crusty garlicky bread such as pull apart garlic bread, rosemary garlic focaccia bread, ciabatta bread, or tomato focaccia bread. You can also pair it with a fresh salad on the side such as an easy Greek salad, Mediterranean chickpea wedge salad, or tomato cucumber avocado salad.
- Pesto pasta is best served fresh or cold as a pasta salad. Store any leftovers an airtight container for up to 3 days in the refrigerator. I would NOT recommend reheating. You can serve leftovers as a delicious pasta salad.

Bon appetit! ❤️

Source: <https://www.aheadofthyme.com/pesto-penne-pasta/>



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