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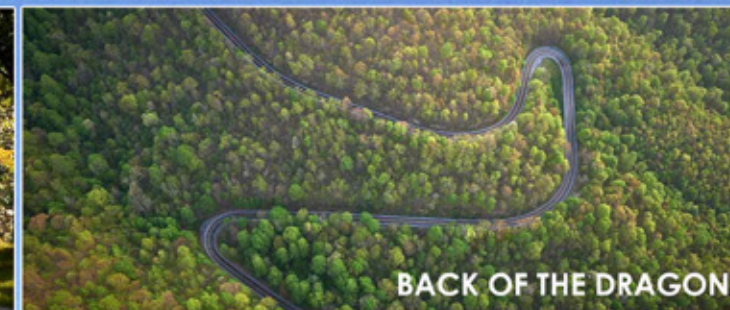
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THESE ARE JUST A FEW OF THE AWESOME RIDES AVAILABLE TO RIDERS IN VIRGINIA

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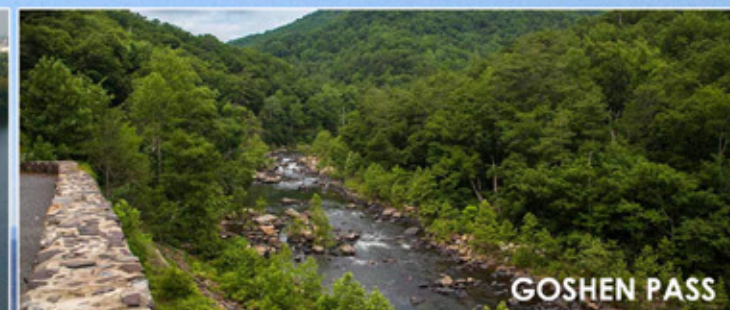
COLONIAL PARKWAY



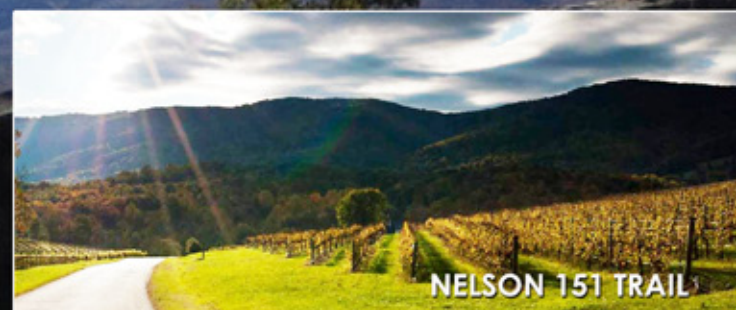
BACK OF THE DRAGON



GEORGE WASHINGTON PARKWAY



GOSHEN PASS



NELSON 151 TRAIL



SKYLINE DRIVE



BLUE RIDGE PARKWAY



CHESAPEAKE BAY BRIDGE TUNNEL



from the editor's desk

Welcome friends to a sizzling special edition of Virginia Rider! Summer is finally here in all its glory & Wow, is it Hot-Hot-Hot!?! We've got another great issue filled with lots of helpful and informative info for you to help make the best of your life as a rider on 2, 3, or 4 wheels. Even though most of our content is geared toward riders, we think that you'll find something for everyone in each issue of our magazine. We love having a variety of topics for your reading pleasure so if there are any subjects that you'd like for us to cover please shoot us an email & we'll be sure to include it in a future edition if possible.

These next few weeks are my absolute favorites of the year (next to Christmas 🍷). Since we just celebrated the official kickoff to summer on June 20th, the summer solstice, everyone seems to be in the best of moods with vacations and adventures on their minds, and many others are looking forward to taking some much-needed time off to enjoy some R & R in their own backyards.

***== Enter patriotic vibes ** == June into July is an extra special time when we see patriotic spirits really soar as folks fly our nation's flag in their neighborhoods, businesses, on their vehicles and on their bikes too. Flags just make us feel patriotic. I love that I get to share my birthday with America the Beautiful every 4th of July. I have a special affection for our nation's flag as it always stops me when I see one flying and mesmerizes me for a few minutes as it flows gracefully in the wind....I truly get a lump in my throat when I see it or hear a patriotic song....I even tear up during the National Anthem. She holds many nicknames such as "The Red White and Blue", "the Stars and Stripes", "Old Glory", and "The Star-Spangled Banner", among others. The white stripes stand for liberty and equality for all. The blue stands for loyalty and faith. These colors represent human rights for America such as the promises of freedom of speech, freedom of religion, and freedom to live in a free land without dictatorship. The flag is so important that its history tells the story of America itself. It represents the freedom, dignity, and true meaning of being an American. It has been with us through our war times, our sad times, but also in times of our greatest joys and triumphs. Our beautiful flag...flown properly, her message is clear for what she stands for each and every time she is flying. No matter what you may hear or what you may read, the real truth is...America has never stopped being great. It's ALWAYS been great & it Always will be. This is our home, the land of the free, because of the brave.

I know you didn't see that one coming but thank you for letting me share that sentiment which means so much to me. One of the best and most amazing things about being a part of a motorcycle community is that it's a place where there is no black or white, there is no right or left, there is no politics, there is no hate speech, there is no my side or your side, there is no judging.....it's a place of peace where you can come & instantly share a common bond of brother & sisterhood to share the joys that the freedom of riding brings to us all no matter what we are riding, no matter where we are from or where we are going..... We are better together.

Wishing you lots of fun & exciting adventures ahead,

Stay cool & be safe out there. We'll see you next time around ❤️

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE Marc and Rose are off on another adventure, this time heading west to Bullpasture, McDowell and Pendleton County by way of Moyer's Gap. Marc says: "The prize in the Cracker Jack box on this road, is the view at the summit revealing a hidden valley of Bavarian proportion."



MUSIC AND MOTORCYCLES. Little Honda is an appreciation song if anything for the Honda Supercub. In the song we can hear a reference to Matchless motorcycles in the following lyric: "It climbs the hills like a Matchless".



BIKE SAVERS John gives us some insight into how his love of older bikes started: "My love affair with older machines all started in 2001 with a 1985 Yamaha Virago 700 a friend of mine gave me one afternoon in his garage."



THE HEAT IS ON By now, all of us have been feeling the effects of the very hot temperatures gripping the nation right now. With temperatures rising, it's important to take steps to maintain proper coolness for your own comfort and health as well as for the functionality of your motorcycle. It's important to know what to wear when riding a motorcycle in summer.

GOOD FOR YOU

COOL DOWN TO SLEEP Getting a good night's sleep in the heat can be challenging, especially when the overnight low temperature is higher than 65 degrees. We've got some great tips from the Sleep Council to help you be as comfortable as possible.



THE LIGHTHOUSE Most of us at one time or another may have judged or been tempted to judge someone by the way they looked, their clothes or their hairstyle. One pastor took the time to make a graphic unforgettable example of the kind of person we might mistake for being poor and homeless before we know all the facts.



ALWAYS RIDE PREPARED Whether for a quick trip to the store or a day-long excursion along backcountry roads, you never know what can happen. Therefore, even if just to avoid a delaying inconvenience, motorcyclists often carry along a set of supplies. We've identified ten things that should go along with you on any trip.

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OUR TEAM



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Marc Ritchie & Rose Grant
Great Places To Ride



John Peterson
Bike Savers

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

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

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



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



FEATURED IN THIS ISSUE

Millenials and Motorcycles

Surprising as it may seem, Millennials are just not that into motorcycles. And, sure, they have their reasons. Hefty student loan debt, less-than-ideal riding conditions as more Millennials move into cities, and let's not forget the absence of sentimental value. These are just a few of the top reasons cited by youngsters who make up Generation Y and choose not to ride. As a result, motorcycle sales have been less than promising in recent years. But maybe we can change that...

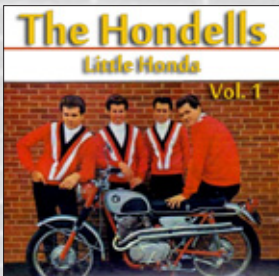


ON OUR COVER
Summer's here and things are heating up fast. Get out and enjoy every highway, byway and location this riding season offers.





LITTLE HONDA



This 1964 song by The Beach Boys isn't the biggest hit by the boys, but it was soon picked up by a familiar band, The Hondells. Little Honda is an appreciation song if anything for the Honda Supercub. In the song we can hear a reference to Matchless motorcycles in the following lyric: "It climbs the hills like a Matchless" Matchless first made its name in the industry back in 1899, they continued

to produce motorcycles until 1966. Here's another fun fact for you: Honda actually gifted songwriter and frontman, Brian Wilson a 60cc motorcycle as a thank you for producing the song!

Little Honda

Go!
I'm gonna wake you up early cause I'm gonna take a ride with you.
We're goin' down to the Honda shop,
I'll tell you what we're gonna do.
Put on a ragged sweatshirt, I'll take you anywhere you want me to.

First gear, it's all right
(Honda, Honda, go faster, faster)
Second gear, I'll lean right
(Honda, Honda, go faster, faster)
Third gear, hang on tight
(Honda, Honda, go faster, faster)
Faster, it's all right.

It's not a big motorcycle,
Just a groovy little motorbike.
It's more fun than a barrel of monkeys,
That two-wheeled bike.
We'll ride on out of the town
To any place I know you like.

First gear, it's all right
(Honda, Honda, go faster, faster)
Second gear, I'll lean right
(Honda, Honda, go faster, faster)
Third gear, hang on tight
(Honda, Honda, go faster, faster)
Faster, it's all right.

It climbs the hills like a Matchless,
Cause my Honda's built really light.
When I go in to the turns
Better hang on tight.
I'd better turn on the lights
So we can ride my Honda tonight.

First gear, it's all right
(Honda, Honda, go faster, faster)
Second gear, I'll lean right
(Honda, Honda, go faster, faster)
Third gear, hang on tight
(Honda, Honda, go faster, faster)
Faster, it's all right.



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Extraordinary Tales on
Two Wheels

MARC RITCHIE

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LET'S DO SOME SHOTZ!!!
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2024 RIDE TO THE WALL





GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Siple Mountain High



The weather here in Highland County this spring has been simply spectacular! Many days this time of year, it's usually hot and muggy, but temps have remained mild, and today's forecast was no exception. With no particular place to go, except for fuel, Rose and I donned our mesh and headed one of only two directions, both requiring a mountain: west.

So, Bullpasture it was, where we ended up in McDowell for much-needed petrol and Rockstar, my coffee replacement for the last 20 years. Rose says they taste like sh, I mean, she doesn't care much for the flavor, but I think I've had a cold maybe twice in that time from all the B vitamins they contain, and my stomach doesn't bark later in the day.

Temps were in the high 60s (Beatles weather) on their way to the low 70s. The sky was floating puffy, cumulous clouds, creating a splendid canvas for the landscapes we would encounter. Windy's vents were still closed and I grabbed a squeeze from Rose's leg gliding down the long straight-a-way heading north on Doe Hill Road to Moyer's Gap. All of the squirrels were extremely lucky from Windy's standpoint. However, there was one, a group of turkey buzzards had assembled near, which we reluctantly dispersed, and narrowly missed one during its emergency, high-performance takeoff.

Still, just following the front tire, our ground-to-ground, terrain following, target avoidance projectile continued straight, locking temporarily onto Sugar Grove. Climbing and climbing, we reached the top. And for a brief moment, the road ahead was hidden, like on a rollercoaster, until it finally

came into view on the steep descent. Heavy braking was applied well before the sharp turns that waited ahead. This is not the place for dragging knees with your race face on, as our neighbor who got a helicopter ride can attest. Besides, in a minute, one of the most gorgeous views in Pendleton County will unfold briefly on your left.

One may get the urge, a little later, for joint abrasion in the sweepers and smooth pavement on the way to Brandywine. If only those guardrails were made of hay. Perhaps kissing the mirrors will have to suffice. It was getting around lunch time and I asked Rose if she was hungry. We ordered at the Fox's Pizza Den takeout window where we got one of those beepers that tells us when our food is ready. With all of the road construction happening on the other side of Shenandoah Mountain on 33, I had to wonder how much it has affected their tourism numbers. Either way, it's always good to support local business. And besides, I enjoy their steak-n-cheese subs.

There are picnic tables on site, but Rose and I wanted to get a spot at the lake, just up the road. We didn't feel like paying the \$8 day use fee just to picnic there, so we ended up at the covered picnic tables back near the restaurant between the school and the river. It was just us. We had our very own spot in the universe, enjoying each other's company and our time together away from it all. Like last month's Great Places to Ride, I didn't want to leave. And we were in no rush to.

Still in wander mode, despite a slight case of food coma, we continued north towards Fort Seybert and Siple Mountain. Just past the river are two sweepers, one right and the other left. At highway speeds, you can actually feel the rubber scrubbing off your tires, which may be why Windy is currently sidelined due to tread anemia. They go quickly out here. Michael from Chaparral Motorsports hooked us up with a new set and CycleLogikal is putting them on in a few days. Maybe she'll have time for a bath:)

We passed a sign noting that the box marking the road as suitable for large trucks was unchecked, and headed straight up as if in our own high-performance takeoff climb. The road is narrow and the shoulders deep. And like Moyers Gap, the box for "Leave the Race Face at the Track" was checked. Fortunately, there were no oncoming vehicles, and we enjoyed our intimate balancing dance in motion, in treasured solitude.

The prize in the Cracker Jack box on this road, is the view at the summit revealing a hidden valley of Bavarian proportion. All of the metaphors like risks and rewards, squeeze worthiness and juice, apply. Either way, you shouldn't need a towel, but what a place for an overlook! It's too bad it doesn't have one specifically, but there is an empty patch of gravel that may come in handy if you want to soak it all in sans motion.

We finally got back on painted secondary roads and vectored for home. What a day! Sometimes, the greatest places to ride, and the rides themselves, are formed from the middles of nowheres. On a bike: the champion coupler and catalyst connecting ourselves to places and things, in addition to souls. Lost is no longer associated with anxiety or fear, but has been replaced with peaceful calmness, and even euphoria, when unsure of exactly where we are. And many could care less. In fact, many times it's quite the opposite. We can long for it and be right at home. It's one of the many highs that come from riding. Ones that are extremely addictive, for which there are no cures, or need for them.

Cheers and thanks for reading!

Marc Ritchie

Photos, Pillion and Beautiful Coaddict: Rose Grant



continued next page



CYCLE LOGIKAL

WE KEEP THE FUN ALIVE!

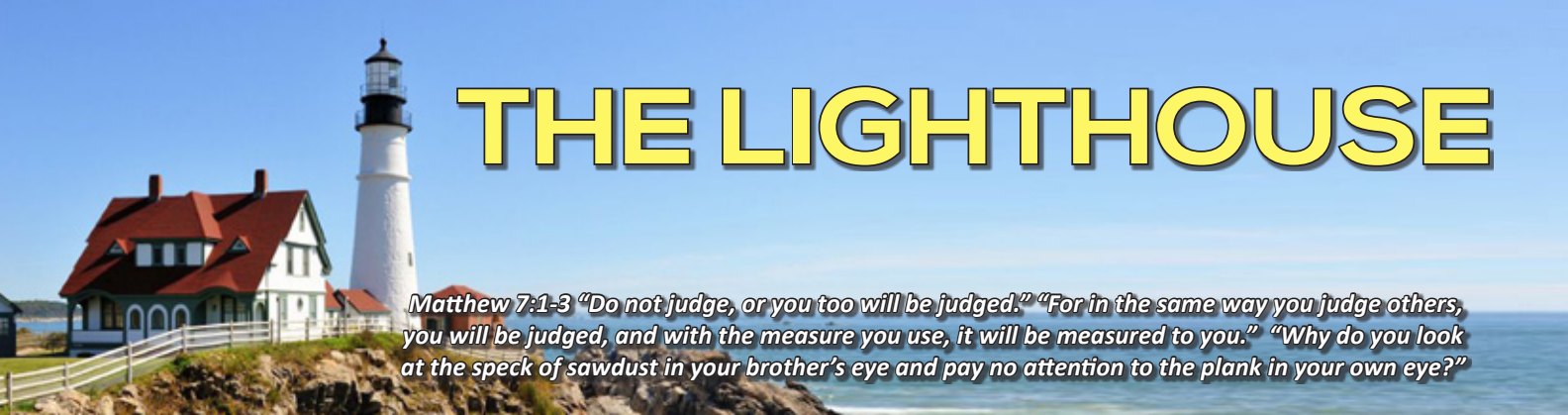
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THE LIGHTHOUSE

Matthew 7:1-3 "Do not judge, or you too will be judged." "For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

The Homeless Person

The parking lot filled rapidly on Sunday morning as members of the large church congregation filed into church. As usually happens in a church that size, each member had developed a certain comfort zone - a block of space within those four church walls that became theirs after the second or third sitting.

It was as much a part of their church experience as the recliner was to the television at home. Some of the older members had been sitting in the same row on the same side for several decades. A team of oxen could not have moved them to the opposite side of the church.

One morning a stranger stood at the edge of the parking lot near a dumpster. As families parked cars and piled out, they noticed him rummaging through the trash. "Oh no! I don't believe it," whispered a lady to her husband. "That's all we need -- a bunch of homeless people milling around here."

One worried little girl tugged on her dad's sleeve. "But Daddy..."

Daddy was busy sizing up the bearded stranger, whose baggy, outdated trousers and faded flannel shirt had dusted too many park benches.

"Don't stare at him, honey," he whispered and hurried her inside.

Soft music filled the high-ceiling sanctuary as churchgoers settled into their usual spots. The choir sang an opening chorus, "In His presence there is comfort ... in His presence there is peace..."

Sunlight suddenly flooded the center aisle. The double doors swung open and the homeless man, sloppy and stooped, headed toward the front.

"Oh no, it's him!" somebody muttered.

"What does he think he's doing, anyway?" snapped an incredulous usher.

The stranger set his bagful of dumpster treasures on the very first pew which had been upholstered in an expensive soft teal fabric just three months ago. The music stopped. And before anyone had a chance to react, he ambled up the stairs and stood behind the fine, handcrafted oak podium, where he faced a wide-eyed congregation.

The disheveled stranger spoke haltingly at first, in a low, clear voice. Unbuttoning and removing his top layer of clothing, he described Jesus, and the love He has for all people.

"Jesus possesses a sensitivity and love that far surpasses what any of us deserves."

Stepping out of the baggy old trousers, the stranger went on to describe a forgiveness that is available to each and every one of us...without strings attached.

"Unconditionally He loves us. Unconditionally He gave His very life for us. Unconditionally and forever, we can have the peace and assurance that no matter who we are, where we've come from, or how badly we may have mistreated others or ourselves, there is hope."

"In Jesus, there is always hope."

"You see, my friends, it is never too late to change," the man continued.

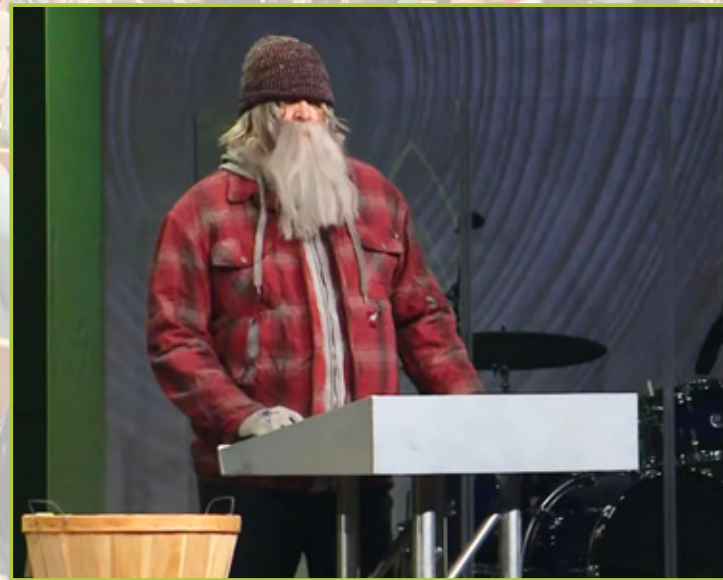
"He is the Author of change, and the Provider of forgiveness. He came to bring new meaning to 'life'."

Men and women squirmed as reality hit them like an electrical current. The stranger tugged at his knotted gray beard, and removed it.

"I'm here to tell you that we are loved with a love far beyond human understanding, a love that enables us to accept and love others in return." Then tenderly he added, "Let's pray together."

That wise pastor - under the guise of a homeless "nobody" - did not preach a sermon that day, but every person left with plenty to think about.

-- Author- Unknown



13th Annual EXTORTION 17 Memorial Ride

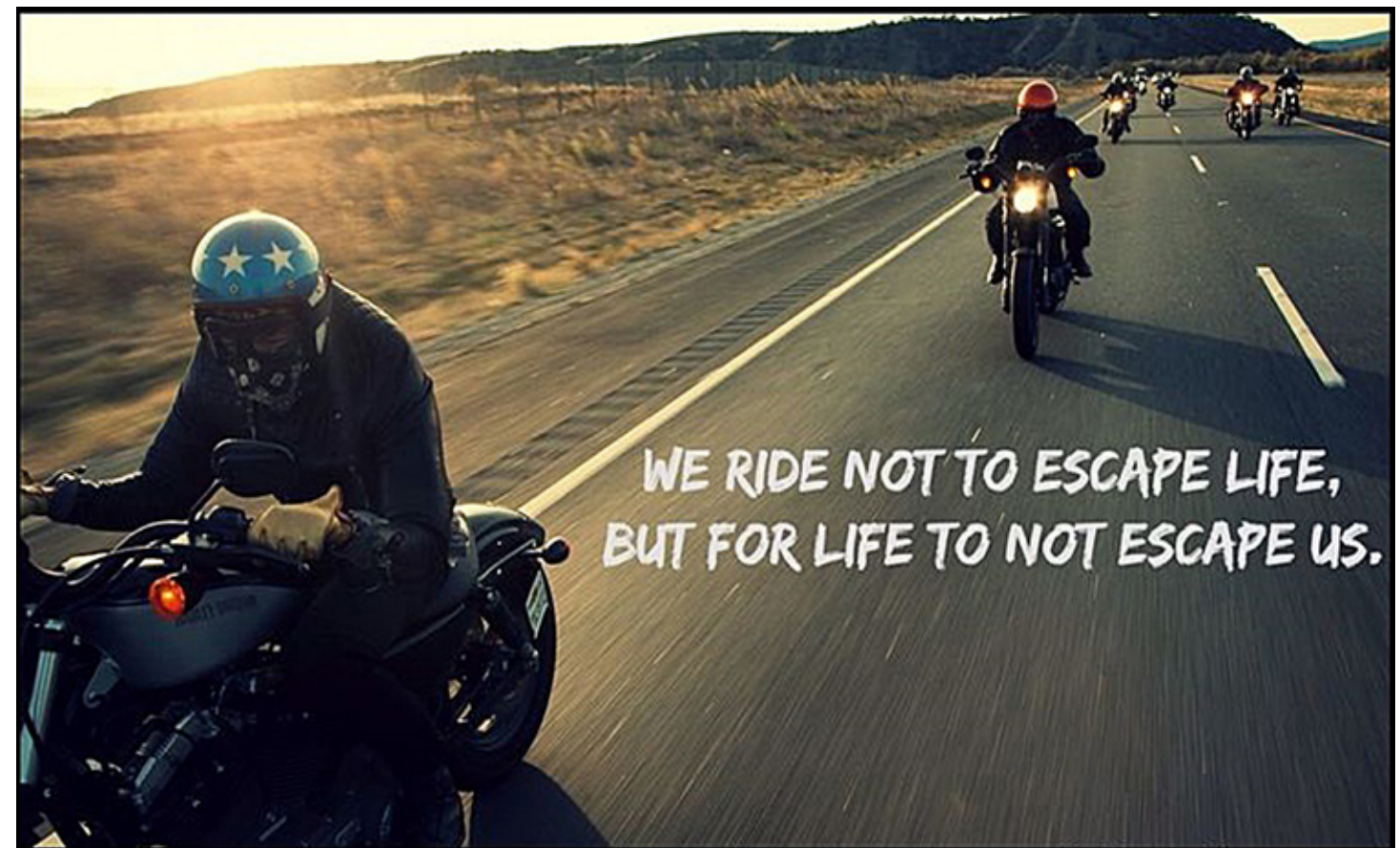


Saturday,
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Virginia Beach, VA
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This year's ride is again hosted at
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return to Lendy's at ~ 1100
Ride will be escorted
by
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Going on road trips, attending events, and enjoying nice leisurely rides are among the most exhilarating pastimes for motorcycle enthusiasts during the summer months. As temperature patterns rise, however, you need to take steps to maintain proper coolness for your own comfort and health as well as for the functionality of your motorcycle. It's important to know what to wear when riding a motorcycle in summer.

TIPS FOR STAYING COOL WHILE RIDING IN EXTREME HEAT

A lot of riders are at a loss regarding what to wear when riding a motorcycle in hot weather because the attire associated with the activity tends to be warm. Granted, the wind resistance of freeway rides provides a chill factor that counters the heat, but only for as long as you remain in motion, and even then sometimes the wind can't overcome the sun's rays that are beating down. For proper safety and comfort, you will want to keep these tips in mind when gearing up for your next hot summer ride:

WEAR JACKETS WITH VENTILATION



For motorcycle rides in hot weather, it is crucial to wear a jacket with proper ventilation. At times of intense humidity, the best jackets for heat protection are those with textile mesh panels. The mesh panels allow the jacket to breathe and this can make the riding experience cooler on hot days thanks to the cooling effects of high-speed wind resistance on the open road. Another option is perforated leather with or without zip vents. However, the perforation must be extensive for the jacket to keep you cool

in the summer heat. Otherwise, it's liable to trap heat and make the experience even muggier. When you select a jacket for summer riding, pay attention to the quality of the seam stitches. Jackets with single stitches between the sleeves, cuffs and front and back panels are often less expensive, but they also tend to be less durable than jackets with double stitching.

CHOOSE GLOVES WITH MESH BACKS



Despite being small items, gloves are just as important for safety as other articles of clothing. You never want to ride without gloves, not even when the outdoor temperatures are liable to make an enclosed pair of hands sweaty. In the event of a slide or a drop, you will need to have gloves to protect your hands. To avoid instances of palm perspiration as you grip the handles of your motorcycle, stock up on a pair of heat-friendly riding gloves. The best kinds of gloves for summer riding are those made of perforated leather. Gloves of this sort will have perforated backs with solid leather palms and inner fingers. Alternately, gloves with back panels made of a textile mesh are also good for hand ventilation. Another crucial feature of any pair of motorcycle riding gloves is a wrist closure that will keep them on your hands when you most need them for protection. Some gloves have elastic wristbands for this very purpose, but features such as snaps, adjustable buckles and wrist straps offer greater retention.

WEAR PANTS WITH ENHANCED FABRIC



Even on summer road trips, the pants that you wear must offer sufficient protection. For years, solid leather pants were considered the safest option when it came to riding a motorcycle. However, such pants could lead to perspiration under intense heat. Thankfully, the options for motorcycle riding pants have expanded in recent years due to innovative fabric engineering. Even jeans now offer greater protection with their newly enhanced varieties. For motorcycle riding, jeans lined with Kevlar offer maximum protection from abrasions. Kevlar-lined jeans often have impact protectors within the pocket region. Alternately, some jean manufacturers have enhanced their products with protective Armolith thread. Many of today's jeans also have elastic material for enhanced comfort and fit. Non-denim pants that use hybrid material can also offer the necessary protection while still being breathable enough for summer wear. Whichever type of pants you choose, make sure that it is sufficient to protect your legs in the event of a slide or a fall. Never opt for anything less than full-length riding pants, no matter how tempting it may be.

WEAR BASE LAYERS TO ABSORB PERSPIRATION



When it comes to motorcycle attire, some riders favor head-to-toe leathers with the autumn/winter option of base layers. As far as hotter months are concerned, base layers are often seen as extraneous layers that intensify heat, perspiration and discomfort. Unfortunately, the leather, or other jacket material, itself can be uncomfortable when it touches your skin. Under humid conditions, such discomfort can take the joy out of riding. To prevent the heat-binding discomfort, wear lightweight, moisture-wicking base layers with sufficient ventilation. This way, the layers under your jacket and pants can serve the two-fold purpose of buffering the textures of your outer attire while also keeping you comfortable and dry.

CHOOSE A BREATHABLE HELMET



For motorcyclists, the single most important piece of riding attire is the helmet. You need proper headgear that protects the most vulnerable part of the body during open-air riding. Despite its importance, a lot of riders opt to skip the helmet during the summer months. In earlier decades, it was understandable why the helmet was seen as an uncomfortable burden in humid climates. Older helmet designs were typically solid all around and lacked ventilation. When temperatures exceed 85 degrees, the lack of breathing pores in a typical helmet could make the riding experience sweaty and uncomfortable. Fortunately, contemporary helmet styles include an array of options designed to make the summer riding experience safe as well as comfortable. The best summer motorcycle helmet designs include those constructed of carbon fiber or hybrids of polycarbonate and fiberglass. In addition to meeting safety standards, helmets of this variety are lightweight, ventilated, sunray-equipped, and often Bluetooth-compatible. Many motorcycle helmet manufacturers also now offer transition visors that automatically adjust their tint based on the amount of light.

WEAR SUMMER-WEIGHT BOOTS



Out of all the essential articles of clothing for the motorcyclist, boots are among the less flexible when it comes to summer-friendly

options. The majority of boots geared towards motorcyclists tend to consist of closed leather with no ventilation. Consequently, the lowest portion of the body often retains the heat. Some manufacturers have redressed this problem and introduced boots onto the market with tiny frontal holes and mesh side paneling to help increase airflow. As you ride at high speeds, the wind penetrates the holes and mesh to ventilate the toes and ankles. This can cool your feet as you ride and prevent heat from being trapped in your lower extremities. Boots are one of the more crucial articles of the motorcycling wardrobe. In the event of an accident, boots offer protection in what could otherwise be a badly impacted part of the body. Even when you take short rides, a solid pair of motorcycling boots can minimize and in some cases prevent injury of your ankles, shins, and toes. As tempting as it may be in hot weather, never opt for open-toed shoes.

PACK SUMMER ROAD TRIP SUPPLIES



If you embark on a summer road trip by motorcycle, be sure to stock up on supplies and protective gear. For starters, keep an adequate supply of bottled water on hand. Schedule time to make pit stops for refreshments and cool drinks along your route, whether you're riding alone or with a group. Also, be prepared for sun exposure. While it's important to have sunscreen on hand for the times that you park your motorbikes and peel off the leather layers, remember to wear sunscreen on any areas that may not be covered during your ride as well. Thin, ventilated cover layers can also serve as an anti-humidity sun shield in hot, sunny environments. If you or any of your road mates are allergic to stings, be sure to bring any necessary medication along to counter the effects of a stray bee, wasp or hornet sting. These incidents are not uncommon during the summer months.

KEEP YOURSELF HYDRATED



To stay in peak riding conditions along those long and humid summer routes, drink plenty of water at each stop. After all, when your body sweats, it is depleted of water at a more rapid pace. Consuming water will keep your body replenished. Again, always keep bottled water on hand and stick to routes with a frequency of rest stops or gas stations for times when you need to resupply. Try to keep water as your primary drink when you're riding. Drinks that contain caffeine or alcohol can leave you dehydrated and cause you to urinate more frequently due to the diuretic properties of these beverages. Sugary drinks can also cause you to experience an energy "crash," especially in high heat. For optimal hydration on humid days, consume roughly one liter of water per hour during rest stops. Plan stops along your route

MAKE STOPS ALONG ROUTES



Along lengthy rides and road trips, be sure to make pit stops at reasonable intervals to keep yourself rested, fueled, and energized. Ideally, you should take a small break at least once per hour on hot days to consume a cold beverage and tend to other possible necessities before you proceed on your route. It is best to avoid routes with anything less than two convenience stores within a 60-mile distance on days of intense humidity. Whenever you pull up at a convenience store or gas station during a hot day's ride, consider placing your helmet in the outdoor cooler for a few minutes while you take a break and grab something to drink. After 10 minutes or so in the cooler, the helmet should be cooler and more comfortable to put back on.

BEWARE OF HEAT EXHAUSTION



During the course of a given ride, certain factors are not worth toughing out, especially if they involve physical symptoms. If you find yourself taken with feelings of nausea or dizziness while out on the road, pull aside and take some time to recuperate and rehydrate. If you start to experience headaches, cramps, fatigue or heavy sweating, these are signs of heat exhaustion and you should stop riding and seek help. Any one of these symptoms should serve as a warning from your body that you need to stop, rehydrate, and regain yourself. Failure to do so could make the problem worse and lead to heat stroke, which is when the body falls unconscious due to the ill-effects of intense heat. A heat stroke could put you in grave danger if you happen to be riding at the time of such an episode. Heat stroke can also cause permanent organ damage, brain damage, or death. If you are out on a road trip with one or more motorcycling mates, do not allow yourself to feel pressured into continuing along despite experiencing heat-exhaustion symptoms. As long as the symptoms persist, stay off the road. If your nausea does not subside or your temperature continues to rise, call 911 for medical help.

Stay cool, safe & have an awesome Summer!

GOOD HOUSEKEEPING HOW TO PROPERLY FOLD AN American Flag



①
Fold the lower, striped section of the flag over the blue field.



②
Fold over the folded bottom edge to meet the top edge.



③
Begin a triangular fold by bringing the striped corner of the folded edge to the top edge.



④
Turn the outer point inward, parallel with the top edge, to form a second triangle.

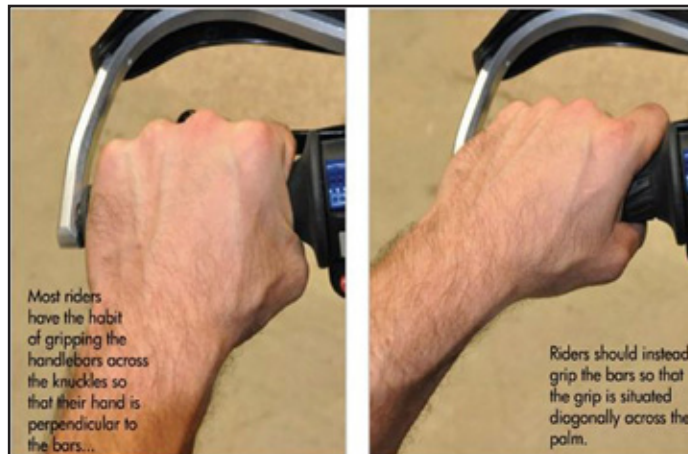


⑤
Continue until the final folds ensure that only the Union (the blue portion with white stars) is showing and the open edges are folded in.

The 7 Second Rule you Should **NEVER** Ignore!



It takes less than 1 minute for Hot Asphalt to blister the paw pads of your pet. If you cannot hold the back of your hand on the pavement for 7 full seconds, it's **TOO HOT** for your pet to walk on.

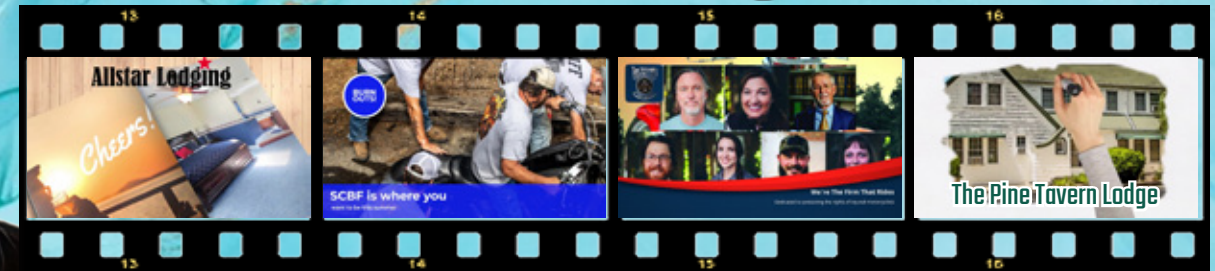


Fireworks Safety For Pets

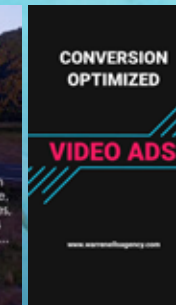
- ★ **KEEP YOUR PETS INSIDE YOUR HOME.** Even dogs in fenced yards find ways to escape the scary sounds.
- ★ **GIVE THEM A SAFE PLACE TO HIDE.** Set up a comfortable room or crate in the house just for them.
- ★ **USE AMBIENT NOISE.** A tv or radio playing comforting music works well
- ★ **UPDATE THEIR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

WEDESIGN

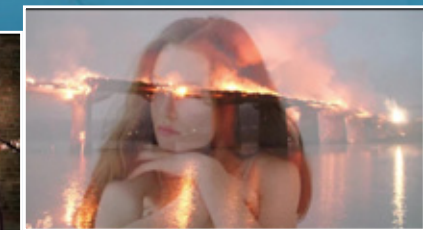
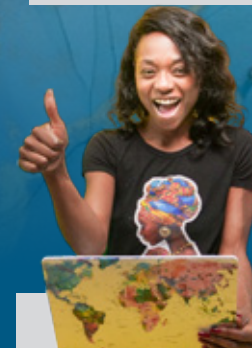
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10 THINGS YOU SHOULD ALWAYS CARRY ON A MOTORCYCLE RIDE

Always ride prepared. Whether for a quick trip to the store or a day-long excursion along backcountry roads, you never know what can happen. Therefore, even if just to avoid a delaying inconvenience, motorcyclists often carry along a set of supplies in a tank bag, tail bag, or other piece of luggage that securely fastens to the bike. You may never open your supply bag but with all the cars on the road how often do you see a driver fixing a flat tire on the shoulder? Yet most cars come equipped with a spare tire. For that reason, you need to carry some type of travel bag filled with the essentials, to get you home, just in case. Ask any number of riders and you won't get the exact same answer of what you need. Some take more, others take less and you won't find the same filled bag on any one motorcycle. However, you will find common items across the board. So, we attempted to find the gear and supplies carried by most to help get you started or if you already have a kit to double-check and perhaps make some adjustments.



1. Ear Plugs - If you ride without earplugs

then don't expect to have much hearing left as the years go by. Additionally, reducing the noise and drag on your ears prevents fatigue. Ear plugs don't cost all that much and if you have a habit of losing them, buy a bag of the foam kind so you always have a supply.



2. Towel for cleaning - Without much of a windshield to fend off the elements, expect to encounter a smattering of bugs and/or develop a layer of dirt on your helmet's face shield. A towel quickly wipes your field of view clean and you can wipe off any debris on the headlight that affects the bulb's brightness.



3. Tool kit - A small, compact tool kit contains screwdrivers, pliers, sockets, and a number of other tools that can help

replace any broken parts you encounter along the way and help get you out of any number of jams.



4. Cell (Smart) phone - A cell phone acts as a camera in the event of an accident and, if using a smartphone, works as a GPS or navigation device. In addition to a cell phone, some riders now use a GoPro or other type of helmet camera that records their ride and acts as a witness in case of an accident.



5. Tire Gauge - Tire look a bit low? We recommend checking the tire pressure before heading out anyway so carrying one, especially for longer-duration rides,

helps you keep the tires at optimum pressure. Remember to check when cold right before heading out.



6. Fuses - Fuses go out, just because. But, mostly to make your life miserable since the results of a blown fuse seem catastrophic until you realize it's just a blown fuse. Fuses affect all the electrical currents including starting the engine. A blown fuse can prevent your bike from starting leaving you stranded or impacting the lighting system.



7. Bulbs - A car at least has two headlights so if one burns out the other works for night driving though a driver can expect a fix-it ticket if stopped. A motorcycle however has one headlight for night riding and once burned out you cannot ride. Having backup bulbs keeps you legal but more importantly



8. First Aid Kit - Anyone who rides knows the dangers that come with it. We don't expect to crash but preparing for one includes carrying a first aid kit. Even a small spill can leave you with injuries requiring medical attention. A first aid kit helps you address minor wounds until help arrives.



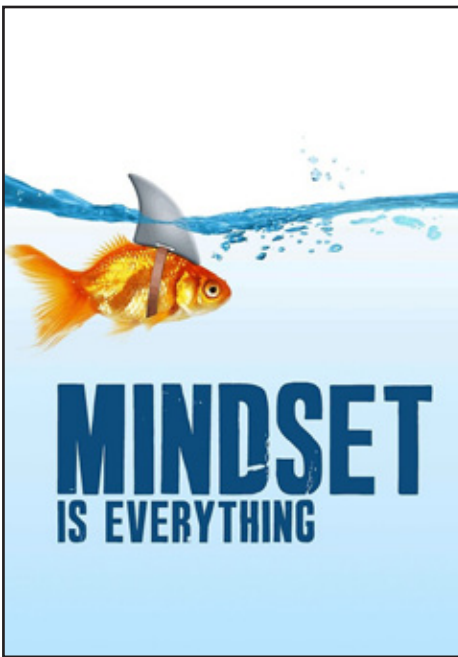
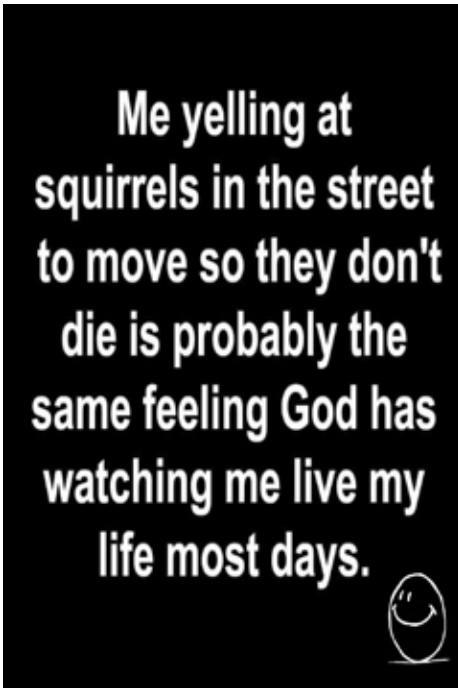
9. Tire Repair Kit - A tire repair kit easily fits in a luggage compartment or your backpack without taking up too much room. In the event of a flat tire, you can plug your own tire and inflate it to get you back on your way until you can replace the tire or get a professional repair.



10. Spare Shield - You need visual acuity when riding so bring a spare shield for night riding (you don't want the "smoke" or tinted version when the sun goes down) or to replace your current shield if it breaks.

Obviously, you can take more or less depending on the available room and how much you wish to carry during a ride. You might switch some items out for others based on circumstances you encounter or advice from fellow riders. A backpack or tank bag holds these items best on a sport bike while any type of saddle bag or sissy bar bag has more than enough room on a Cruiser or Touring motorcycle. Hopefully, if you don't have a riding bag we have given you a start to help keep your ride safe and smooth.

Source: www.motosport.com/blog/10-things-you-should-always-carry-on-a-motorcycle-ride



BIKE SAVERS

with John Peterson



My love of motorcycling all began with a friend of mine who was on his way to Bike Week. We were hanging out at a friend's house when he mentioned he was going to Bike Week in South Carolina and had to leave early in the morning the next day. I asked him if I could come too, and he said "Sure...you got a bike...?"

Which I didn't, but I was determined to get one. I had always wanted one, but, like a lot of other people perhaps, was persuaded by my mother to not get one until I was older. Well, I was older. And I wanted one. So, I took the MSF Rider Course at the local community college, got my certification, and I was a motorcycle rider! It was one of the proudest moments of my life, even though I had no motorcycle of my own.

My love affair with older machines all started in 2001 with a 1985 Yamaha Virago 700 a friend of mine gave me one afternoon in his garage. He was working on one of his three motorcycles when out of the blue he asked me "You want a motorcycle?", referring to the aforementioned Virago that was sitting quietly in the corner.

I thought he was kidding. "Sure", I said. "How much do you want for it?"

"Nothing, just take it."

Having passed the MSF Riders Course recently, this was an opportunity not to be missed. Just TAKE it? SURE! Looking at my truck parked outside, I said "Let me go get a trailer."

"No, either take it now or the deals off."

"Does it run?"

"No, I'm not sure what's wrong with it, but I have too many as it is. Do you want it or not?"

Foreshadowing!

But I'm no fool – at least less of a fool these days than I used to be – so I said "Sure, help me put it in the back."

We loaded up the bike and hung out for a bit while he continued to wrench on his machines, and I proudly drove

my new-to-me cruiser back up to my apartment in Charlottesville, where I worked out an arrangement to stash it in a friend's garage while I worked on bringing it back to life.

I acquired a manual and set of wrenches and got down to the business of resurrecting my new/old bike. If I recall correctly, I changed the oil, put a new battery in it, I may have cleaned the carburetor – nothing serious – hit the starter and after a few seconds of cranking it roared to life! And ran well!



I was hooked. I called him on my cell phone with the bike still running and said "Hey! You remember that bike you gave me that didn't run? Listen to this!" rolling on the throttle so it could roar into the phone.

"Well I'll be damned," he said. "Good job!"

And I was off. I got it titled and tagged and rode that machine everywhere in central Virginia. I would stuff a map into the saddle bags and intentionally get lost as I worked on my new-rider skills, going everywhere and seeking out new riding conditions. I rode it on the highway; I rode it on the backroads; I even rode it once on the highway, to a back road, to a dirt road which eventually turned into a trail – before it finally ended in a point overlooking a creek somewhere in the middle of Greene County. And, yes, then I had to ride back out. I was relieved when I got back to the main highway. I don't think 700cc Viragos were meant to go off-road. But what a ride!

I think it had something like 12,000 miles on the odometer when I got it, and I added another 22K to that number. I had heard that Viragos were temperamental things, but I had no problems with mine, so I pretty much left it alone. It ran, and ran well, and truth be told I had never really worked on a motorcycle engine before, and was actually a bit nervous to open up the side covers and see what's what. Until one day...



It was late fall in 2002, maybe...? The time of year when it can get really cold in Virginia during the morning hours. By this time I had moved the Virago to the parking lot of my apartment complex, where it stayed outside under a motorcycle cover. I no longer had the option of keeping it in my friend's garage, plus whenever I wanted to ride it was right there.



I went out to add some oil, and when I put the plastic funnel in and added the oil, as I was taking it out I somehow angled it wrong. Cold weather and plastic don't like each other. I heard a 'SNAP!' and when I took out the funnel I saw about an inch of the funnel end had dropped into the engine through the oil-filler hole.

I was horrified. I repeatedly said a word that rhymes with 'truck' several times, got my pulse under control and assessed the situation. Time to open her up, I guess. That's okay, I thought, it had to happen sometime.

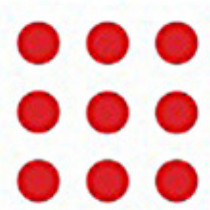
I got my tools out, gingerly took off the left side cover like it would explode from within, and was actually pretty interested in how the gears all meshed together, how things worked and how it all went together, and recovered the errant piece of funnel laying innocently in the bottom of the case.

I buttoned up the engine and was so relieved it started and ran I went out on the road immediately to soothe my rattled nerves.

The Virago was an experience in introductory motorcycle mechanics. Everything I did, from putting new tires on it to cable maintenance, changing the plugs (and reading them), and afternoons spent washing, waxing and polishing the chrome drew me deeper into the literal mechanics of motorcycles. I rode the Virago and studied the mystifying instructions in the manual on electrical systems, transmission repair, troubleshooting and carburetor tuning. Ah, tuning the infamous Virago Hitachi carburetor.

But that is a story for another time.





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SLOWLY & CEREMONIOUSLY



WHEN CROSS STAFF, PLACE
ABOVE OTHER ON ITS RIGHT



IF DISPLAYED AFTER DARK,
FLAG MUST BE LIT



HALF-STAFF ON MEMORIAL
DAY UNTIL NOON, THEN RAISE



ON VEHICLES, PASSENGER
SIDE FRONT FENDER



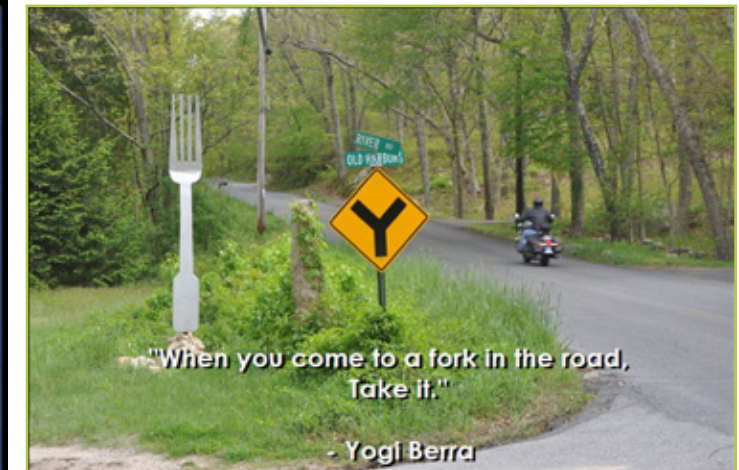
SHOULD NOT BE USED AS
CLOTHING



IF DAMAGED, FLAG MUST BE
DESTROYED IN DIGNIFIED
MANNER (PREFERABLY
BURNING)



SHOULD NOT BE USED AS
DRAPERY, MUST BE CARRIED
FLAT



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GOOD FOR YOU

Stay Cool for the Best Sleep

When it's too hot to sleep, get cool - Lower your body temperature before you sleep

Ideally, bedrooms should be around 60-65°F but if, at nighttime, the outside temperature remains higher, or your bedroom has retained the heat from the day, it can be difficult to keep cool. Your body temperature needs to lower slightly before you go to sleep, so it's difficult to drop off when you're too hot."

If you have trouble sleeping in the heat, here are some simple and effective tips from The Sleep Council to help you stay cool and comfortable in bed this summer;

Tips to stay cool and sleep

- Open windows and doors to create a cool draft through your bedroom.



- Use blackout curtains or blinds and keep them drawn during the day to keep the sun out and your room cooler at night.



- Get rid of the comforter and heavy blankets and sleep with just a 100% natural cotton sheet. If you need a little more, choose a lightweight cotton blanket that doesn't hold in heat.



- Sleep naked – in addition to being more comfortable with no clothes on your skin, you'll have improved blood circulation which is good for your heart & muscles. It also reduces stress.
- If sleeping naked is just too much to "bare", wear light cotton nightwear – this may feel better than wearing nothing at all as natural fabric (cotton) will absorb any perspiration.



- If you've got long hair, tie it back or wear a lightweight comfortable hair wrap. Hair around your neck can make you feel warmer in bed.
- Have a cool shower or bath before bedtime to lower your core body temperature.



- Drink plenty of cold water during the evening and keep a glass by the bed. *

Try not to drink a lot within 2 hours of bedtime or you'll be awakened by a trip to the bathroom

- Avoid too much caffeine, alcohol or a big meal before bedtime as this can make you feel hot in the middle of the night because of dehydration and over-active digestion.
- Cool a pillow case in the fridge before bedtime or try one of the new cooling pillows that are available to buy – both will help you keep a cool head!



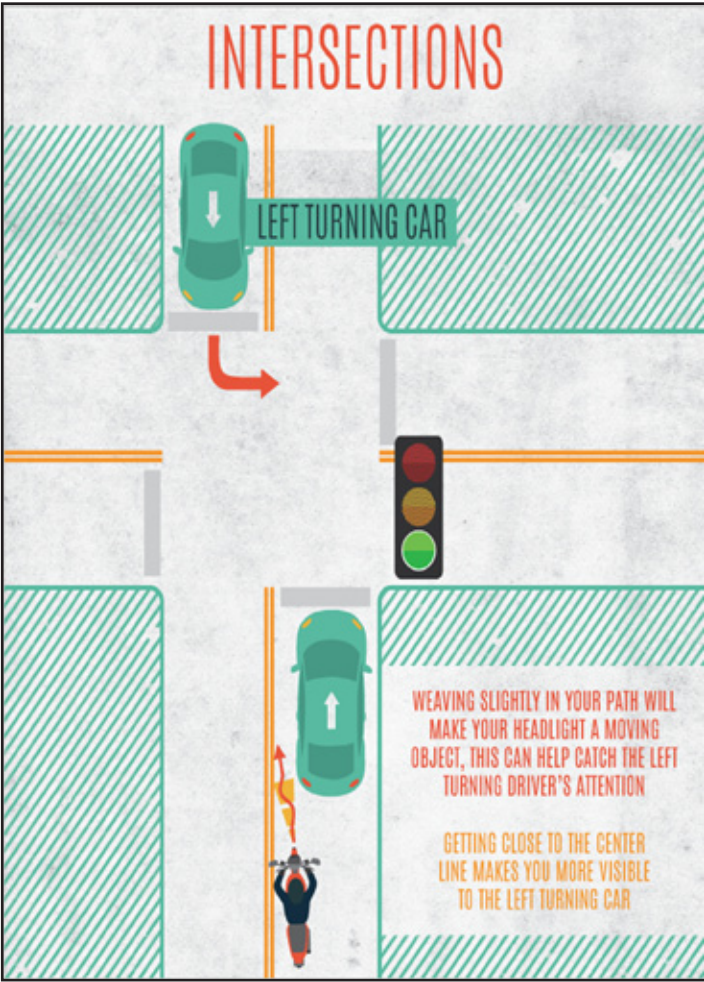
- Also, try putting socks in the fridge and wear them in bed – cooling your feet lowers the overall temperature of your skin and body, ideal during a hot summer's night.



- Use an electric fan to cool you down at night. If it's really hot, put a tray of ice and a little water in front of the fan which will cool the air even more.
- If you share a bed, make sure it's big enough for two people so you can sleep without disturbing each other – a 5ft wide bed should be your minimum. Sweet dreams are made of these. Using some or all of these ideas can greatly help you have a well rested, cool, and comfortable night's sleep this summer.



Would the owner of the black Superglide please move your bike?



WHY MILLENNIALS SHOULD RIDE MOTORCYCLES

Millennials not buying motorcycles? How could this be? Earlier, we touched on a major problem facing the power sports industry in Millennials Aren't Riding: Should They Be? but I'll reiterate for those of you who aren't up to speed: Millennials are just not that into motorcycles. And, sure, they have their reasons. Hefty student loan debt, less-than-ideal riding conditions as more Millennials move into cities, and let's not forget the absence of sentimental value. These are just a few of the top reasons cited by youngsters who make up Generation Y and choose not to ride. As a result, motorcycle sales have been less than promising in recent years.

According to USA Today and MarketWatch, motorcycle sales in the U.S. are dropping because 1) Baby Boomers are "aging out" of riding, and 2) Millennials aren't picking up the slack.



Are the older generations to blame? Aging is an inevitable part of life; we can't help that our bodies aren't as equipped for riding as they used to be. So, are we really part of the problem? Uh-huh. Truth is, we aren't getting any younger and whether we've embraced the crow's feet or not, we must embrace whatever youth we have left. Entrer, Millennials. (That's French, in case you're wondering.)

Say the "old-timers" of the biker world were able to ignite a passion for riding in Millennials and help turn these youngsters into a new generation of Harley-Davidson Millennials, Honda Millennials, Yamaha lovers, and the like? The drop-off in motorcycle sales could be remedied, couldn't it? Because I would hate to think what might happen to this beautiful sport if not. (Netflix and chill, anyone?)

OK, OK. How do we instigate a Millennials-Motorcycles matchup?



I'll tell you how: Instead of running from Millennials and risking the demise of motorcycles entirely, we can embrace our youthful counterparts and find ways to compromise (a word Edward Flattau of the HuffPost defines as "the lifeblood of democracy.") What I mean is, as the older, ahem, wiser bunch, we need to find ways to appeal to the younger group's better nature, which, when you think about it, is a major part of reaching a successful compromise.

For example, while you may not be totally thrilled at the idea of brushing up on today's pop culture, a Millennial wouldn't hesitate. So, watch a movie that appeals to the younger crowds every once in a while, or learn the lyrics to a song you hear on the radio that you might be too quick to turn off. Who knows? Some of these pop culture icons might even ride motorcycles, so there's your common ground!

You might be thinking I'm grasping at straws here, but I would urge you to view the sacrifice you'd be making as a compromise—a gateway, if you will, to appealing to the starry-eyed Millennial's better nature. Once you've done this, the possibilities (and conversation topics) are endless.

How else can we make this 'appeal'? Since we can't beat them over the head with things like 'superchargers' vs. 'turbochargers,' V-Twin vs. inline-Four, Honda vs. Harley-Davidson (Millennials, please tell me you at least know H-D!) at first, we'll need to get a little more creative in our approach. Instead of overloading them with every motorcycle-related fact and figure known to man, share some of what you enjoy most about the sport with Gen Y and allow them time to reflect. Then, ask them to tell you about the things they value most, and see if you can't find some common ground.

What if I don't want to appeal to Millennials' better nature? While you may be reluctant to compromise at first, understand the alternative means sacrificing your motorcycle, all the friends you've made, and the biker culture altogether, an outcome Flattau deems possible the instant "middle ground has been exhausted."

Folks, I think middle ground is in desperate need of some beauty rest at this point, and I've already provided the stats to prove it. So, what do you say?

In the end, it's all about engaging Millennials in meaningful conversations about what we value most in our lives. Once we do, it'll be cake trying to encourage these new generations of motorcyclists to think about the benefits of riding, including the efficiency of riding a motorcycle versus driving a car, the sense of freedom they'll get only on a bike, not to mention being inducted into a culture that will never turn its back on them.

Source: <https://explore.rumbleon.com/posts/why-millennials-should-ride-motorcycles>

5 ALTERNATIVES to Leaving Your Dog in the Car

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4 Eat at an outdoor café where your dog can sit with you

5 Leave your dog at home where it's cool and safe

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