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MARC RITCHIE

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Get your copy from Amazon today:
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from the editor's desk

Welcome Virginia riders! We are so glad to have you along for another edition of the magazine. Virginia Rider is designed for motorcyclists, enthusiasts & anyone who enjoys life on 2, 3 or 4 wheels & just likes being around motorcycle-related EVERYthing. We try to include a little something for everyone to enjoy so if there's a topic that we haven't covered yet & you'd like to see it on our pages, drop us a line at virginiaridermagazine@yahoo.com & we'll see what we can do!

We are getting into full swing for the riding season now that the temperatures are starting to get a little warmer & we've all been through "the green effect" (pollen) phase of the spring season. Your bikes are probably all nice & cleaned up, ready to go out to events & ride everywhere that you can. We've always had riders in mind when creating & selecting which articles will go into each of our issues & this month is no exception.

This time of year is often referred to as storm season, so we wanted to bring you some tips about riding in the rain and most importantly, severe weather in "Weather Wise". Have you ever tried to outrun a tornado? Ha ha We surely don't advise it and have safety info for you in the event you find yourself riding the storm out. Follow the adventures of John P, aka The Bike Saver...the saga of Miami Nice continues!...lots going on in the shop! Marc & Rose take you on an amazing journey into West Virginia's "On the Rocks Craft Beverage Trail" in Pendleton County & introduce you to one of our newest advertisers, Dry Run Spirits Distillery which is "rider-owned". Most of you have visited breweries but when was the last time you visited an actual authentic distillery? They're featured in our Great Places to Ride and be sure to check out their ad with all of the details of this amazing destination. You can even get private tastings by appointment. 😊 There are plenty more reads within our covers to help you make the most of your riding lifestyle & help keep you safe on the road. So please take a break from your busy schedule, sit back & relax to enjoy all that this month's issue has to offer.

We encourage you to visit our wonderful advertisers as they are the awesome folks who help support the magazine so that we can bring it to the motorcycle communities. Please keep those SHOTZ (your pictures) coming & drop us a line any time – we'd LOVE to hear from you!

Be safe out there & stay awesome!

Until we meet again...Hugs,

Kelly



IN THIS ISSUE



GREAT PLACES TO RIDE This month's Great Places to Ride story began as a feature road video idea for our YouTube channel. It didn't have anything to do with GP2R at first, but would turn into a truly extraordinary experience, ranking right up there with some of Marc & Rose's most memorable rides.



MUSIC AND MOTORCYCLES. Arlo Guthrie's "The Motorcycle Song." The lyrics may be nonsense, but they stick in your head, and the song has had enduring popularity; a radio hit in the late sixties, "The Motorcycle Song" appears on five of Guthrie's albums



BIKE SAVERS So after a brief side trip to satisfy his thirst for old bikes that he really doesn't need (see last month's Virginia Rider column entitled 'SQUIRREL!'), John Peterson finally got re-focused and dug into his 1989 Honda VTR250 Interceptor.



AVOID MOTORCYCLE THEFT It goes without saying that it's in your best interest to keep your bike safe and secure no matter what. Unfortunately, it's a fact of life that there are folks who, for whatever reason, are up to no good and want to take what simply isn't theirs. This is especially true when it comes to motorcycles, as they're much lighter and easier to steal than heavy cars.



LOSING WINTER WEIGHT Spring is the best time of year to recommit healthy habits, especially if you're trying to shed excess weight that you may have gained over the winter months. As the weather warms up, these lifestyle tips can help you slim down.



THE LIGHTHOUSE is all about finding True Freedom. The philosopher Diogenes was eating bread and lentils for his supper. He was seen by the philosopher Aristippus, who said, "If you would learn to be more subservient to the king, you would not have to live on lentils." Diogenes replied, "Learn to live on lentils and you will not have to cultivate the king."



TOM MCGRATH'S MOTORCYCLE LAW GROUP Most GPS systems allow you to keep track of your speed. As such, they can be used as evidence in court. Some jurisdictions will seize a crash victim's GPS, get a search warrant, and download the information pertaining to their speed. Such action can keep an injured party from collecting damages for injuries.

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OUR TEAM



Kelly Collins
Owner/Editor



Warren Ells
Layout & Design



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



In Pendleton County, West Virginia, you can escape the hustle & bustle of everyday life and get lost in the National Forests, endless valleys, and quaint mountain towns. We are home to Spruce Knob, the highest point in West Virginia, and the lowest point in the state nestled at the bottom of Seneca Caverns. Visit pendletoncountywv.com to learn more about this WILD & WONDERFUL county in the beautiful state of West Virginia, and see our featured business, Dry Run Spirits, in this issue.

ON OUR COVER

If you're hearing a familiar voice, it may be the road whispering to you, enticing you to get on your bike and find where it leads you.



MUSIC & MOTORCYCLES



WTF fun fact #5403

The first responders to accidents in high speed motorcycle races in Northern Ireland are motorcycle doctors. They travel at speeds upwards of 180mph to get to the scene.



BELOW IS A LIST OF
REASONS WHY YOU
SHOULD NOT RIDE YOUR
MOTORCYCLE.

THE MOTORCYCLE SONG



If you ask me to name a song that features motorcycles, this is the one that pops into my mind right away: Arlo Guthrie's "The Motorcycle Song." The lyrics may be nonsense, but they stick in your head, and the song has had enduring popularity; a radio hit in the late sixties, "The Motorcycle Song" appears on five of Guthrie's albums across the length of his career from 1967 to 2011, and in at least four versions.

The Motorcycle Song

I don't want a pickle
Just want to ride on my motorcycle
And I don't want a tickle
'Cause I'd rather ride on my motorcycle
And I don't want to die
I just want to ride on my motorcycle

It was late last night the other day
I thought I'd go up and see Ray
So I went up and I saw Ray
There was only one thing Ray could say, was

I don't want a pickle
Just want to ride on my motorcycle
And I don't want a tickle
'Cause I'd rather ride on my motorcycle
And I don't want to die
I just want to ride on my motorcycle

Just last week I was on my bike
I run into a friend named Spike
Run into my friend named Spike
Spike no longer has a bike he cries

I don't want a pickle
Just want to ride on my motorcycle
And I don't want a tickle
'Cause I'd rather ride on my motorcycle

And I don't want to die
I just want to ride on my motorcycle



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GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

Hikin History N Hooch



This month's Great Places to Ride story began as a feature road video idea for our YouTube channel. It didn't have anything to do with GP2R at first, but would turn into a truly extraordinary experience, ranking right up there with some of our most memorable rides.

Since Dry Run Road was the original video concept, I thought I'd reach out to Dry Run Spirits/Loafers Glory Resort & Event Venue to ask if I could use some pics they had on their website of some MABDR enthusiasts that had stayed there, for the vid. I got an immediate reply from Jeff and Teresa, the owners, who invited me to stop by. So, about halfway through filming the video (does anyone actually use movie film anymore??), I heard my inner director yell, "CUT!!" and turned at their driveway.

Turns out, Jeff and Teresa are motorcycle enthusiasts. Jeff has been around the world on his GS and has an eclectic assortment of vintage bikes incorporating things called "carburetors." They also hosted Zacker Adventures (www.zackeradventures.com) three-day training events for a number of years. The lodging side of things, however, is no longer a full-time operation. They still host events like weddings and gatherings, but they are primarily focused on the distillery business and maintaining the historic farm that is on the property, which I was very intrigued with. So much so, that I told Rose all about it. And I wanted to come back the next day with her and make this our next riding story. Screw the video:) For now...

KSU was just shy of 11AM. Rose had fixed one of her soon-to-be world-famous bacon omelets for breakfast. Temps were still in the low 40s and skies were, once again, severe clear. It was late March and I'd forgotten how many times we'd zipped our jacket and pants liners in and out the past several weeks. "The Juice" was also performing another encore.

We stopped for fuel in McDowell and headed up Doe Hill Road. Steely Dan's "FM" was playing over Windy's abundant audio system and I punched the volume so the cows could enjoy some tasty saxophone with the fresh grass. It's funny, having grown up as a Rush-head, to the point of being completely blinded by them as a teenager, how I now appreciate music that I didn't much care for back then, especially in the highway gear on two wheels in wide open spaces. Aside from the two-wheeled thing, I guess the same could be said for hooch:) Either way, it prompted a leg squeeze.

Rose and I met our hosts shortly before noon. They graciously had us back and took the time to tell us about the history of the property and its significance moving forward with the distillery, and how much of it is still produced "in-house." In addition to free tastings, they have product for sale to go, and are featured with three other producers, on West Virginia's "On the Rocks Craft Beverage Trail." Visit www.facebook.com/DryRunSpirits for more and please call ahead before visiting.

Rose and I couldn't wait to peruse the Ananias Pitsenbarger Farm, listed on the National Register of Historic Places, whose buildings date back to the 1840s. These were very raw structures. They paint a hyperly vivid picture of what life was like for mountain folks back then. Every building had a purpose for survival and sustaining a homestead in a remote, mountainous area. Unlike the experiences of visiting Mount Vernon and Monticello, it wasn't lost on me how extremely difficult life must have been here.

There's also a moderate trail, for walking or riding for the ADV crowd, which features the gravesite of Henry Amick, who fought in



the Revolutionary War, and leads to a picturesque patio, complete with park benches and a picnic table, at the top of the hill overlooking the property. It's one of those spots that you sense is very special. So pack a lunch and enjoy some time off the grid, in a place relatively few have seen.

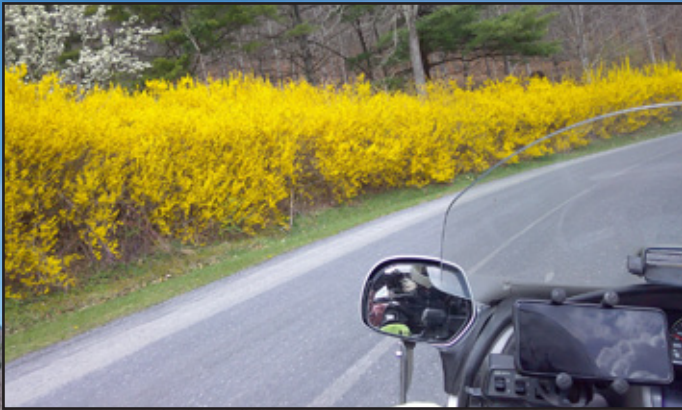
Of all the riding themes we've dabbled in through the years: restaurants, lakes, parks, even a bridge and dam or two, Rose and I have never thought of distilleries. I'd like to boast that I've reached my seventh decade of riding on two wheels from all of my sensible decisions. But the fact of the matter is: it's not from always making them. Without getting too soapboxy or curmudgeonly, this actually works for riders, with acquired tastes, who enjoy the finer things in life, that no longer introduce the bumps, bruises and hard knocks from attending dumbass school. Oh, in my case, there may be the occasional post-graduate studies in the form of passing folks celebrating their eighth decade, or more, in a passing zone I've vetted as suitable, but state DOT has deliberately displayed as otherwise. As it turns out, it's as valid an excuse or theme to ride, as any other. Plus, it helps support small business and preserve history. And perhaps, you just might find some great roads you've never ridden on.

So, just imagine, later that evening, as you're sitting back, relaxing at the firepit at a nearby campground or bed & breakfast, enjoying your new, locally made libation, amazed at how many stars there are in the clear, night, country sky. You just may get the sense that someone a couple hundred years ago, was quite possibly, doing the exact same thing, at or near, the exact same spot.

Cheers and thanks for reading!

Marc Ritchie
Photos, Pillion and Co-Libationphile: Rose Grant

continued next page

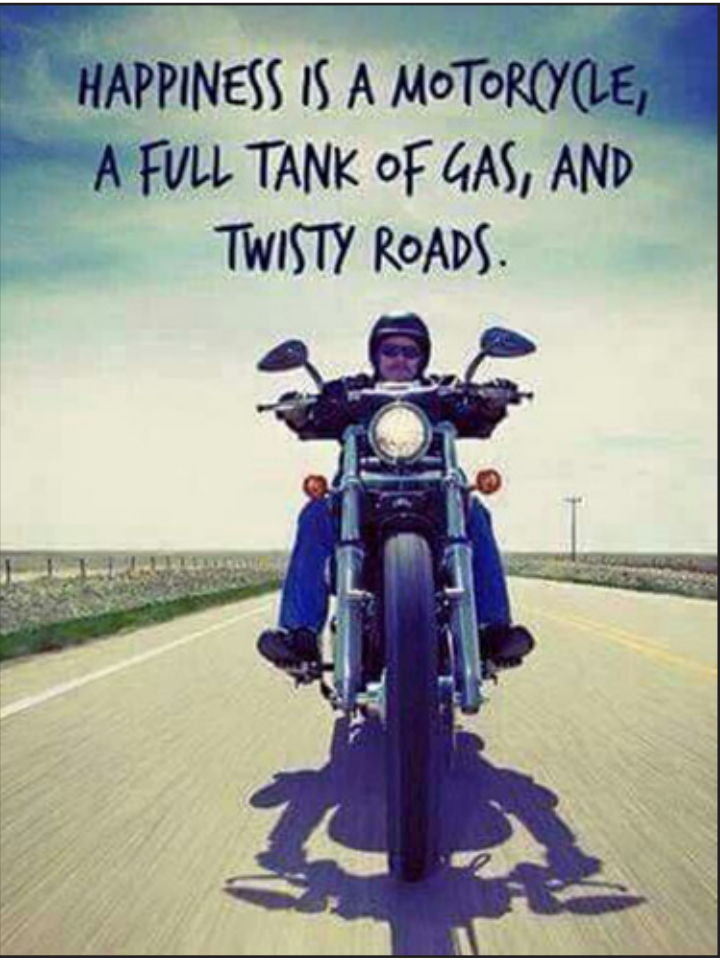


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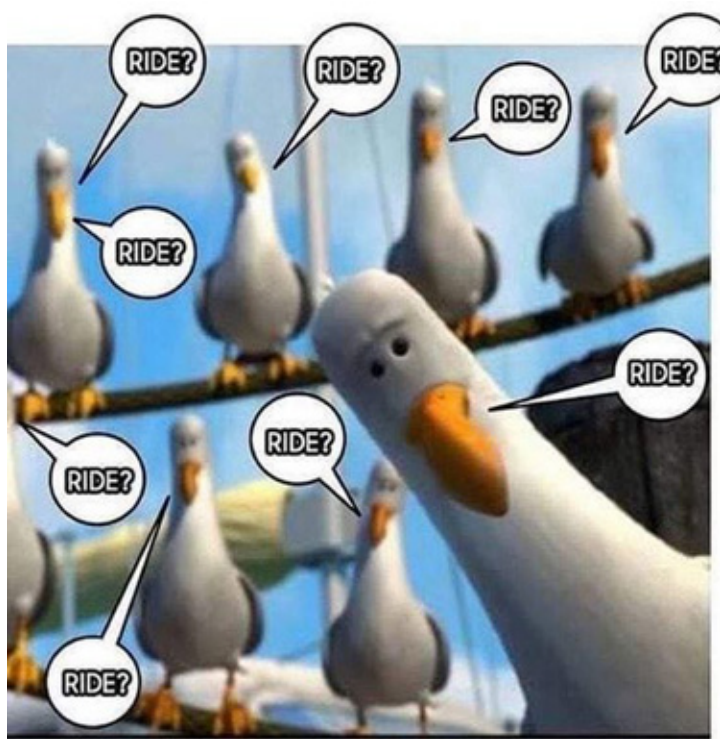
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THE LIGHTHOUSE

"If the Son sets you free, you will be free indeed." – John 8:36

True Freedom

As Articulated in the Story of an Ancient Philosopher

There is an old story that speaks to the true source of freedom:

The philosopher Diogenes was eating bread and lentils for his supper. He was seen by the philosopher Aristippus, who said, "If you would learn to be more subservient to the king, you would not have to live on lentils." Diogenes replied, "Learn to live on lentils and you will not have to cultivate the king."

We often think that money, power, and access give us freedom; this may be partially true. If I have money and access I can usually procure more things and have greater variety, but what deeper freedoms have I surrendered for the surface-level freedoms of variety and quantity? In return for these lesser freedoms, the world usually demands a loyalty that require us to surrender important core principles. In exchange for access to this world's income, approval, and trinkets, it is usually demanded (explicitly or implicitly) that we adopt the ways, thinking, and morals of the world.

Satan articulates this transaction very clearly to Jesus:

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours" (Luke 4:5-7).

In making this one concession, Jesus would have gained the "freedom" to maneuver and to do as He pleased—but what a concession!

Worshipping the devil or his world (for he is the prince of this world) is too high a price to pay for its passing and limited freedoms. Yet in subtler but real ways, it is something most of us do. We will compromise moral truths and even commit sin in order to ingratiate ourselves to others. To be popular, we will parrot the views of the world—even if they are

contrary to God's revealed truth; we will remain silent when we should speak. We do not always do this in malice, but rather out of our weakness. We feel pressured to conform, knowing that it is required for access and approval.

Is giving in to this pressure really freedom? As Diogenes teaches, we need to learn to "eat lentils" if we want to be free. We must become free of our desire for this world's passing trinkets (and they are only trinkets compared to what God offers). Until we do this, the shallow freedoms of the world will appeal to us too much. Of true freedom St. Paul writes,

I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me (Philippians 4:11-13). Help us, Lord, to be truly free.



VIRGINIA RIDER MAGAZINE

<http://blog.adw.org/2018/06/true-freedom-articulated-story-ancient-philosopher/>



EASY DOES IT HELLO HASH!

What makes food a hash? Hash is a dish consisting of chopped meat, potatoes, and fried onions. The name is derived from French: hacher, meaning 'to chop'. It originated as a way to use up leftovers. In the U.S. by the 1860s, a cheap restaurant was called a "hash house" or "hashery."

This month, we're hashing in the kitchen, cooking up a super easy, unbelievably delicious, 'Steak Hash' with only 5 main ingredients. This recipe is so easy to make by anyone...guys, this is for you too... especially if you have a busy schedule. Ok, we're getting hungry so let's get to cookin'!

Here's all you need:

3 large potatoes (1 lb) (Russets develop the crispest crusts or you can use a bag of frozen potatoes)

3 bell peppers, sliced, seeds and top removed

1 small onion, sliced

3 teaspoons olive oil, divided

Seasonings - 4 teaspoons paprika * 2 teaspoons garlic salt * cilantro, which is optional for garnish

For the Steak

1 flank steak

Seasoning: 2 teaspoons season salt

Good Food Simply Made

Here's all you need to do:

- Heat a grill pan over high heat and sprinkle each side of the steak with the season salt.
- Place the steak in the pan and turn down to medium heat.
- Cook for 6 to 8 minutes and turn over (longer for more well done, but it will get cooked more in the potato pan so don't over cook it), allowing it to finish cooking on the other side.
- Remove from pan and tent with foil on a plate for 10 minutes.
- In a large saute pan over medium heat, add the first teaspoon of olive oil and add the peppers and onion.
- Cook until tender about 3 minutes.
- Add the potatoes and remaining olive oil and cook until hot all the way through and golden on the outside.
- Meanwhile, chop the steak, and once the potatoes are cooked add the steak, toss, and allow to cook an additional 2 minutes.

Serve with fresh cilantro for an added brightness.

Make it your own and add any vegetables that you like for a spring freshness you'll enjoy all year long.
Bon Appetit! ❤️





Keep Thieves Away From Your Motorcycle

It pays to be vigilant, especially when it comes to making sure our beloved steeds are safe and sound.

For most of us who own motorcycles, our beloved two-wheelers are our prized possession. It doesn't matter how nice your bike is, or how many bikes you have—your bike is your bike, and it goes without saying that it's in our best interest to keep it safe and secure no matter what. Unfortunately, it's a fact of life that there are folks who, for whatever reason, are up to no good and want to take what simply isn't theirs. This is especially true when it comes to motorcycles, as they're much lighter and easier to steal than heavy cars.

That being said, being vigilant and taking a few extra precautionary steps can go a long way in making sure that your motorcycle is kept safe, secure, and away from prying eyes. Here are five examples you can apply to your riding lifestyle today.

SIMPLY LOCK YOUR BARS



If you ever find yourself parking in a public establishment, it's always a good idea to lock your bike's handlebars via the built-in locking mechanism when you turn the key. Doing so means that would-be thieves, or anyone looking to mess around with your bike while you're away, won't be able to easily move your bike around. Of course, determined thieves who work in packs will still be able to load your bike into a van, but hey, seeing that it's locked and not willing to move anywhere is a good first-line deterrent. Kicking your bike into first gear is a good idea, too.

MAKE USE OF TECHNOLOGY



There are tons of gadgets and tech products that aren't exactly motorcycle related but can be used to ensure the safety of your beloved two-wheeler. Take for example, Apple AirTags. Keeping an AirTag under your saddle effectively means you know where your bike is at all times. You can even have a warning sticker made that indicates that the bike has been fitted with a tracking device. This could be enough to deter would-be thieves, and in the unlikely incident that your bike does get stolen, you'll be able to track it, and hopefully, alert the authorities regarding its whereabouts. A tracking device is also useful for folks like me who have a tendency of forgetting where we last parked.

IF IT'S SKETCHY, GET OUT



Common sense would dictate that, when parking our two-wheelers, we opt for a safe and secure location. This is where your judgment or strategy comes into play. If you absolutely need to go to a sketchy place, then it may be a good idea to plan ahead. Leave home earlier so you can park your motorcycle in a safer place, then either take public transpo or walk to your final destination. A rule of thumb I like to follow when it comes to running errands on my bike is that if it's sketchy, get out. It's not worth risking having my bike stolen or sideswiped, or me getting a ticket for illegal parking, simply because I had nowhere else to stop. That being said, when parking in commercial areas such as malls, make sure you park your bike in a place that you'll easily remember. As mentioned earlier, lock the bars. Check to see if there are any security personnel in the area, as well as for CCTV cameras.

USE A MOTORCYCLE COVER



A motorcycle cover is useful not only for keeping the rain, sun, and other elements away from your bike when it's in storage, but also for keeping prying eyes looking elsewhere. This is especially true if you have a nicer motorbike and have the tendency to leave it parked outside overnight. As some of you have probably found out recently, not even gated subdivisions are safe from thieves, so taking that one extra step of covering your bike could just be enough to keep it safe.

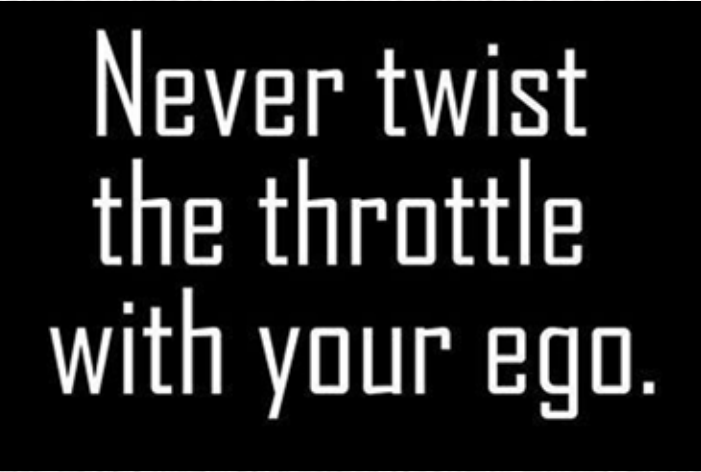
USE SECURITY ACCESSORIES



Last but not least, there are tons of aftermarket security accessories available in the market. Everything from disc locks to motion-activated alarms, to wheel locks can go a long way in deterring would-be thieves from accessing your precious two-wheeler. On top of that, most modern-day motorcycles are equipped with an immobilizer. That said, it's always a good idea to err on the side of safety.



Source:
<https://www.motodeal.com.ph/articles/motorcycle-features/5-tips-keep-thieves-away-your-motorcycle>





Using A GPS On Your Motorcycle

What GPS systems track on vehicles

Most GPS systems allow you to keep track of your speed. As such, they can be used as evidence in court. I have come across jurisdictions that, at the scene of an accident when speed is a question, will seize a crash victim's GPS, get a search warrant, and download the information pertaining to their speed.

Such action does more than subject the crash victim to a speeding ticket. It can, if the injured party was speeding, put their ability to collect damages for their injuries at risk. Virginia is a contributory negligence state. That means that if the party that injured you can show that you were in some way at fault in causing the accident, then your claim can be denied.

Speed can be used as a contributing factor to deny an injury claim, even if the other party is more at fault than you. Even in other states which are comparative negligence states, speed can be used to reduce the amount of your claim if another person injures you.

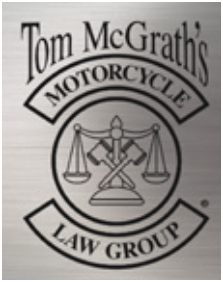
Should you use a GPS on your motorcycle?

Now keep in mind that I am in no way suggesting that you should not use a GPS on your motorcycle. I am merely suggesting that if you do, keep in mind that, depending on the system and how you use it, you could be collecting evidence that could eventually be used by the party that injures you to avoid paying for the injuries that they caused.

Need legal representation?

If you are the victim of someone else's negligence, we can be your legal partner. Reach out today.

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TOM MCGRATH'S MOTORCYCLE LAW GROUP ANNOUNCEMENT

Tom McGrath's Motorcycle Law Group announces that partner and longtime firm member, Matt Danielson has been appointed as a General District Court Judge effective July 1, 2024. While his presence at the law firm will be missed, we are proud of all that he has done for Virginia Motorcyclists, and wish him well in his new position.

Longtime law partner and avid rider Elizabeth "Liz" Sorrell will take over as managing partner of Tom McGrath's Motorcycle Law Group. Since joining the law firm in 2007, Liz has aggressively represented victims of motorcycle and car collisions, as well as families who have suffered the wrongful death of a loved one. Liz has earned a reputation as a diligent, hardworking attorney who strives to produce fair outcomes for her personal injury clients.

As an undergraduate student, Liz earned a bachelor's degree in Criminal Justice with a minor in Sociology. She went on to Law School, where, in her third year, she began trying cases and representing individuals who had been denied unemployment benefits. After law school, Liz accepted a position in the Newport News Commonwealth Attorney's office. As a prosecutor, Liz tried thousands of criminal cases ranging from simple misdemeanors to First Degree Murder.

Since joining Tom McGrath's Motorcycle Law Group, putting her clients first has been Liz's top priority: "My injured clients are people who have experienced real loss, and who just want to be fairly compensated for the harm that they have suffered. They are down-to-earth people, and I feel privileged to ride with them, to represent them, and to help make a difficult time easier for them to bear."

Liz is a frequent lecturer on a variety of topics concerning laws affecting motorcyclists and injured riders. She has also served as an Adjunct Professor at Saint Leo University, as well as a lobbyist for the Virginia Coalition of Motorcyclists.

If you need effective legal representation, or just have a question that you would like to discuss with an attorney, you can reach Liz at Liz@motorcycellawgroup.com, or (855) LAW-RIDERS.

Want to know more about how to be prepared in case you are in a motorcycle accident? Download our free Prepared Rider Kit, which has everything you and your family need to know about you and your bike.

Congratulations Matt!

From all of us at Virginia Rider, we wish you all the best in your new role as District Judge. The judicial system is getting the best of the best to provide interpretation of the law and ensuring fairness so that legal rights are protected. Thanks for all that you have done for our motorcycle communities! We love you!



WEATHER WISE

Tips for motorcycle riding in the rain and other bad weather

When you are riding your motorcycle and the weather changes to rain, what do you do? Here are suggestions for dealing with changes in the weather.

When the weather warms, riders grab their helmet and motorcycle riding gear and take to the open road. The sun, the open air and the freedom of the open road draw them out. In many parts of this country, there is a motorcycle season with warmer days and sunny skies. Of course, that season comes with days where the weather can change in a matter of hours and you could be riding a motorcycle in heavy rain.

When the sun retreats behind dark clouds and the rain moves in, are you ready to handle what Mother Nature might throw at you? Is your bike ready? Is your motorcycle insurance policy adequate?

Often the safest choice is to wait out the weather. When you can't wait it out, let's take a look at some tips on how to ride in the rain and other weather, as well as ideas to consider so you can be better prepared for those days when unexpected storm clouds try to rain on your riding day.

How to ride a motorcycle in the rain and drizzle



- **Be patient and slow down** – The roads are slicker when they are wet. In part, this is due to the oil from other cars collecting on the surface in dry weather. Leave extra time to stop and enough room between you and the cars around you as the wet pavement might cause you to lose traction and hydroplane.
- **Use headlights** – Your visibility might be compromised in rainy conditions due to the clouds blocking the sun. Headlights can help. They will also help cars see you in the dim light.
- **Go around standing water** – Try not to cross standing water or flooded roadways. You might not be as aware of how deep the water is. Find an alternate route so you won't be trapped in a flood.
- **Turn off cruise control** – Take control of your speed to potentially react faster to road conditions.

Motorcycle riding in fog



- **Turn on the low beams and fog lights** – Your headlights should be on as well as your fog lights if you have them.
- **Don't be afraid to wait it out** – If you're having trouble when you're leaving, the fog probably won't get better when you hit the open road. Consider waiting until the fog clears.

Riding a motorcycle in wind



- **Look out** – Watch for flying debris – in the air and from the roads. Be extra careful when passing or being passed by other riders or vehicles.
- **Hold off on pulling a trailer** – When there are high winds, it's more difficult to pull a trailer, especially those with a "high profile."
- **Stay calm** – Heavy crosswinds can make riding unpredictable, especially for new riders. Don't overreact and tighten your grip, which makes it harder to steer.

Severe weather motorcycle driving tips

- **Tune in** – Listen to a local weather radio station for any storm and traffic updates.
- **Don't try to outrun a tornado** – Stop and find the nearest solid shelter. If one is not close by, lie down in a ditch or low-lying area. Keep your helmet on and your face down to protect against flying debris and cover the back of your head and neck with your hands.
- **Don't wait** – Once the danger has passed, leave low-lying areas.
- **Stay alert for flash floods** – A flooded roadway may look crossable, but don't risk it. It doesn't take much water or current to sweep you and your motorcycle off the road and downstream.



Riding in all types of weather



- **Emergency kit** – Pack and store an emergency kit in your saddle bags if you're going on a long ride.
- **Motorcycle recalls** – Periodically check with your local dealer to see if any recall notices have appeared on your motorcycle.
- **Ride with a buddy** – Consider riding with a partner, but maybe hold off on riding double until you're very familiar with your bike.
- **Motorcycle gear** – When the weather is hot, cold or rainy, ensure you have the right motorcycle riding gear for the weather. Try to find bright gear to help you be seen by other drivers and consider anti-fog sprays on your visor to help increase visibility.
- **Tire pressure** – Before you ride, check to make sure your tires are properly inflated.
- **Stay rested and hydrated** – Take breaks on longer trips to help maintain your focus on the road.

The open road is an exciting and fun adventure for a motorcycle enthusiast. But the weather can sometimes be a challenge for those rides. It's important to be prepared if the unexpected happens.



Source: <https://www.statefarm.com/simple-insights/auto-and-vehicles/motorcycle-riding-in-the-rain-and-other-bad-weather>

WTF fun fact #13529

Ky Michaelson, also known as "the Rocketman," created a motorcycle that runs on beer! Using a 14-gallon keg as the fuel tank, the beer is heated to over 300 degrees Fahrenheit to produce steam, which then propels the bike forward. And here's the kicker: Michaelson doesn't even drink beer; he just thought it'd be a great alternative to rising gas prices!

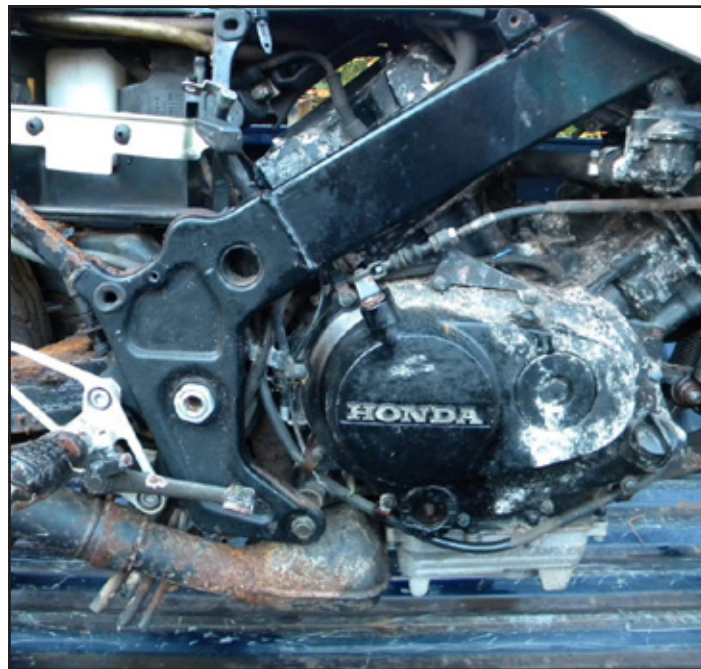




Miami Nice – The Saga Continues

So after a brief side trip to satisfy my thirst for old bikes that I really don't need (see last month's Virginia Rider column entitled 'SQUIRREL!'), I finally got re-focused and dug into this 1989 Honda VTR250 Interceptor.

In last month's column, I started to disassemble the bike so I could drop the aluminum oxide-encrusted engine and repaint it, which presented a bit of a conundrum because I'd never really dealt with an engine that was painted. Usually, all of my barn finds are classic UJM's (Universal Japanese Motorcycles) with raw or unfinished engines and heads so there was never a real need to refinish them, but in this case, the engine of the little 250 was painted black, although some oxidation was present – actually, a LOT of oxidation was present!



So first things being first, and knowing it was going to be a while before I got back to it, I dropped the exhaust and muffler (seen above in all its rusty glory), sanded it down a bit, washed it with acetone, gave it a new coating of high-temperature black satin and set it aside to cure.

I tackled the pretty unique carburetor setup next. I say 'unique' because I'd never seen a carburetor setup like this before – usually, the carbs I work on are side-by-side, but check this out: The carbs are buried underneath that filter housing that sits under the gas tank.



And as you can see, that 'pan' sits on top of the angled carbs! This is probably no surprise to all of you Interceptor riders out there, but for me, it was a first!



The carbs were pretty gross; the jets were all gummed up with old gas, but the slides themselves were fine, which explains why it ran with a spray of starting fluid but not gas.



Looks wet, doesn't it...that's all dried-on varnish in the bowl and clogging the jets. I cleaned and blew out all the tiny orifices and got all the gum out. I did replace the bowl gaskets with new ones but didn't really mess with the floats. They were free and

clear, so I'm hoping the levels are correct. And Yes, I DO have a manual too! Lazy of me, I know, but hopefully they'll be okay. But hey - "Always time to do it twice, never time to do it right!" as they say.

The engine was a bit more problematic. In order to drop it, I disconnected all the tubes and connectors, took off the radiator, clutch cable, and loosened up all the engine support bolts, but that still left me with the problem of how to get the darn thing OUT of the frame. Weighing in at 103 pounds, it's not that heavy – but it's still heavy! Working alone as I usually do, I couldn't get a small jack underneath it to support it while I extricated it from the frame, so I enlisted the help of my friend John Reno to finally get it out of its hole.

Not wanting to take it all apart under the guise of 'If it ain't broke don't fix it,' ultimately what I did was I took a small brass brush to all the aluminum oxide I could see, wiped it down really well with acetone and sprayed it with high-temperature satin black.



I think it came out pretty well, actually...



It looks darker than it is because if you look closely I still have the taped-up bits on the head and side covered with painter's tape. I let it sit for a few days to cure and harden up, and then after much sweating, cursing, lifting, and keeping my fingers from getting pinched off, I managed to get it back into the frame by myself.

So that's about where I am now. I got the engine in and all the connectors connected, brand new tubes and pipes for the radiator and air system, and now I'm waiting on some nitrile cording to make a new O-ring for the oil pan.

Speaking of which (and here's a little tip if you don't know it already), one of the tricky things about this rare little screamer is - and other old bikes, for that matter - for some reason, despite being produced for three years, from 1988 to 1990, there are few if any gaskets available for it in the U.S. market, and those that are available from overseas are pretty steep. So Necessity being the Mother that she is, sometimes you have to get creative when it comes to making gaskets. Besides being "Unavailable", this little cover gasket here is listed for about \$7 from overseas IF you can find one! Luckily, cereal boxes are almost the exact thickness you need for engine gaskets (and I have made these before)- One, maybe one and a half millimeters thick, and perhaps even a bit more 'stout', and they work just fine!



Add a Little Fiber to Your Engine!

Check back here next month after I've reinstalled the radiator and put in a new O-ring and fresh oil, put the tank back on and We'll See What Happens!

In the meantime, Keep On Savin'!

-John



VIRGINIA RIDER MAGAZINE

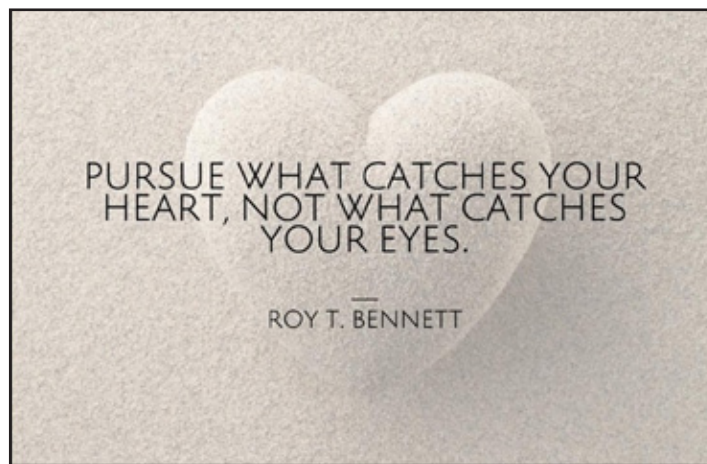


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Why should you join ABATE? For the preservation of your freedom to ride a motorcycle today and into the future. Meet other motorcycle enthusiasts in your community and join them to promote motorcycling through participation at State and Chapter meetings,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

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WHAT IS A MOTORCYCLE POKER RUN?

The short answer is that it's a motorcycle tour event in which you make a series of stops and collect playing cards along the way, working toward a poker hand that can win you a cash prize. But there's a bit more to know than that.

Grab your buddies and your motorcycle communication system. We're going to see what might be in the cards for you when you participate in a motorcycle poker run.

Poker Run Basics

First, let's get a quick refresher on the rules of poker. Each player puts in an ante to build the winner's pot. Then, everyone is dealt five cards out of which they try to build a winning hand. In an actual game of poker, players place bets according to how strong they think their hand is relative to their opponents' and the highest hand (according to the established ranking of poker hands) wins.

The concept of a poker run is similar in that the participants collect cards and try to win a prize pot. A poker run will follow a predetermined route, often through a scenic, historic, or urban area. The run will consist of five predetermined stops. At each stop, every participant draws a playing card and has it noted on a scorecard. The player who's able to build the highest hand by the end of the run collects the prize pool that everyone paid into to enter the poker run.

Part of a participant's entry fee will go into the prize pool, while another part will go to a local organization such as a charity or motorcycle club. Because a poker run might be considered gambling under some definitions, many organizations that put on poker runs also include games of skill, such as dart-throwing contests, that can improve a participant's score.

The Fun of the Run

So, what is it that draws people to poker runs? Lots of things: Poker runs encourage people to get out and about in the area and visit spots they might not know about or typically go to.

- Poker runs help local businesses and attractions bring in customers.
- Poker runs raise money to help people through community giving.
- Poker runs offer an opportunity to meet other riders, show off your bike and have a good time.
- Poker runs offer the chance to win a prize of some kind.
- Poker runs let motorcyclists do what they love to do: ride and talk about motorcycles.



Poker Run Tips

Riders who are planning on heading out for a poker run should know about these tips for safety and fun:

- Many poker runs include bars on their list of stops. But know this: Even drinking a small amount of alcohol increases your risk of crashing several times over. We won't tell you to drink a safe amount because there is no safe amount to drink on a motorcycle, so use your best judgment.
- Bring a motorcycle communication system to help keep your riding group on the same page. (Plus, your motorcycle Bluetooth headset will allow you to bump your favorite music while you're out on your run.)
- Wear all of the recommended motorcycle gear to protect your body, including a helmet, armored jacket, riding pants and boots.
- Remember that, ultimately, all of the same motorcycle safety rules apply on a poker run, including navigating safely around traffic and obeying the law.

Finding a Poker Run Near You

OK, so this all sounds awesome, right? Now you're probably wondering how to find out where a poker run is going on near you.

The easiest way is usually through any of the motorcycle events calendars available online. Motorcycle organizations maintain these calendars to help riders find events near them and event organizers find people to participate. CycleFish and Let's Ride are two popular motorcycle events calendars to start with if you're looking for a poker run.

In addition, reach out to motorcycle organizations near you, especially ones that you're a part of. If they're not putting on a poker run, they might know about one going on nearby.

Be sure to visit the Events page at virginiarider.com for poker runs, rides and many other events happening throughout Virginia and West Virginia. Have fun, stay safe and may the best hand win!...btw, many poker runs do have prizes for the worst hand too.



Source: <https://cardosystems.com/blogs/cardo-blog/what-is-a-motorcycle-poker-run>



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HARD CHOICES

when nothing goes right ...
go left.

I'm not easily distracted. I just...
OMG, do I hear a bike?

GOOD FOR YOU

LOSING WINTER WEIGHT

DROP IT LIKE IT'S HOT – Losing the Winter Weight



Spring is the best time of year to recommit healthy habits, especially if you're trying to shed excess weight that you may have gained over the winter months. As the weather warms up, these lifestyle tips can help you slim down. Try these simple ways to get healthier and drop those unwanted pounds fast before it gets HOT...& keep them off too!

- Fill up on fiber. That includes fiber-rich sources, such as whole grains, fruits, and vegetables, which all help increase satiety and fullness at each meal"



- Be cautious about liquid calories. "That means limit juices and high-calorie coffee drinks". "Instead, try swapping out your regular glass of O.J. for any whole piece of fruit."



- Stay hydrated. "Not only is water important in delivering nutrients, it also plays an important role in weight loss. Oftentimes, hunger is confused with thirst, so staying hydrated will keep you from craving extra calories. At the very least, fill up a 16-ounce water bottle first thing in the morning. Aim to have two bottles by mid-afternoon and another two before you go to bed."



- Practice smart snacking. Eating every three to four hours fuels your metabolism and prevents you from overeating at meals. The best combo: Always include a portion of carbs and protein with each snack, such as trail mix or low-fat cheese with whole-grain crackers.

- Avoid skipping meals. Saving your calories for the evening often leads to overeating and discomfort. Instead, eat regularly throughout the day for optimum energy levels and portion control.

- Be carb smart. Carbohydrates serve as the body's primary source of energy. To maximize their impact, always select nutrient-dense carbs, such as whole grains and fruit, instead of simple, processed carbohydrate foods.

- Limit your alcohol. Just four ounces of red wine contains 80 calories. Limiting those few extra cocktails per week can certainly help you lose those last few pounds.



- Aim for variety. Changing your food each week will help you stay motivated. Eating the same foods over and over again causes boredom, which may lead to quitting your weight loss efforts sooner than expected.

A long ride is the answer to a question you will soon forget.

- Focus on healthy fats. "Fat is an important energy source for the body and serves as the delivery system for vitamins A, D, E, and K, so don't avoid them thinking you'll lose more weight". Instead, choose more plant-based fats, such as nuts and olive oil.



- Practice mindful eating. Take at least 20 minutes to eat meals. Also, avoid eating in front of the television, computer, or while chatting on the phone. By focusing on your meals, you'll drastically improve your satiety, which can help prevent overeating.



Life before video games and cell phones



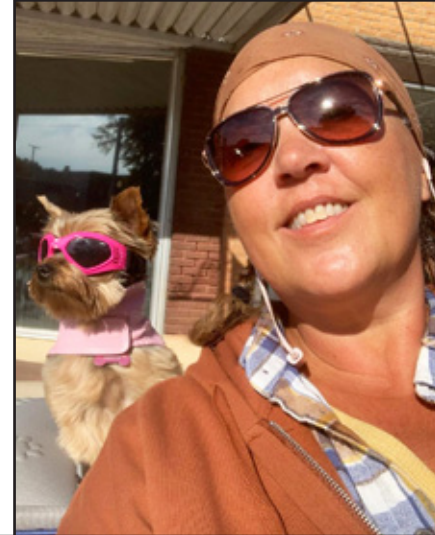
Chevy & Monte

Chevy has been riding with me for over 5 years. We started on the bicycle with her in the front carrier and she loved it so much that I thought I would take her on my first motorcycle, which was a Can-am Spyder. She thoroughly enjoyed riding and was so comfortable that she would fall asleep when on our long rides. I eventually got a Honda trike and there was so much wind in her face. I found a Kuryakyn Pet Palace so she could be more comfortable. Well, I ended up getting another Yorkie 5 months ago. His name is Monte. This was his second ride on the trike. Chevy figured out the goggles were a good thing because they kept the wind out of her eyes so she has gotten used to them for the most part. Monte does pretty good and I'm hoping he'll learn as quickly as she did. Chevy does have a little pink leather jacket and I plan on getting Monte one too. I'm hoping to do a lot of riding this summer with both of them.



Chevy & Monte's owner is Richelle Olson.

THANKS Richelle for sharing your story with us of these adorable ruff riding pups!



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