

# VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE™



FREE

February 2023  
[www.virginiarider.com](http://www.virginiarider.com)





# VIRGINIA RIDER

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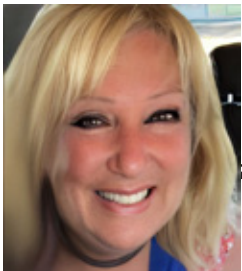
Licensed in Virginia, West Virginia, North Carolina, South Carolina and Georgia.

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

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

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## from the editor's desk

I'd love to say that the riding season is almost here but I'm kind of thinking that it never really was over for most of us. A good bit of Virginia never even saw one snow flake this winter & spring is right around the corner. I personally was hoping for some snow which is why we kept including pictures of snow in the magazine the past couple of months. But since a March snowfall is unlikely in the Virginias at this point, I say let's just move right on into spring & keep riding!

This year will be so much different than the past few which, as we all know from dealing with Covid, had put a major damper on just about everything for so long. We are so excited for Virginia riders this year as it seems like everything is pretty much wide open now. Businesses and life in general have fully opened back up for the most part & almost all events that had been postponed or put on pause are officially back so everyone can look forward to an amazing year of riding and adventures like never before!

If you've never checked out our website, [virginiarider.com](http://virginiarider.com), we highly encourage you to do so & please come back to visit often! Just about everything you need to help you fully enjoy your riding lifestyle is right at your fingertips. You can sign up to receive your free copy of the Virginia Rider via email which will be delivered right to your inbox every month. Our Rider-friendly Directory is filled with businesses, great places to ride, eat, stay and play, fantastic destinations and more. Our Events page has the latest events that are scheduled throughout Virginia & West Virginia. If you know of any events happening and don't see them on our site be sure to let us know & we'll get it posted right away. There's so much more to check out so we hope that you'll come visit us.

We want you to be a part of Virginia Rider! You're always invited to send us your pictures for the SHOTZ pages as often as you'd like and if you have any stories you'd like to share or maybe you've written about some adventures or just about anything that involves your ride life, please send it in to us & you may see it in a future edition of the magazine.

We are already working on our next issue which will be the kick off of the official riding season for spring so we hope you'll join us for it!

Thanks so much for being here with us this year...we love having you along for the adventures. 😊 Be safe in your travels & we'll see you next time around!

Stay awesome,

*Kelly*



## IN THIS ISSUE



**GREAT PLACES TO RIDE** Marc takes time to reflect on how The Little Things become more precious with the passing of time. "Everywhere we went, the roads, restaurant, park, gas station, dollar store (we were out of ice cream), was as if the universe was there waiting for us, welcoming us back," Marc says.



**RUFF RIDERS** is about Addie, a 6 year old Imperial ShihTzu who loves riding a 2016 RTL Can Am Spyder. She has ridden the Tail of the Dragon 3 times & has logged over 11,000 miles in 12 months. Addie Spyder Ryder enjoys all the attention, pictures and videos from everyone she meets through every mile marker. She collects chips from her travel destinations.



**HOG WILD** - Race team member Ray Weishaar acquired a pet piglet, which was quickly adopted as the team's mascot. A tradition soon began of riding a victory lap after each win with the pig, whose name was Johnny, sitting on the gas tank of the winning race bike. This practice led to various journalists calling the racers "the Harley Hogs". Eventually the term "hog" became synonymous with any Harley-Davidson motorcycle.



**FIT FOR THE ROAD** There are a lot of variations to clean eating; but, basically, it refers to eating foods that are as close as possible to their natural state. This encourages us to make our meals from scratch to make them as "clean" as possible. The main reason to take on clean eating is the health benefits of consuming foods rich in nutrient content directly from the earth that have not been overly processed.



**GOOD FOR YOU** Fresh air is good for your body and your mind – anyone who enjoys getting outside will tell you that. But you don't have to take their word for it. Scientific studies also back up the premise that fresh air, sunshine, and outdoor exercise benefit you in a number of ways.



**THE LIGHTHOUSE** gives us a life lesson from the crab. As the crab continues to grow, it is forced to find a bigger shell. Why is it so natural for the crab to move on to something new and so difficult for humans? To continue growing, we must often step out of whatever is keeping us from continuing our growth.



**Tom McGrath's Law Group** takes us on a journey down the best roads to ride in Virginia, from The Blue Ridge Pkwy to the Back Of The Dragon to the Skyline Drive and more, you'll get a description of each and tips to get the most out of the ride.

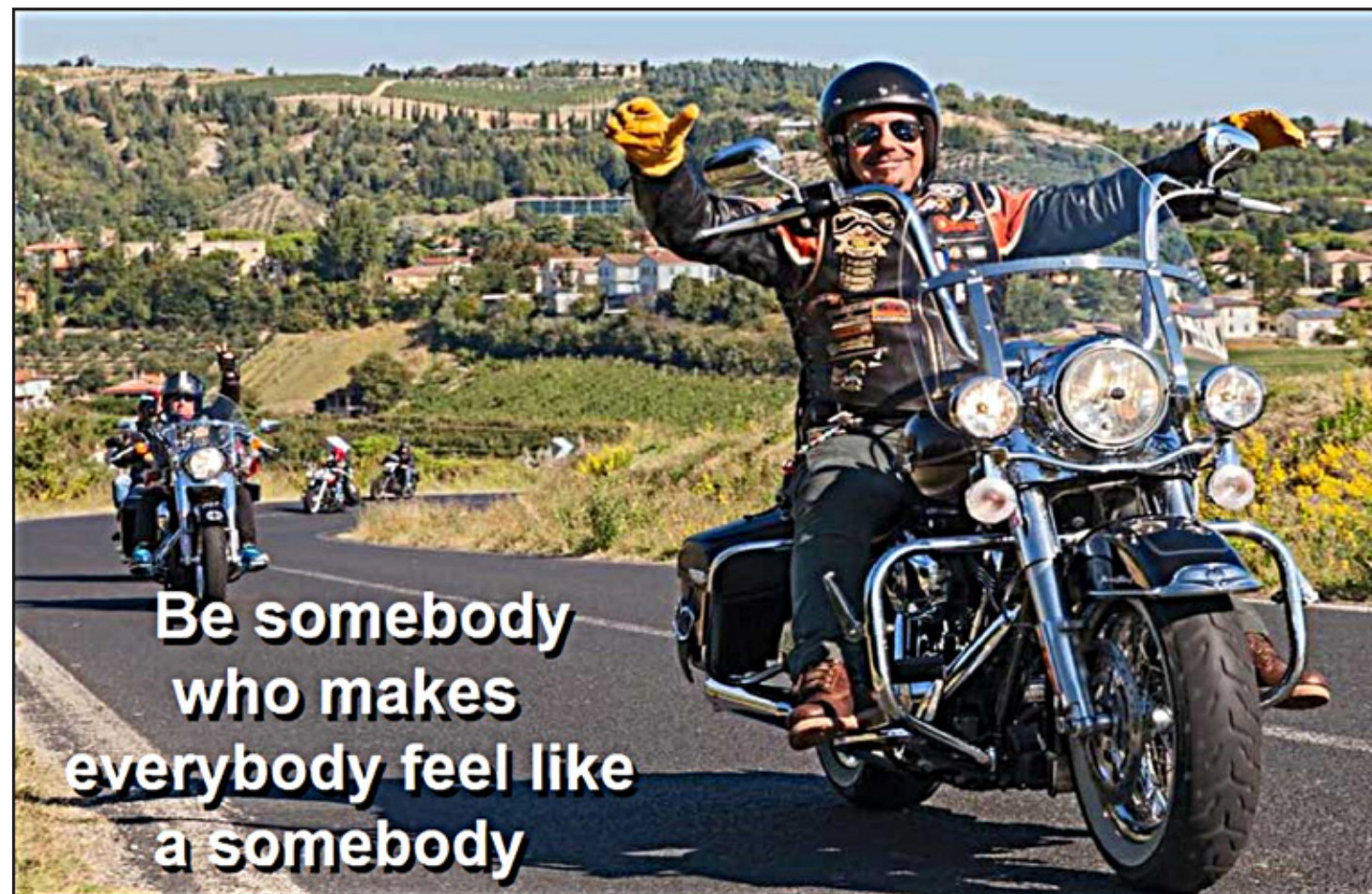
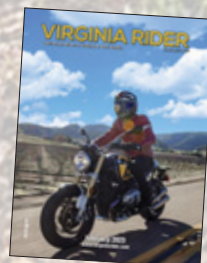
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### ON OUR COVER:

Winter is on the way out and Spring is just around the corner. Time to get the bike uncovered and tuned up. It's going to be a great riding season in Virginia and West Virginia.



**WE WANT YOU TO JOIN**

**ABATE**  **OF VIRGINIA**

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

- ♦ Join a group actively protecting and defending your rights
- ♦ Meet people who love freedom and having a good time
- ♦ Enjoy discounted memberships for additions in the same household
- ♦ Get your first year free if you are 18 to 29 years old

Check out the local chapter nearest you at [abateva.org](http://abateva.org)  
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**When the going got tough,  
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# HOG WILD

## How Harleys Became Known as 'Hogs'

For nearly 100 years, Harley-Davidson motorcycles have been referred to as "hogs." Although you may assume that this nickname has something to do with the size or sound of their motorcycles (or perhaps the size or sound of their riders), the true origins of the nickname are rooted in racing.

Harley-Davidson fielded its first factory race team in 1914 at the Dodge City 300. Although they were not victorious in their inaugural race, losing to arch rival Indian, the five-man team came back to win at Dodge City in 1915 and 1916. In the years leading up to World War I, Harley riders dominated the sport of motorcycle racing, racking up first-place finishes across the United States earning the team the nickname "The Wrecking Crew." (Which, ironically, is the same nickname that a group of Indian riders would pick up a few decades later)

All racing was postponed during WWI, with much of the motorcycle production going to military contracts, but once the war was over it was back to the track for the Wrecking Crew. They continued to come out on top, taking the checkered flag at board tracks and dirt tracks throughout

the early 1920s. It was during this time that race team member Ray Weishaar acquired a pet piglet, which was quickly adopted as the team's mascot. A tradition soon began of riding a victory lap after each win with the pig, whose name was Johnny, sitting on the gas tank of the winning race bike.

This practice led to various journalists calling the racers "the Harley Hogs" as well as remarks that Harley was "hogging" all the victories from Indian and Excelsior. Eventually the term "hog" became synonymous with any Harley-Davidson motorcycle. As the years went by, the company embraced the moniker and now "HOG" is used as an acronym for the Harley Owners Group as well as the Harley-Davidson Motor Company's listing on the stock market. Harley's marketing and art departments have also done their part to perpetuate the "hog" nickname, producing various ad campaigns and merchandise that feature images of hogs. The current artistic rendition of the hog looks nothing like old Johnny, but I guess no one would want to buy a motorcycle named after a cute little piglet.

Source:

<https://news.yahoo.com/harleys-became-known-apos-hogs-120013011.html>



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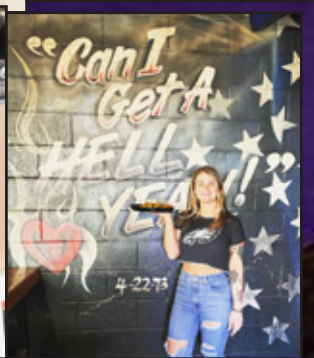
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# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## *The Little Things*



I may have mentioned this before, but it's always a bit of panic before a ride, trying to get out the door before the phone rings. With temps forecast to be upwards of 70F in February, today was no exception. So, while Rose was on the phone, I quietly and patiently reminded myself of the time I fussed at her years ago while putting on her makeup in the motel before a ride: and later that day, watching the oncoming tractor trailer being towed out of Deal's Gap as we approached the first corner. At last, she found her familiar spot behind me. I patiently waited for her "thumbs up" as she got situated in her comfortable confines. Noting how this very nearly never happened again, when just a few weeks ago, I watched her monitor turn into an etch-a-sketch as doctors and nurses rushed into her room to save her. It wasn't lost on me what a significant moment this was.

I reached back and gave Rose's leg the squeeze of all squeezes when we finally came down off the greasy and chunky mountain, enjoying a welcomed straight-a-way. Steven Wilson's "Refuge" shuffled on Windy's very loud audio system and echoed off the hills and trees, creating an overwhelming burst of triumphant jubilation while motorcycling at highway speeds through a forest. "Here I am." Here we were,,,once again. Thank you Universe.

As questionably rideable as the mountain was, I had a hunch the farm country of Augusta County would be much more hospitable. The tarmac resides at lower elevations and hasn't received the extent of frozen precipitation we have on the other side. Roads with names like Miss Phillips, Hewitt, Glebe School and Mish Barn, took us back to a time when this area was known as part of the Breadbasket of the Confederacy in

the Shenandoah Valley. The wide open spaces, views of North Mountain, and empty roads, made for great riding in any month, let alone February.

Rose and I found ourselves behind an older diesel pickup truck once on Middlebrook Road. Fortunately, he turned at the next intersection. My lungs and I were very grateful. I was trying, on the spur of the moment, to remember how to get to a waterfall from here. I'd been there a few times from Rt. 11, but not this way. I made the right turn initially, but subsequently ended up back on the main drag. I elected to keep it moving. The pic is from a couple summers ago and here's the lat/long if anyone's interested in checking it out. It's a very short hike, worthy of lots of pics, and usually free of tourons. 38.09835122934824, -79.09878820575473

We were completely off script, which ironically, seems to be ours of late. Just following the front tire can lead to mixed results, but for the most part, we've been fortunate. Windy parked herself next to Gloria's Pupuseria, a new Salvadoran restaurant in Staunton. Although they had outdoor seating in addition to their inviting indoor atmosphere, Rose and I wanted to check out our favorite park. Rose was likely thinking there'd be more critters to feed. Our friendly host hooked us up with some chicken pupusas to go, all made to order from scratch with local ingredients, along with some plates, napkins and utensils. They were very good, and we plan on returning to check out the rest of their menu. It is available here: [www.gloriaspupuseria.com](http://www.gloriaspupuseria.com).

Gypsy Hill Park was alive! Everyone, including us, was taking advantage of this spring tease in winter. One of the bikers we saw had a small dog with its front paws standing on his



tank which was covered in a make-shift yarn mesh the little guy could grip onto. Unfortunately, both of our hands were full and we couldn't get to the camera in time, and he didn't make another pass:/ He would have definitely made our "Ruff Riders" feature.

As fate would have it, one of the park residents, Rocky, came over to check us out while we were eating. In my haste, I had forgotten to pack our new bag of peanuts before the ride, which Rose had purchased for this very purpose. He made do with some of her food, so we didn't have to dumpster-dive into the nearby trash cans for alternatives. It must have been good. He even followed us to our bike.

Heading home, we bounced some Rush off the trees. I couldn't help but reflect what a perfect day it was and how things unfolded. For the most part, we had clear sailing, without anyone in our way, or we, in anyone else's. Everywhere we went, the roads, restaurant, park, gas station, dollar store (we were out of ice cream), was as if the universe was there waiting for us, welcoming us back.

As little as all of these things may have once seemed to be, I took note of all of them. It was too plain not to see. I recently saw a post asking the question, "What is your favorite memory from a ride?" And a few weeks ago, I probably would have tried to sort one out of the countless ones Rose and I share, like picking out a favorite movie. But now, there's only one reply: "The one from our next one."

Cheers and thank you for reading!

Marc Ritchie

Photos, Critter Nutritionist (CN), and my world: Rose Grant







# EASY DOES IT

Good Food Simply Made

## MEATBALL SUB CASSEROLE

Good food doesn't have to be complicated! Four ingredients is all you need to enjoy these good eats! We've been featuring some great recipes over the past couple of riding seasons that only called for 3 ingredients to make. We decided to change it up a bit for the season and celebrate the new year using four ingredient easy meals. It's time to get cookin' so here we go!.....

Meatball subs are a huge favorite for lunch or dinner. They're a meal in themselves and so satisfying! We've got an easy, sure to please recipe for this yummy classic made into a casserole!

Here's your 4 ingredient line up:

- 1 can Pillsbury Grands Biscuits (or generic but we love the Grands best)
- 1 bag frozen meatballs
- 1 ½ cups to 2 cups spaghetti sauce or marinara (if you like it a little sweeter)
- 1 ½ cups shredded mozzarella

### Directions

1. Cut the uncooked biscuits into 8ths.
2. Add the biscuits to the sauce, start with 1 1/2 cups, add more if you think it needs a little extra.
3. Place into greased 9x13 dish.
4. Place the meatballs on top of the biscuits.
5. Sprinkle with the cheese.
6. Bake at 375 lightly covered with foil for about 40 minutes. Then 10 minutes uncovered or until biscuits are cooked through.
7. Remove from the oven & enjoy this delicious dish!!!! We're pretty sure that this will easily become one of your favorite no fuss dinner regulars. Bon appetit!



WHEN YOU HAVE TO TAKE THE CAR &  
YOU'RE STUCK IN TRAFFIC,  
HERE'S A GOOD WAY TO STAY CALM



“Do not save what is left  
after spending, but spend  
what is left after saving.”

Warren Buffett





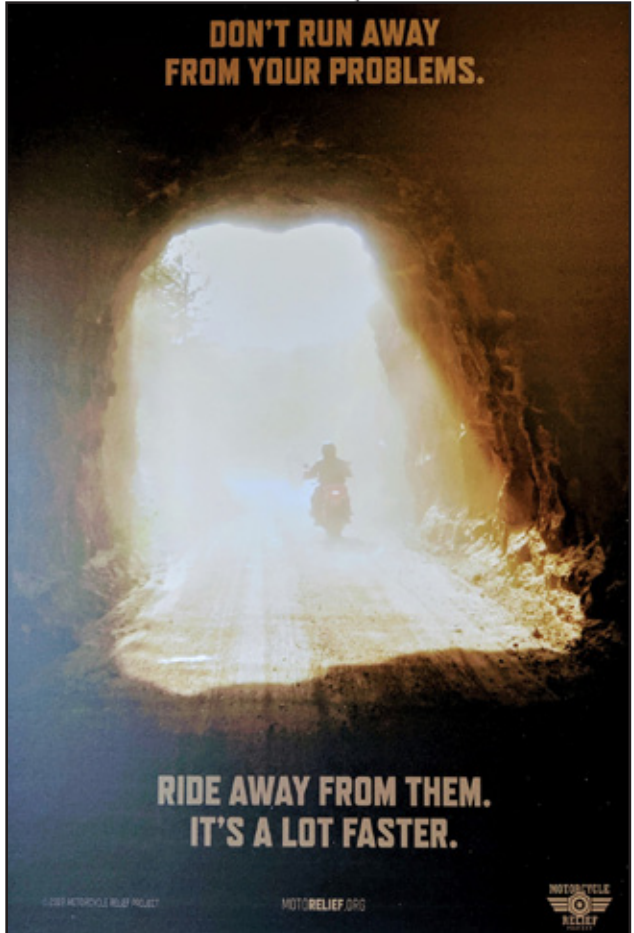
# HOW MOTORCYCLING EASES A VETERAN'S TROUBLED SPIRIT

Jonathan Haney was blown off his feet when the rocket landed a dozen yards away from him. The blast injured several other soldiers at a military base in southern Afghanistan and gave Haney a traumatic brain injury, which contributed to his on-going post-traumatic stress. For years he was closed off about his experiences in Afghanistan, resulting in feelings of loneliness and despair. Like so many veterans, Haney mourned the loss of the close bonds forged with fellow soldiers and the life-and-death responsibilities of a military life that doesn't resonate in the civilian world. "Coming back here and going from being in charge of everything — accountability for your men and millions of dollars of equipment — to nothing, you feel worthless," he said. While looking for meaning and a way to heal, Haney discovered the restorative power of two-wheel therapy and learned to open up about the physical and emotional traumas he experienced as a soldier.

The ride that turned Haney's life around was with the Motorcycle Relief Project, a nonprofit organization that brings together veterans and first responders for group rides where they not only tackle the open road, but the problems they face that come with highly stressful and dangerous occupations. "While riding with MRP, I unloaded some stuff," said Haney while recounting the emotional catharsis that came with sharing his experience with other veterans/riders. "I've never done group therapy before so it was all new to me." "I put some sh\*t out there that I hadn't even told my doctor. My wife even said: 'You came back a better person.'" Haney also recalled listening to the stories of his fellow veterans after long days of riding through the mountains of Colorado with other MRP motorcyclists. "I'd never done any riding like that in the mountains — just to get out there and clear your head was awesome," said Haney. "I thought I was pretty f\*\*ked up until I sat down with other people and heard their stories" he added, while recalling how the friendships he forged on his ride made him feel less alone in the civilian world.

MRP volunteer and Air Force veteran Mike Bobbitt agrees with Haney's assessment of the restorative power of MRP rides. Bobbitt was on one of the first rides the group put together a few years ago. Now he regularly rides with the veteran motorcyclists. First responder MRP rides are separate from their military counterparts.

"While the issue may be the same, the camaraderie is different," he said. MRP also does separate rides that are just for women. Bobbitt noted that MRP's outreach has grown in just a few short years. To date, the organization has taken more than 250 veteran and first responders on 34 rides in Colorado, Arizona, New Mexico, California and Utah. The group's funding comes from private donors and sponsors



10 Quality of program material (OVER) 10 Ride routes 100 Camaraderie  
*This was the best experience I have ever had as a therapeutic experience. I have surely saved my life*

like Twisted Throttle, BMW and others. "The impact the program has had on riders in need of coping skills is immediate," said Bobbitt. "We've had multiple participants say it saved their lives because they were ready to throw in the towel on life before coming on one of our rides," he said. "They're going back home with new friends, new tools for coping, and new wills to live." Since his MRP ride last year, Haney has used the coping skills he learned to deal with his physical and emotional injuries and to be grateful for all that is good in his life. "Some days I still need to pull myself up by my own bootstraps and go about my day," he said. "But then I remember: some folks don't have it as good as I do."

He also has a renewed sense of community, something service members often miss when they take off the uniform. "With MRP, I now have more people to reach out to."

For more information on The Motorcycle Relief Project visit [motorrelief.org](http://motorrelief.org) or contact MRP's President, Mike Bobbitt at [mikeb@motorelief.org](mailto:mikeb@motorelief.org).

The Motorcycle Relief Project, PO Box 341, Fountain, CO, (720) 722-3995, [info@motorelief.org](mailto:info@motorelief.org). You can also follow them on Facebook at <https://www.facebook.com/motorelief>. MRP serves veterans and first responders with PTSD, anxiety, depression, and other invisible injuries

Source:  
[www.militarytimes.com/2020/01/14/how-motorcycling-eases-a-veterans-troubled-spirit](http://www.militarytimes.com/2020/01/14/how-motorcycling-eases-a-veterans-troubled-spirit)



Mike Bobbitt, MRP's President







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Every state has their own statutes and laws regarding the operation and maintenance of motorcycles. Knowing these statutes not only allows you to avoid needless charges, it helps you to know when your rights have been violated. At The Motorcycle Law Group<sup>SM</sup> we keep up with new and existing statutes affecting motorcyclists in Virginia, West Virginia, North Carolina and South Carolina.

Visit our website <https://www.motorcyclelawgroup.com/motorcycle-statutes/>, which lists the motorcycle laws and statutes for each state that we cover, so that you can educate yourself and so that you can know if you need to contact us to help you fight for your rights as a motorcyclist.

**VIRGINIA** In the spotlight this month:

**Headlights, auxiliary headlights, tail lights, brake lights, and illumination of license plates on motorcycles (§ 46.2-1012).**

*Comment: Both modulating headlights and brake lights are legal in Virginia subject to the conditions of this statute.*



Every motorcycle or auticycle shall be equipped with at least one headlight which shall be of a type that has been approved by the Superintendent and shall be capable of projecting sufficient light to the front of such motorcycle or auticycle to render discernible a person or object at a distance of 200 feet. However, the lights shall not project a glaring or dazzling light to persons approaching such motorcycles or auticycles. In addition, each motorcycle or auticycle may be equipped with not more than two auxiliary headlights of a type approved by the Superintendent except as otherwise provided in this section. Motorcycles or auticycles may be equipped with means of modulating the high beam of their headlights between high and low beam at a rate of 200 to 280 flashes per minute. Such headlights shall not be so modulated during periods when headlights would ordinarily be required to be lighted under § 46.2-1030.

Notwithstanding § 46.2-1002, motorcycles or auticycles may be equipped with standard bulb running lights or light-emitting diode (LED) pods or strips as auxiliary lighting. Such lighting shall be (i) either red or amber in color, (ii) directed toward the ground in such a manner that no part of the beam will strike the level of the surface on which the motorcycle or auticycle stands at a distance of more than 10 feet from the vehicle, and (iii) designed for vehicular use. Such lighting shall not (a) project a beam of light of an intensity greater than 25 candlepower or its equivalent from a single lamp or bulb; (b) be blinking, flashing, oscillating, or rotating; or (c) be attached to the wheels of the motorcycle or auticycle.

Every motorcycle or auticycle registered in the Commonwealth and operated on the highways of the Commonwealth shall be equipped with at least one brake light of a type approved by the Superintendent. Motorcycles or auticycles may be equipped with one or more auxiliary brake lights of a type approved by the Superintendent. The Superintendent may by regulation prescribe



or limit the size, number, location, and configuration of such auxiliary brake lights.

Every motorcycle or auticycle shall carry at the rear at least one or more red lights plainly visible in clear weather from a distance of 500 feet to the rear of such vehicle. Such tail lights shall be constructed and so mounted in their relation to the rear license plate as to illuminate the license plate with a white light so that the same may be read from a distance of 50 feet to the rear of such vehicle. Alternatively, a separate white light shall be so mounted as to illuminate the rear license plate from a distance of 50 feet to the rear of such vehicle. Any such tail lights or special white light shall be of a type approved by the Superintendent.



Motorcycles or auticycles may be equipped with a means of varying the brightness of the vehicle's brake light upon application of the vehicle's brakes.



If you have a question about any specific motorcycle law in Virginia or West Virginia or you feel that your rights have been violated call us at (855) 529-7433 and speak with one of our personal injury attorneys who practice in Virginia and West Virginia and are familiar with current motorcycle laws in those states.

1-855-LAW-RIDERS  
[www.MotorcycleLawGroup.com](http://www.MotorcycleLawGroup.com)





# THE LIGHTHOUSE

*"For we live by faith not by sight." 2 Corinthians 5:7*

## OUR SMALL SHELLS

### A Lesson from the Simple Crab

If not for God's Word the human race may have been forced to learn their virtues from God's other creations. For instance, we may have learned faithfulness from a dog, perseverance from an ant, and creativity from the spider. Thankfully, we have God's Word, but we can still learn from His creations, even the simple crab. A crab does not grow like other animals. Although their body grows throughout their lifespan, their outer shell stops growing when it reaches a certain size. As the crab continues to grow, it is forced to find a bigger and better home.

Why is it so natural for the crab to move on to something new and so difficult for humans? To continue growing, we must often step out of whatever is keeping us from continuing our growth.

An excellent example of how difficult it is to leave our small shells is when the Children of Israel, though living in captivity and misery, were at first hesitant to leave the land of Egypt. Even after departing many of them wanted to go back. The Israelites were afraid of the unknown and apprehensive about how these changes would affect their future.

Growth in following Christ often requires us to leave something very dear and meaningful behind, (Matt 19:29). The Israelites were required to have enough faith and determination to follow God regardless of the consequences.

If not careful, we may find ourselves clinging to a stressful situation, such as a job, or personal relationship that is no longer working; and for the same reason as the Israelites, the fear of the unknown.

Perhaps we can learn to bravely climb out of our small shells and into the hands of the Holy Spirit and allow Him to guide comfort and lead us in the path of His choosing.

The One who knows the number of hairs on your head and every sparrow that falls has a progressive and often changing plan for your life. Those who bravely step out in faith will find that His paths are always the most rewarding. Regardless of your age or position in life, with Christ, it is always just the beginning. By letting go of the old and following His guidance you can discover a fresh new life filled with unique experiences, and no restraints.

Samuel Mills

"But only God....makes things grow."  
- 1 Corinthians 3:7



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

Get your copy from Amazon today:  
[www.amazon.com/author/marcritchie](http://www.amazon.com/author/marcritchie)





# FIT FOR THE ROAD

## CLEAN EATING

There are a lot of variations to clean eating; but, basically, it refers to eating foods that are as close as possible to their natural state. This encourages us to make our meals from scratch to make them as “clean” as possible.

The main reason to take on clean eating is the health benefits of consuming foods rich in nutrient content directly from the earth that have not been overly processed. Most Americans eat a diet rich in heavily processed foods which have been made from synthetic ingredients, and packed with fat, sugar, sodium, chemicals, preservatives, food dyes and other additives your body doesn’t quite know what to do with. These additional items may be detrimental to your overall health and well-being. Clean eating nourishes your body with healthy and nutrient-dense foods. Clean foods fill your body with plentiful vitamins and minerals, high-quality protein and healthy fats, which improve heart and brain health, assist with weight management, build a stronger immune system and increase energy levels, among other benefits. Foods in their natural state are more flavorful.

It may be daunting to consider eating a clean diet, but the benefits might far outweigh any concerns you may have when attempting to eat clean.

These items are examples of what might be considered in a clean diet:



### Fresh fruit

Apples, bananas, blueberries, grapes, oranges, strawberries, 100% fruit juice



### Vegetables

Avocados, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, corn, green beans, lettuce, mushrooms, onion, peppers, salsa, sweet potatoes, tomatoes



### Lean meats/protein

Dried beans, eggs from grass-fed chickens, fresh fish, grass-fed chickens, plain nut butters (no sugar added), unflavored nuts



### Grain (cereal) foods

Those made with whole grains, air-popped popcorn, oats, brown rice, whole-wheat pasta



### Dairy products


Cheese, milk, plain yogurt, unsweetened nondairy milks

Drinks and desserts can be a big source of added sugar. Look for unsweetened tea and coffee, water and seltzer. Consider making treats at home with less sugar or with honey, and with fruit and whole grains.

As you look over the items listed, imagine where they came from in their original state. Eating those items as fresh as possible without being overly processed is clean eating. Of course, how clean your diet is, is up to you. The more that you incorporate clean eating into your life, the more you’ll be fit for the road.

Source:  
<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/clean-eating-what-does-that-mean>





# EVER WONDER WHAT THE TEMPERATURE IS AT RIDING SPEEDS...

RIDING SPEED (mph)	AIR TEMPERATURE (Degrees F)															
	30	35	40	45	50	60	55	65	70	75	80	85	90	95	100	
5	27	32	37	43	48	58	53	64	69	74	79	85	90	95	100	
10	16	22	28	34	40	53	47	59	65	71	77	84	90	96	102	
15	9	15	22	29	36	49	42	56	63	69	76	83	90	96	103	
20	4	11	18	25	32	47	39	54	61	68	75	82	89	97	104	
25	0	8	15	22	30	45	37	52	60	67	74	82	89	97	104	
30	-3	5	13	20	28	43	36	51	59	66	74	82	89	97	105	
35	-5	3	11	19	27	42	35	50	58	66	74	81	89	97	105	
40	-6	2	10	18	26	42	34	50	57	65	73	81	89	97	105	
45	-7	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
50	-7	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
55	-8	0	9	17	25	41	33	49	57	65	73	81	89	97	105	
60	-8	1	9	17	25	41	33	49	57	65	73	81	89	97	105	
65	-9	1	9	17	25	41	33	49	57	65	73	81	89	97	105	



# GOOD FOR YOU

## A BREATH OF FRESH AIR

Fresh air is good for your body and your mind – anyone who enjoys getting outside will tell you that. But you don’t have to take their word for it. Scientific studies also back up the premise that fresh air, sunshine, and outdoor exercise benefit you in a number of ways. So here are a few scientifically-backed excuses to head out the front door now.

### Fresh Air for Healthy Lungs

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

### Boost Vitamin D Production

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

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

### Movement for Whole-Body Health

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

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

### Higher Levels of Happiness

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

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



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

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

When riding behind a car, traveling in the center portion of the lane:

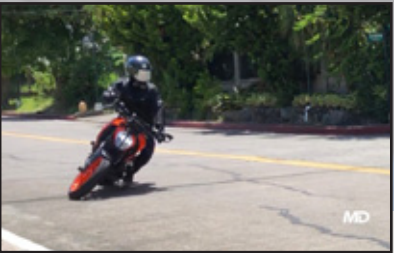
- (1) Allows you to be seen in its rearview mirror.
- (2) Usually makes it difficult for the driver to see you.
- (3) Should be avoided.



Answer: (1) Allows you to be seen in its rearview mirror. Explanation: When following a car, you should ride in a position that allows the driver to see you in their rearview mirror. Usually, that means riding in the center portion of the lane. Because most drivers check their rearview mirrors much more often than they check their side mirrors, being in this lane position increases the chance that they will see you.

If you must brake and swerve to avoid danger, you should:

- (1) Use only the front brake while swerving.
- (2) Brake and swerve at the same time.
- (3) Either brake then swerve or swerve then brake.



Answer: (3) Either brake then swerve or swerve then brake. Explanation: If a hazard requires you to brake and swerve, you should take these actions separately. Never brake while swerving because doing so can cause your motorcycle to fall over.

A person with a minimum blood alcohol content (BAC) of \_\_\_\_ is considered intoxicated.

- (1) 0.02 percent
- (2) 0.04 percent
- (3) 0.08 percent



Answer: (3) 0.08 percent Explanation: In Virginia, a person with a blood alcohol content (BAC) of 0.08 percent or higher is considered intoxicated. Any intoxicated person is prohibited from operating a motor vehicle.



# RRRuff Riders

## ADDIE SPYDER RYDER

Addie is a 6 year old Imperial ShihTzu & loves riding our 2016 RTL Can Am Spyder. She has ridden the Tail of the Dragon 3 times & has logged over 11,000 miles in 12 months. Addie Spyder Ryder enjoys all the attention, pictures and videos from everyone she meets through every mile marker. She collects chips from her travel destinations. During hot weather, she enjoys the ice packs under her special blanket inside her motorcycle carrier & in cold weather, she stays warm with warm packs. Thank you for adding Addie Spyder Ryder to your story.

- Motorcycling with Fido! We love following everyone. Ride safe

*Thanks so much to Elaine Wilson, Addie's mom, for sharing her story with us!*



Always ready to ride



She rode with over 5,000 riders on this Memorial Ride







# Best Motorcycle Roads In VA

*Virginia is home to a lot of great things. Not only do we have some of the best wine in the world, some of the most incredible views on the east coast, a deep and rich history, phenomenal outdoor activities, dozens of state and national parks, and exceptional dining, but we also have some of the best motorcycle rides on the whole of the East Coast. Below you'll find some of the top motorcycle rides in the state, and even the country! These range from being technically challenging rides to relaxing day trips, but in every instance you'll experience some top-notch riding and extremely rewarding views of one of the most beautiful states in the nation. Keep reading to learn more!*



**SKYLINE DRIVE** - Total Drive Time: ~3 Hours  
Skyline drive is known to be an absolute ‘must-ride’ road for motorcyclists across the world. This 135 mile winding roadway passes through the Blue Ridge Mountains and offers some of the most incredible views in the state. The route begins in the beautiful northern neck of the Shenandoah Valley in Front Royal and then meanders south to Waynesboro, where the road connects to the equally beautiful Blue Ridge Parkway. In the fall, Skyline Drive offers unparalleled views of the state. In addition to the heavy canopy surrounding the road changing into a sea of autumn hues, Skyline Drive offers 75 different overlook points allowing you to see the rolling hills that make up the Virginia Piedmont region. In addition to being an access point for some of the best camping in the state, Skyline Drive also leads to several notable natural attractions, including South River Falls in Stanardsville and Dark Hollow Falls in Luray. Skyline Drive is unique among the best motorcycle roads in

Virginia, as it is absolutely best experienced with brief stops, allowing you to both take in the stunning views and to focus on the road itself. The roadway is dotted with pullouts, making it easy to take a moment and enjoy the view. Otherwise, you may very quickly experience the hundred plus miles of this road, as the surface itself is in good quality, well kept, smooth, and offers a wide variety of curves, hills, and straightaways that make the ride interesting. One key note is that Skyline Drive has a max speed limit of 35 miles per hour, which helps to extend the ride tie to roughly 3 hours or so from beginning to end. As such, to really enjoy everything Skyline Drive has to offer, it may be worthwhile to take advantage of the easy camping options dotting the route. If you’re looking for a longer ride, then you’re in luck! Skyline Drive easily connects to the Blue Ridge Parkway, allowing you to really turn this into a full day trip!



**BLUE RIDGE PARKWAY** - Total Drive Time: ~12 hours  
The Blue Ridge Parkway, also known as “America’s Favorite Drive” has consistently been ranked among riders as one of the



most enjoyable motorcycle roads in the nation. At 469 miles, the Blue Ridge Parkway stretches through Virginia’s country side all the way to the Great Smoky Mountains of North Carolina. As it is such a long ride, there are multiple different starting points available to riders. If you are interested in starting at the beginning, ride north to Staunton, VA, but if you would like to start in the middle then you can go to Wytheville, VA on I-81, then head to Fancy Gap, VA off of I-77 and follow the Blue Ridge Parkway signs from there. If you choose to start from the south, you can begin your ride outside of the town of Cherokee, NC, or just hop right on the Blue Ridge Parkway from Asheville, NC. Once you are on the Blue Ride Parkway, you’ll enjoy a moderately relaxed pace, allowing you to soak up some of the most spectacular scenery in the world as you pass through the Appalachian Mountains. Along the way, you’ll experience truly incredible panoramic views of the state. The road itself is well maintained and offers a variety of curves, tunnels, open stretches of road, narrow stretches of road hanging right off the mountains. The average speed of the drive is about 45 miles per hour, but similar to Skyline Drive, the Blue Ridge Parkway offers riders so much that you may want to consider breaking the sections up and spending some time at the variety of hiking trails, campsites, waterfalls, overlooks, and historic sites that you’ll encounter on the way. Some of the must-see stops include Thomas Jefferson’s Monticello, Peaks of Otter, and Mabry Mill, which is among one of the most photographed sections of the ride. You can even find comfortable lodging and delicious food at the Peaks of Otter Lodge.



**VIRGINIA STATE ROUTE 16 – The Back of the Dragon** - Total Drive Time: ~1 Hour  
Known by many as a premier motorcycle road throughout North America, Virginia’s State Route 16, or the Back of the Dragon offers riders thirty two miles of smooth, well maintained, and fun

road. The route itself features over 430 curves, and has been hailed as one of the most technical rides in the nation. The route itself winds through three different mountains as you travel from Marion, VA to Tazwell, VA. Throughout the ride you will typically experience very little traffic, which helps to manage the elevation changes, limited access, switchbacks, slaloms, hairpin turns, and more. As you ride, be sure to take in the unrivaled beauty of the area, as Route 16 offers some of the most spectacular views throughout the east coast. For this route, you’ll want to start in Marion, VA. You’ll be taking Hwy 16 north for thirty two miles through the forest until you reach Tazewell, VA. In addition to gift shops, local dives, breweries, and country restaurants, you’ll also be within close proximity to two state parks — Hungry Mother State Park and Grayson Highlands State Park.



**US ROUTE 250** - Total Drive Time: ~2.5 Hours  
US Route 250 is a little bit over 100 miles of truly invigorating mountain roads. This rollercoaster of a ride is one of the most challenging on our list, and within the state. Beginning in Staunton, Virginia and ending in Elkins, West Virginia, this hilly road will truly get your heart pumping. Between the tight corners, the technical switchbacks, elevation changes on nearly every stretch of road, there are plenty of challenges to experience the whole way. The surface of the road, overall, is in pretty good shape but varies quite a bit over the ~100 miles that make it up. You will find some patches to be in excellent shape, with others that are patchy and uneven. As you ride Route 250, you will pass through the George Washington and Monongahela National Parks. Both of which are beautiful, and offer plenty of hiking, areas to picnic, camping, and one of a kind scenic views. As you continue, you’ll pass through Shenandoah Mountain, which offers stunning panoramic views of the valleys below. Similar to the Blue Ridge Parkway and Skyline Drive, there are plenty of opportunities to stop along Route 250 to take a break and take in the views. Between the mountain descents and technical riding, it may be beneficial to take your time and enjoy the experience. As you exit the mountains, you’ll arrive in Monterey, VA, which is the intersection between US 250 and US 220, which is known as one of the most rider friendly towns in the area as a result of the hospitality from the local riding enthusiasts. Route 250 can be ridden pretty quickly in one day, but if you stop to admire the scenery or hit any of the sites or museums along the way this trip can easily turn into a full day.

*continued next page*





**COLONIAL PARKWAY** - Total Drive Time: ~1 Hour  
 The Colonial Parkway is a scenic 23-mile stretch of road that links Jamestown, Williamsburg, and Yorktown — known as Virginia's Historic Triangle. In an effort to provide continuity to the visitor experience, this stretch of road is entirely devoid of any modern commercial development. This allows riders to obtain dramatic views of the James and York Rivers, as well as the tidal estuaries and passageways that run through the pine and hardwood forests in the area. If you're the type of rider that is interested in combining history with natural beauty, then the Colonial Parkway may be the right road for you. This route, in addition to having plenty to look at on the way, also offers more than 6 different historic sites right off the road, as well as dozens of fine dining establishments along the way. For those who didn't get enough thrills on the road, there's even a neighboring theme park. Riders will find that the Colonial Parkway makes for a great trip, regardless of the time of year. This brief stretch over road is well covered by the tree canopy throughout the hotter months. In the fall, the same tree canopy turns into a variety of autumn hues. When it's cold, the 35-45 mph speed limit lets you get to where you need to be without freezing along the way. The road condition on the Colonial Parkway is typically in good condition, with patches of rough sections here and there.



**GEORGE WASHINGTON MEMORIAL PARKWAY**  
 Total Drive Time: ~1 Hour  
 The George Washington Memorial Parkway, a 25-mile stretch of scenic road that acts as a gateway from Northern Virginia to the nation's capital. This gorgeous route of road curves alongside the Potomac Gorge and acts as a connection between the historic sites ranging from Great Falls, VA all the way up to George Washington's Mount Vernon. This route, which is far from the most demanding on our list, offers riders scenic views of the Potomac River and lush woodland scenes, as well as a variety of locations to park and admire the landscape. The road is dotted with overlooks, picnic areas, and plenty of places to soak the view. This relaxing ride also has more than just pretty views to offer. There are over 25 historic sites, including Mount Vernon, Roosevelt Island, Claude Moore Colonial Farm, Robert E. Lee Memorial, and a handful of wildlife preserves along the way. To truly experience both the beauty and the history offered on this ride, it's recommended to set aside a day or so to really get to see all that the George Washington Memorial Parkway has to offer.

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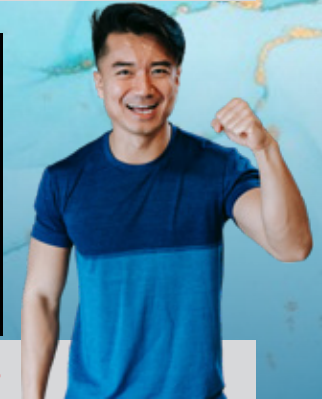
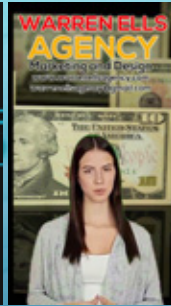
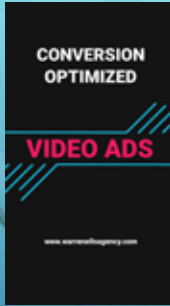
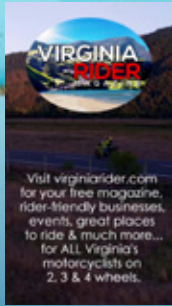
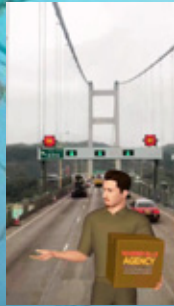
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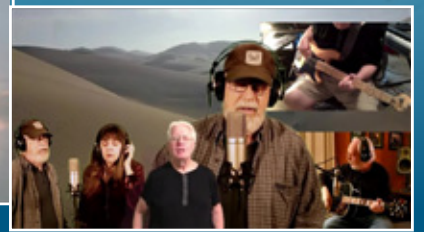
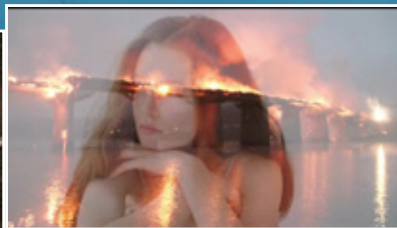
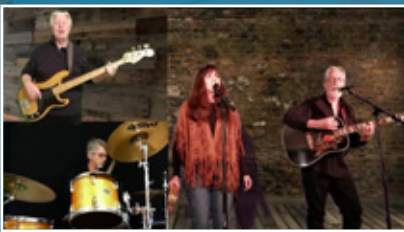
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