

# VIRGINIA RIDER

*Serving the Riders of Virginia & West Virginia*

*Magazine*™

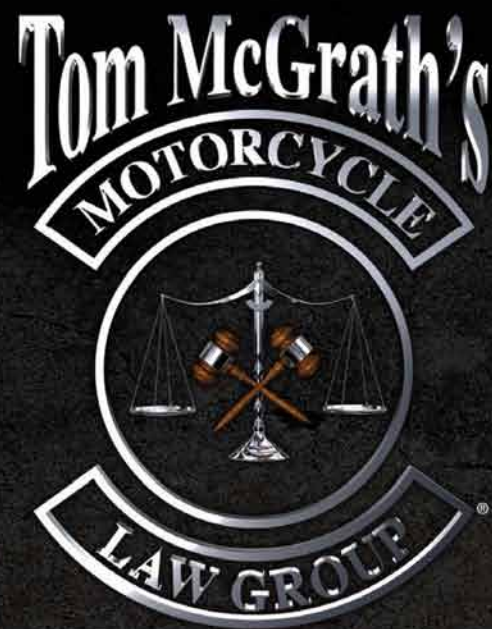
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JANUARY 2020

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### from the editor's desk

Welcome to a brand new year friends! We hope you all enjoyed a great holiday season with your friends & loved ones. It's so incredible how from about Thanksgiving time through New Year's, everything seems to change in preparation for the new year. With all of the decorations, feasts, parties, and presents as we gather together with the people we care most about, and then it all comes to an end right after New Year's. It's kind of crazy when you stop to really think about it. Then, on January 2nd, decorations are down, Christmas trees are at the curb, everyone has gone home and there's almost a hush in the air. Sure, there are those few neighbors who will leave their Christmas lights on for the first couple of weeks of January but for the most part, you can feel that the old year has gone & there's a fresh clean slate to begin the new days that await us.

The New Year offers an exciting opportunity for a fresh start and new beginnings. This first month of 2020, we want to help you celebrate all of your experiences from 2019 and join with you to welcome in the new year ahead. We'd love for you to drop us a line & share some of your goals for the year. Whether they are personal, educational or rider related, we'd love to hear what you have planned. We are all about helping you "be all you can be" when you're out there on the road so if there's anything that we can help you with, please let us know.

We have an amazing year planned for you & we hope that you stay with us each & every month as the excitement unfolds. We'll be bringing you more of the "best of the best" in Virginia & West Virginia for great places to ride, the best places to eat, drink, shop, stay & play. If there's anything in particular that you'd like us to have in the magazine this year please drop us a line anytime. Virginia Rider is YOUR magazine, designed to bring you the information that you want & need to enjoy the roads that you travel.

Here are some of our favorite quotes that we'd like to share as we begin to make our tracks into 2020:

"Your present circumstances don't determine where you can go. They merely determine where you start." —Nido Qubein

"The new year stands before us, like a chapter in a book, waiting to be written." —Melody Beattie

"Each day is a new beginning, the chance to do with it what should be done and not to be seen as simply another day to put in time." —Catherine Pulsifer

"It's never too late to become who you want to be. I hope you live a life that you're proud of, and if you find that you're not, I hope you have the strength to start over." —F. Scott Fitzgerald

"Change can be scary, but you know what's scarier? Allowing fear to stop you from growing, evolving, and progressing." —Mandy Hale

One of my favorite sayings is "I only look back to see how far I've come". This picture above is me with my granddaughter Taylor in 2005. It marks the beginning of my continuous journey as a magazine editor. Thank you all for being a part of this journey. ♥

Be safe, Be well, Be happy.

Stay awesome,

*Kelly*

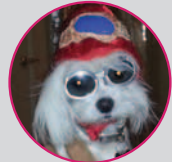
## IN THIS ISSUE



Our new correspondent, John Peterson, introduces us to a 1985 Yamaha Virago, the first installment in our new feature, **BIKE SAVERS**. His "love affair with older bikes", as he puts it, started when a friend gave him the Virago free. Sweet deal!



You might literally be **MAKING TRAX** if you ride during the winter months. Jennifer offers some rarely-heard tricks, tips and advice for making the most of the off season.



A six pound Maltese by the name of Shasta Daisy is our January **RUFF RIDER**. She shares the name with a hearty species of daisy flower, in case you missed the reference. We also have a winner in our Top Dog for 2019 contest!



**TOM MCGRATH'S MOTORCYCLE LAW GROUP** covers a very pervasive problem when it comes to motor vehicles: drunk driving. Accidents under the influence of alcohol or drugs are the easiest to prevent and are often some of the most devastating.



Marc and Rose take us down the Skyline Drive in winter in **GREAT PLACES TO RIDE**. Although this particular ride happened some time ago, Marc says they would do it again just for the invigorating, bug-free air and the love of riding anytime.



In **SHOTZ**, our monthly pictorial, we'll feature your pics of rides, bikes, friends and anything else relating to bikes that you'd like to share with us. Send 'em in!



In God We Trust: it's written on our money, license plates, clothing and lots of other places. So how much do we really believe that? The **LIGHTHOUSE** has the story.



**GOOD FOR YOU** has lots of ways to start the new year the right way. Body, mind and spirit need equal attention, which is why eating well, exercising enough, stimulating your mind and even forgiveness are so important.

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ON OUR COVER:  
Why wait until the snow melts to enjoy motorcycling? You can have fun in the snow on two wheels too.



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# EVENTS

★ Jan 19th & 20th

## Motorcycle Lobby Day Meeting & Trip to the Capital – Richmond, VA

ALL RIDERS ARE INVITED! The Virginia Coalition of Motorcyclists (VCOM) and Tom McGrath's Motorcycle Law Group invite all interested motorcyclists to attend this year's Motorcycle Lobby Day Meeting. This year it will be held on Sunday, January 19, 2020. Beginning at 1:00 p.m., Virginia Coalition of Motorcyclists lobbyists will lead an informational meeting at the Holiday Inn Richmond Downtown, located at 201 East Cary Street, Richmond, VA 23219. At this meeting we will discuss this year's legislation affecting motorcyclists. We will also give pointers on how to talk to your legislators about these important issues we face. Later that evening, attendees will enjoy a free dinner. The following morning, Monday the 20th, we will leave the hotel at 8:00 a.m. sharp for our annual trip to the Capitol. The 20th is a holiday, so many people will be off work. After lobbying our legislators, we will head to Penny Lane Pub where The Motorcycle Law Group will provide lunch to all who attended as a thank you for coming to support Virginia motorcyclists. This year we intend to pursue two legislative initiatives that came out of this year's Motorcycle Legislative Roundtable. One bill will clarify that it is illegal to blow grass onto the roadway. Grass on the roadway can be a hazard to motorists, especially motorcyclists. The other piece of legislation will seek to change the law in order to allow motorcyclists options when traffic is backed up or stopped. Two states currently allow some form of lane filtering / splitting. VCOM is currently working on the precise language of the bill and will provide it prior to the meeting. We often find ourselves on the defensive end of legislation. VCOM lobbyists keep watch for bills which negatively affect motorcycling as well. As these bills are filed we will identify them so that we can discuss them at Lobby Day and convince legislators to oppose them. I encourage everyone who can to join us. It is a lot of fun, it is educational, and most importantly it shows the legislators that motorcyclists are a significant and active portion of the electorate. For more information you may call VCOM at (800) 437-9434. For Room Reservations call (804) 788-1600. Make sure to ask for the VCOM Lobby Day rate. We hope to see you at Lobby Day.

★ Feb 22nd

## Southside Harley-Davidson's 30th Anniversary Celebration – Virginia Beach, VA

Save the date! Join us for Prizes, Food & Fun! 385 N. Witchduck Rd., Virginia Beach, VA, (757) 499-8964, southside-hd.com

★ Apr 4th & 5th

## Shenandoah Valley Motorcycle Expo – Woodstock, VA

Saturday 9am to 7pm; Sunday 10am to 3pm. Largest Inside Motorcycle Event in the Valley. Motorcycle Show. Motorcycles from Mild to Wild. Swap Meet. Live Bands. Cream Corn Wrestling Sat. at 1pm. Bikini Contest Sat. at 3:30pm; Tattoo Contest Sun at 2:30pm. Shenandoah County Fairgrounds, Woodstock, VA. Gate admission \$10/Day or \$15/Weekend Pass. Bike entry & vendor forms available at [jwwmotorsports.com](http://jwwmotorsports.com). For more info: (540) 533-7913 or email [jwilkins@jwwmotorsports.com](mailto:jwilkins@jwwmotorsports.com). Show committee and promoter are not responsible for accidents or injuries.

★ Jun 11th - 13th

## 4th Annual South Central Bike Fest – Chase City, VA

Vendors, Games, Live Music, Great Food! Charity event to benefit the Barksdale Cancer Foundation and the Mecklenburg County Cancer Association. Vendors & Sponsors Wanted! Contact Lee Brankley (434) 210-1503. Also find us on Facebook!

★ Jul 17

## 11th Anniversary Thunder N KVA In Memory of Tommy Brown – Dugspur, VA


Bands, Beer, Babes, Bikes and more! Band line up TBD stay tuned for more info!!



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Go to [www.virginiarider.com](http://www.virginiarider.com) home page and join the AMA today!



**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
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- ◆ 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)  
**BECOME INVOLVED AND JOIN TODAY!**

Join us at the Motorcycle Lobby Day Planning Meeting in Richmond on January 19th and Motorcycle Lobby Day on January 20, 2020 to speak with our legislators directly about motorcycle issues.  
Visit <https://vcomonline.org/vcom-events/lobby-day-2020/> for details



To have your event listed in our event calendar here & online, send us an email with your event & your flyer if you have one. Events received by the 15th will be in the next month's magazine.



# MY RIDE

Virginia Rider: KEVIN MORROW  
Fredericksburg, Virginia



## '99 XL1200c '08 Heritage Softail Classic

I've been riding since my Mom bought me my first Sears mini-bike when I was six. My current ride is a 2008 Harley-Davidson Heritage Softail Classic with the factory Copperhead Pearl/Red Hot paint combo. I've kept it mostly stock except for a few modifications. I travel the roads of Virginia in search of the best burgers in the state. My favorite ride is Skyline Drive and Blue Ridge Parkway. I get a Shenandoah Park season pass and ride Skyline at least 10-15 times a year. My favorite burgers are Sperryville Trading Company. Spelunkers in Front Royal and NN Burger in Tappahannock. There's nothing better than heading out on a day ride getting a delicious burger and riding the mountains enjoying the cool temps on a hot summer day.



## HELMETS

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.

### In the spotlight for January:



#### VIRGINIA

**Motorcyclist to wear helmets, etc.; certain sales prohibited; penalty (§ 46.2-910).**

**Comment:** Please note that nothing in this section requires that the helmet be "DOT approved." Nor does it require that the helmet be approved, certified or labeled by any entity. The only requirement is that the helmet meet or exceed the standards of any one of the above three entities. For a more detailed analysis see *Bennett v. Commonwealth* – <http://caselaw.findlaw.com/va-court-of-appeals/1609817.html>

A. Every person operating a motorcycle or auticycle shall wear a face shield, safety glasses or goggles, or have his motorcycle or auticycle equipped with safety glass or a windshield at all times while operating the vehicle, and operators and any passengers thereon shall wear protective helmets. Operators and passengers riding on motorcycles with wheels of eight inches or less in diameter or in three-wheeled motorcycles or auticycles that have nonremovable roofs, windshields, and enclosed bodies shall not be required to wear protective helmets. The windshields, face shields, glasses or goggles, and protective helmets required by this section shall meet or exceed the standards and specifications of the Snell Memorial Foundation, the American National Standards Institute, Inc., or the federal Department of Transportation. Failure to wear a face shield, safety glasses or goggles, or protective helmets shall not constitute negligence per se in any civil proceeding. The provisions of this section requiring the wearing of protective helmets shall not apply to operators of or passengers on motorcycles or auticycles being operated (i) as part of an organized parade authorized by the Department of Transportation or the locality in which the parade is being conducted and escorted, accompanied, or participated in by law-enforcement officers of the jurisdiction wherein the parade is held and (ii) at speeds of no more than 15 miles per hour.

No motorcycle or auticycle operator shall use any face shield, safety glasses, or goggles, or have his motorcycle or auticycle

equipped with safety glass or a windshield, unless of a type either (i) approved by the Superintendent prior to July 1, 1996, or (ii) that meets or exceeds the standards and specifications of the Snell Memorial Foundation, the American National Standards Institute, Inc., or the federal Department of Transportation and is marked in accordance with such standards. B. It shall be unlawful to sell or offer for sale, for highway use in Virginia, any protective helmet that fails to meet or exceed any standard as provided in the foregoing provisions of this section. Any violation of this subsection is a Class 4 misdemeanor. The Superintendent may designate, furnish instructions to, and supervise official inspection stations for the inspection of motor vehicles, trailers, and semitrailers and for adjusting and correcting equipment enumerated in this chapter in such a manner as to conform to specifications hereinbefore set forth. The Superintendent shall adopt and furnish to such official inspection stations regulations governing the making of inspections required by this chapter.



#### WEST VIRGINIA

**4; § 17C-15-44(a). Helmet is required and must meet DOT, Ansi or Snell Standards.**

(a) No person shall operate or be a passenger on any motorcycle or motor-driven cycle unless the person is wearing securely fastened

on his or her head by either a neck or chin strap a protective helmet designed to deflect blows, resist penetration and spread impact forces. Any helmet worn by an operator or passenger shall meet the current performance specifications established by the American National Standards Institute Standard, Z 90.1, the United States Department of Transportation Federal Motor Vehicle Safety Standard No. 218 or Snell Safety Standards for Protective Headgear for Vehicle.

At The Motorcycle Law Group<sup>SM</sup> they keep up with new and existing statutes affecting motorcyclists in Virginia. If you have a question about any specific motorcycle law or feel that your rights have been violated, call them at 1-800-321-8968 and speak with their attorneys who practice in Virginia and are familiar with current Virginia motorcycle laws. Visit [motorcyclelawgroup.com/motorcycle-statutes](http://motorcyclelawgroup.com/motorcycle-statutes) for links to all Virginia Motorcycle Statutes.

# 1 YEAR LATER

By: Thom Moriarty



It has been just over a year now since I turned 64. For my 64th birthday, I decided that I wanted to ride a motorcycle again. Not just any motorcycle – a Harley-Davidson. I had been thinking about it for some time. I rode when I was younger, and I really enjoyed it. I couldn't afford a Harley back then, but I took many rides on the bikes I owned through the mountains of northern and southern California and really enjoyed the freedom and the scenery. For me, it was the closest thing to flying without leaving the ground. I rode for several years and then gave it up at the age of 28. By then my wife and I had kids and it occurred to me that motorcycling was dangerous and so, I sold it and got on with life. The reason I sold it was the result of a chance meeting I had with an older Harley rider in a bar one night. He was sitting next to me and all of a sudden, out of the blue, he says: "Yep, yep, yep, there's two kinds of riders – two kinds of riders – those that have been down and those that are going down!" Then he commenced to roll up his pant leg to show me the scars he bore after a nasty accident where he had to lay his bike down. That was the night I decided it was time to sell my bike and give up riding, because of the four friends and I, who all bought our motorcycles together, I was the only one who hadn't yet "gone down." His words rang in my ears all that night and the next morning I put the "For Sale" sign on my bike. Two days later it sold and that was it. Or so I thought...

I am not sure where the idea to ride again entered my head, but it did. I was surfing the web one day a month or so shy of my 64th birthday and I saw a used Harley-Davidson motorcycle for sale at a local Harley dealer that absolutely caught my eye as though it was made to be mine. But, I knew my wife would probably NEVER let me go

through with it. So, I did what a lot of husbands do, I just kept it to myself. But I kept going back to that website and then one day I made the decision to actually go to the dealership and see if the bike was still there. It was, and as soon as I saw it, I knew that bike was meant for me. But I also knew that my wife would be absolutely against it – especially at my age.

Just a few days before my birthday, I happened to be looking at the bike on the website when my wife happened to come up behind me and saw it. She asked what I was looking at – as if she didn't see it – and at that point I said that I was considering getting back into riding and that I was considering getting this bike as my 64th birthday present. As I predicted, she immediately said "No way!" She then rattled off all the reasons why it was crazy for someone my age to even think about getting back into riding a motorcycle. So, after her verbal barrage, I clicked off of the website and forgot about it. My 64th birthday came and went.

A couple of weeks after my birthday, I was curious as to whether or not the bike was still at the dealership so I checked the website and there it was. Once again, my wife happened to come up behind me and she saw that I was again looking at the bike. She didn't say anything but she went into the kitchen. After a few minutes, she said, from the kitchen: "If you really want it, you can get it. Do you really want it?" Without even thinking that it could be a trap, or worse, I said: "Yes, I really want it." The words I heard next were simply: "Well, okay then, if that's what you really want, go ahead and get it." With that, I called the dealership and told them I was on my way in to see the bike and discuss the terms of its purchase. My wife did NOT accompany me. I was on my own. I had her permission, but I could tell her heart was not in it.



I purchased the bike with the promise made to my wife that before I would ride it, I would take and pass the Motorcycle Safety Course. A friend of mine drove the bike home for me and it stayed in the garage for the next two weeks until I had successfully passed the Motorcycle Safety Course and had gotten my motorcycle license. Now it was time for my first ride on my 64th birthday present – a bike that had grabbed my attention in such a way that I knew it was meant for me. It was a great first ride and all of the things I loved about motorcycling when I was younger came right back to me. When I was on that bike, all of my cares and worries seemed to vanish as I focused solely on the road, the scenery, and getting the feel for the bike as we wove our way through the curves along our route. When I got home from that first ride, I could tell my wife saw how happy I was but I saw that she still had reservations, which I understood.

I rode at every opportunity during the winter months and continued throughout the Spring, Summer, and Fall. Total mileage for my first year of ownership came out to a little over 6,000 miles. My wife followed me on a couple of rides and saw that I was riding safely and confidently. I think this eased some of her concerns. I still think she is not totally comfortable with the idea of my riding again, but I think she has made her peace with it because she sees how happy it makes me and how happy I am whenever I come back from a great ride! For me, it is still the closest thing to flying without leaving the ground. I continue to ride at every opportunity and am looking forward to taking some rides this year that will involve several days of travel.

Safety is always at the forefront of my mind any time I am on the bike. I also made a promise to my wife that I would NEVER drink and drive – not even a drop. Things were a bit different back in the 70's, but those were different times and I was younger then and had far better reflexes, eyesight, and tolerance for alcohol – not that any of that made it right to drink and drive. I also always wear all of the personal protective equipment required by law.

Since I am older, I pay close attention to my health realizing that you have to be in good physical condition to operate a motorcycle. Eyesight is critical, especially if you ride at night, since many people my age suffer a loss of night vision. Fortunately, this had not been the case for me. I hope to be able to continue riding for several more years but I also hope that I will know when it is time to stop and will do so without having to be told. I dread the thought of my family holding an intervention to tell me the time has come to give up the key to the Harley. I want that to be my choice, freely made.

If I had to stop today, I would do so knowing that at least I was able to do something again that I truly enjoyed doing as a young man. The miles that I have ridden and the things that I have seen since I got the bike have given me many pleasant memories. If I had to stop today, my only wish would be that whoever gets this bike after me will also feel as though they were made for it and they will enjoy many happy miles on the road together. This bike absolutely loves the open road! Every time I take it out for a ride, I am convinced that we were indeed made for each other!

If you are older like me and are considering riding again, or maybe riding for the first time, I hope my story helps you to decide. I won't downplay the dangers of motorcycling. As long as you understand the risks and are honest with yourself about your physical condition and your capabilities for handling a motorcycle, I would encourage you to take the Motorcycle Safety Course as a first step. If you do well, the next step might be a little web-surfing or a trip to a local dealership. If you do, I hope you find a bike made just for you and that you will enjoy many safe and happy miles together on the road. Since I have started riding again, I have met many older riders - my age and older - who are still enjoying the fun of motorcycling. You can too!



# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## SKYLINE IN THE WINTER

Sometimes we just have to say "Uncle." As hard as it was to sit this one out, I've learned not to force matters when things are beyond my control. Pilots have an old acronym: IMSAFE, which stands for Illness, Medication, Stress, Alcohol, Fatigue and Emotion. Any of which can ground a flight. They also have an old saying, "Better down here, wishing you were up there, than up there, wishing you were down here." I've found these work very well with motorcycling. With the holidays, weather and being sick not coinciding with available time, and a deadline long since passed, it was time for plan B.

Skyline Drive has always been a favorite place to ride for Rose and I, even in the winter when everything is closed. It's a welcomed trade-off for zero bugs and little traffic, and the crystal clear pictures of snow covered mountains and ice formations are the icing on the cake.



So, as a consolation, we're pulling one out of the vault. Even though it was a few years ago, it's something we would still do if given the chance. And we can't think of a better place to ride!

It had been 25 days since we last rode. Aside from the weather not cooperating with my days off, life was getting in the way. 24 hours sometimes seemed like a week under house arrest.

I realize the needle has to stitch below the canvas in order to create the tapestry. But sometimes that canvas,,, is Charmin.

Fork seal replaced, new front tire, fresh oil and a bath, Nauti was more than eager to fire, only taking a couple of chugs before roaring to life. The Shenandoah National Park had posted Skyline Drive would be open from routes 211 to 33, on their website. It had been closed for a while due to snow and cold temperatures, but today was shaping up to be a gem. Temps would be in the 30s and 40s, but we were packing heat.

Out of the gate, the first thing I noticed was the fresh air. I reached back and squeezed Rose's leg, as I inhaled deeply. Breathing in the cold, winter wind, was a dramatic change from our climate controlled confines the last few weeks. It was



good to be on two wheels again. Gedd's Rickenbacker in "Countdown," had a crispness matching the vivid sky. Only on this day, motorcycles were mingling "with the bright stuff of dreams," and the thunderous roar shaking the air, was from V-Twins and aftermarket exhaust.

We were passed on 211, by a Harley dresser just after Rappahannock High School. He was booking! We caught up to him in Sperryville at the quilt shop just past Austin Healey Corner, and followed him all the way up the mountain. Rose caught it on video as I reluctantly slotted myself in the wingman position. No sense in playing, after all, the roads were a bit sandy, and we were glad just to be out for a ride.

Both of our bikes entered the park. When Rose and I got to the booth, I asked the attendant if we were the only motorcycles here so far. She said we were. I found it ironic, that on a week-



day, in the middle of winter, that two of perhaps, maybe, a handful of bikes arriving at the park all day, both of ours would show up at the same time.

The road surface was amazingly clean! Aside from the occasional tree limb from the harsh winds, we found ourselves really leaning into the turns. I was anticipating a wet, chunky surface, and having to ride it like a dirt bike. Our Bar and Shield companion, bailed just after Mary's Rock Tunnel. The water, as it always does this time of year, had re-frozen on the pavement below the ice covered rocks above. I grabbed the clutch, and straightened the bars, and made like a hockey puck on wheels. I've done it a hundred times, dozens even. We rode all the way to Franklin Cliffs Overlook to get a tripod pic with snow covered mountains in the background. They look good in frames on the wall. And the looks we get from the photo lab tech at Wally World are priceless.

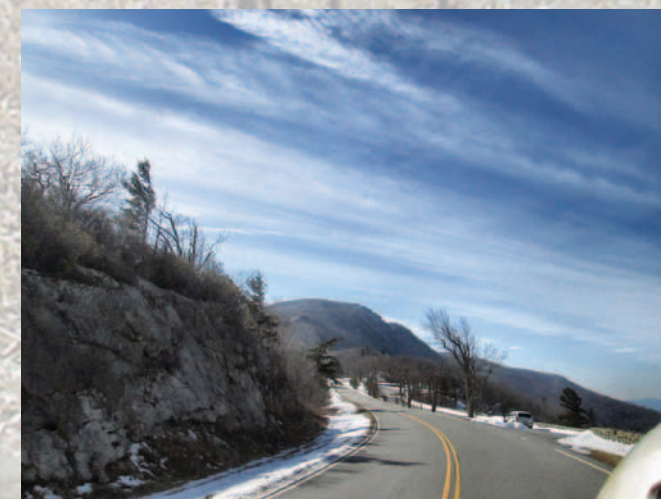
It was the first time setting up the tripod in nearly a month. What had become somewhat of a chore, was performed as if tuning a new guitar for the first time. The wind was biting, so we made quick work of the pictures. We decided to continue south and have lunch at the Hawksbill Diner in Stanley. The thought of some hot, home cooked road food was really appealing to our noisy stomachs. The meatloaf and mashed potatoes with gravy, never had a chance after I dumped the green beans on top, to make a Biker's Pie. Nom, nom, nom:) The coffee also hit the spot. And so did the bill.

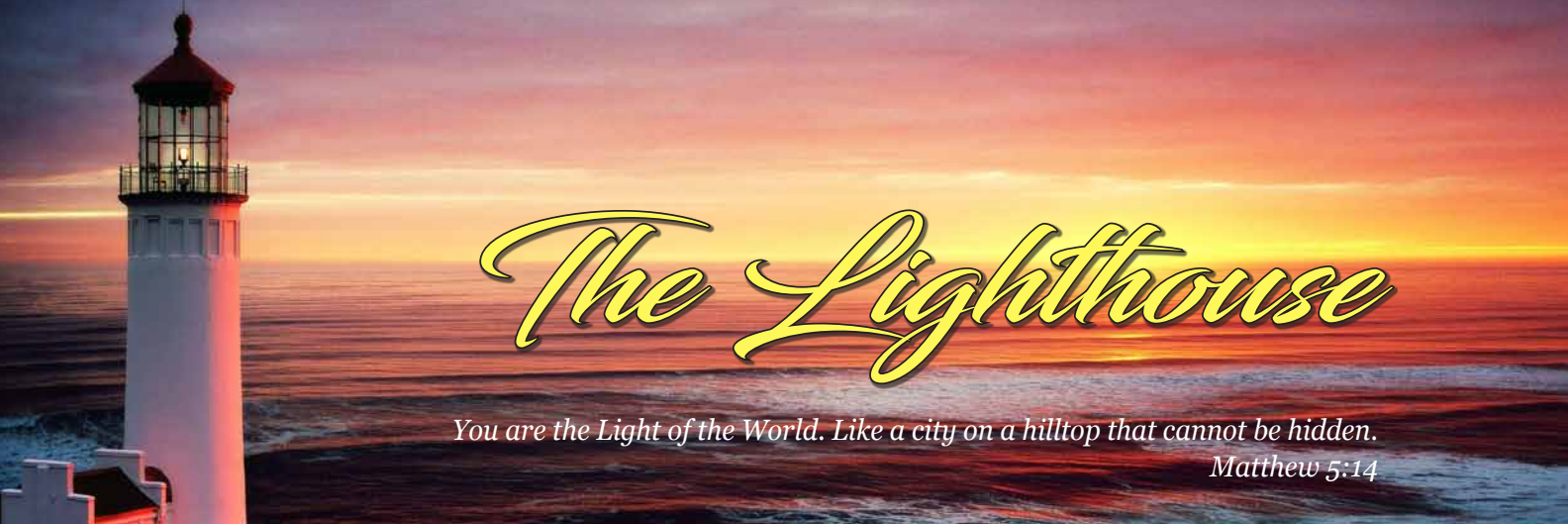
We rode over 150 miles when all was said and done. As I took



off my helmet, I said to Rose, "Sh\*t! It's over!" When you're used to 20K miles a year, 150 in the last 25 days just isn't enough. We both had so much fun. It was a fantastic ride on a spectacular February day. And the universe seemed to unfold, with regard to weather, work, and life, to make for a memorable, extraordinary ride.

Cheers and thanks for reading!





# The Lighthouse

You are the Light of the World. Like a city on a hilltop that cannot be hidden.  
Matthew 5:14

## In God We Trust



A few months ago, my husband and I were invited to spend the weekend at his employer's home. I was nervous about the weekend. The boss was very wealthy, with a fine home on the waterway, and cars costing more than our house. The first day and evening went well, and I was delighted to have this rare glimpse into how the very wealthy live.

My husband's employer was quite generous as a host and took us to the finest restaurants. I knew I would never have the opportunity to indulge in this kind of extravagance again, so I was enjoying myself. As the three of us were about to enter an exclusive restaurant one evening, the boss was walking slightly ahead of us. He stopped suddenly, looking down on the pavement for a long, silent moment. I wondered if I was supposed to pass him. There was nothing on the ground except a single darkened penny that someone had dropped and a few cigarette butts.

Still silent, the man reached down and picked up the penny. He held it up and

smiled, then put it in his pocket as if he had found a great treasure.

How absurd! What need did this man have for a single penny? Why would he even take the time to stop and pick it up? Throughout dinner, the entire scene nagged at me. Finally, I could stand it no longer. I casually mentioned that my daughter once had a coin collection and asked if the penny he had found had been of some value.

A smile crept across the man's face as he reached into his pocket for the penny and held it out for us to see. I had seen many pennies before! What was the point of this?

"Look at it," he said. "Read what it says."

I read the words, "United States of America."

"No, not that; read further."

"One cent?"

"No, keep reading."

"In God we Trust?"

"Yes!"

"And?"

"And if I trust in God, the name of God is holy, even on a coin. Whenever I find a coin, I see that inscription. It is written on every single United States coin, but we never seem to notice it! God drops a message right in front of me telling me to trust Him? Who am I to pass it by? When I see a coin, I pray. I stop to see if

my trust is in God at that moment. I pick the coin up as a response to God, that I do trust in Him. For a short time, at least, I cherish it as if it were gold. I think it is God's way of starting a conversation with me. Lucky for me, God is patient and pennies are plentiful!



When I was out shopping today, I found a penny on the sidewalk. I stopped and picked it up and realized that I had been worrying and fretting in my mind about things I cannot change. I read the words, "In God We Trust," and had to laugh. Yes, God, I get the message. It seems that I have been finding an inordinate number of pennies in the last few months, but then, pennies are plentiful! And God is patient.

Author Anonymous



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# BIKE SAVERS

with John Peterson



**M**y love of motorcycling all began with a friend of mine who was on his way to Bike Week. We were hanging out at a friend's house when he mentioned he was going to Bike

Week in South Carolina and had to leave early in the morning the next day. I asked him if I could come too, and he said "Sure...you got a bike...?"

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

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

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

"Nothing, just take it."

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

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

"Does it run?"

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

Foreshadowing!

But I'm no fool – at least less of a fool these days than I used to be – so I said "Sure, help me put it in the back." We loaded up the bike and hung out for a bit while he continued to wrench on his machines, and I proudly drove my new-to-me cruiser back up to my apartment in Char-

lottesville, where I worked out an arrangement to stash it in a friend's garage while I worked on bringing it back to life.

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

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

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

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

I think it had something like 12,000 miles on the odometer when I got it, and I added another 22K to that number. I had heard that Viragos were temperamental things, but I



had no problems with mine, so I pretty much left it alone. It ran, and ran well, and truth be told I had never really worked on a motorcycle engine before, and was actually a bit nervous to open up the side covers and see what's what. Until one day...

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

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

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

I got my tools out, gingerly took off the left side cover like it would explode from within, and was actually pretty interested in how the gears all meshed together, how things worked and how it all went together, and recovered the

errant piece of funnel laying innocently in the bottom of the case.

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

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

But that is a story for another time.





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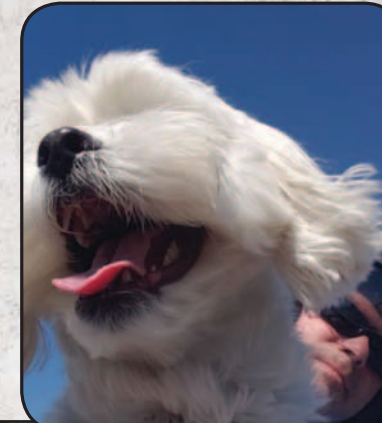
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Shasta Daisy is 6lb Maltese that loves to ride. She travels fulltime with parents and rides on 2 and 3 wheels. Daisy's owner is Deb Canon

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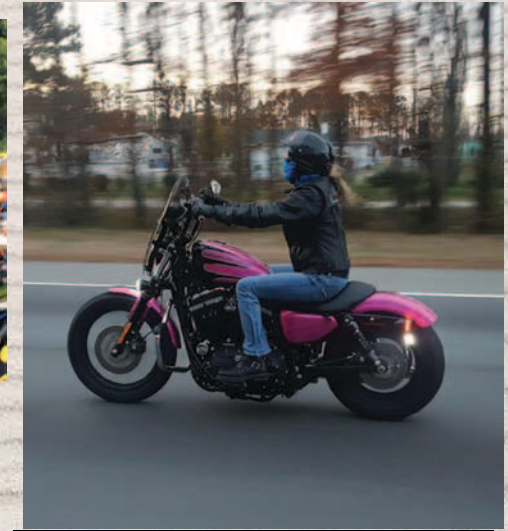
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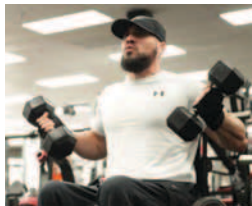


# Good For You THE NEW YEAR

The New Year is here and we'd like to share some of the best ideas that we've found, (ones that don't have a weight-loss or significant-other goal in mind), to have a healthy and fresh 2020! They're helpful for your mind, body, and soul all at once—each one bringing about a different way to feel better in 2020 (healthier, more active, and stimulated).



- Clear clutter - Look at your surroundings. If you're constantly wading through junk drawers and over stuffed cabinets, it's time to clear the clutter. Cluttered spaces can lead to a cluttered mind. If you want to start fresh for the new year, you have to get your mind clear. Having cluttered spaces can make you feel anxious, stressed, or even depressed. When you clear your physical space and get rid of unwanted and unneeded items, you'll feel so much better having openness and room to breathe more comfortably.



- Exercise a little bit – If you're going into the new year with hopes to change your self-image, aim for smaller, attainable wins. Many people set high fitness goals for the new year and then fall off after a month or less. This leaves their self-esteem shot, which is when self-loathing and depression can sneak in. Set reachable daily goals, like walking 5,000 to 10,000 steps per day. There are step-counting apps available to measure how much you walk, and they add up quickly. You don't have to start out big but you have to "start". When you begin to see accomplishments on a daily basis, you're more likely to stick with it, which sets your mind in a positive direction.



- Bring a friend - Working out with a partner improves results and makes the "going-to-the-gym" or "taking up an activity" experience a more enjoyable one. Having a partner can provide encouragement during workouts and can help you get the most out of your exercise. When you have someone relying on you to do the same, it makes you accountable and more likely to show up for yourself and your partner. Plus, it's more exciting and fun that way.



- Eat mind boosting foods - There are tons of essential nutrients you can get from food that support your brain function, manage stress, and just generally make you happier. An improved diet can be part of the easy, attainable shift you've been looking for. Many researchers have found that along with other benefits, foods rich in omega-3, like some fish and nuts as well as those full of antioxidants, can help protect the brain from memory decline. Adding foods like wild caught salmon and fruits like blackberries and blueberries to your diet can help with memory and concentration, as well as staving off possible mood and anxiety disorders. The good news is that brain and mood-boosting foods also include chocolate and avocados ?



- Apologize and Forgive - A clear path toward mental fitness is forgiveness. Carrying around resentments and guilt wears us down and, believe it or not, can lead to serious illness. Studies have found that the act of forgiveness can reap huge rewards for your health, lowering the risk of heart attack; improving cholesterol levels and sleep; and reducing pain, blood pressure, and levels of anxiety, depression and stress. No matter what has happened or how much time has passed, reach out, allow yourself to forgive, and move on. Remember, forgiveness doesn't mean you condone hurtful behavior. Instead, it frees you and allows you to move forward without added baggage so you can focus on the positive relationships in your life. Forgiveness isn't just for the other person, it's mostly for you.



- Learn something new - Challenge your brain by learning to cook, paint, or speak a new language. Try taking up a sport, dance class, yoga, or Tai Chi. Pick something you think would be interesting or useful to learn, and go for it. If you're not a very good cook and have avoided cooking most of your life, learn the basics – it will serve your brain very well. The more you can activate the cognitive functions of your brain, the better your short and long-term memory will be.



- Ride more! Set up regular days to ride with friends or go for solo rides to a favorite destination. Plan road trips to new places that you've never been to before. Be sure to take pictures! There are so many great places to ride, stay, eat, drink & play

in our region. If you have a bike, don't keep it in the garage or storage shed....Dress for the weather & ride!

Out with the old "R" word – Resolutions & in with the new "Intentions" this year. Around 8% of people make their New Year's resolutions stick and studies have shown that most resolutions are broken within the first few weeks due to unrealistic goals, unresolved issues and just plain tiredness from the holidays that just ended. A resolution is a course of action with a firm determination. It doesn't give you any leeway or room to move. It is focused on change; but usually something that is "wrong" with us. An intention is an objective that guides our actions. It is self-directed and purposeful, with room to change and adapt to circumstances.

## SET YOURSELF UP FOR SUCCESS!

Here's some suggestions on how to achieve your New Year's intentions...

- Only pick three intentions/goals. One main one and two secondary. The main one is really important intention/goal that you're going to achieve no matter what, while working towards the other two.
- Write your intentions down and post them somewhere so that you can review them periodically and others you live with can see them to encourage you....refrigerators are great for this!
- Create goals for different areas of your life.... Spend more time with family, start saving money, eating healthier, exercise more, cut down on drinking, get more sleep etc...
- Turn each intention/goal into a habit. Find things that you can work on every day so eventually it becomes a habit.
- Work on one habit per month. Trying to do too many all at once can be overwhelming so do one at a time will give you a better chance for success.
- Use a calendar. For every day that you've achieved your intention that you're working on, put an X. You'll be able to clearly see how much work you've been doing. \*Surprise yourself tip: include your list on the last day of the year so when New Year's Eve rolls around again you can see what you've accomplished!



## Take The Pledge



### Motorcycle Safety Foundation's Seriously Safe Top 10

- 1 Take formal training and get licensed.
- 2 Wear all gear when riding.
- 3 Ride unaffected by alcohol or drugs.
- 4 Assume others don't see you.
- 5 Maintain 360° awareness.
- 6 Create a space cushion all around.
- 7 Enter intersections and curves with caution.
- 8 Practice emergency braking and swerving.
- 9 Save aggressive riding for the racetrack.
- 10 Refresh your skills and knowledge regularly.

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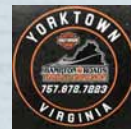
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# MAKING TRAX

With Jennifer Traxler

**We all have that one friend who makes fun of us for being a fair weather rider.**

Whatever, to each their own! I ride year round but I would never put down anyone who chooses to wait until spring to hit the twisties. Riding in the cold adds some risks to what can't be argued is already a fairly risky activity. There's always the possibility of wet leaves, icy patches in shady spots, accumulated snow coming off cars and trucks, and our own health as we ride in potentially freezing temperatures. Even how our bikes perform in the cold is something to consider. Well, whatever you decide is right for YOU, I'm here to help point you in the right direction.

First and most importantly, whether you ride or park your bike, is to make sure you are current on your regularly scheduled maintenance. Make sure your battery is in great condition, and install a lead on your battery so you can either plug in a trickle charger or heated gear. Make sure your chain and cables are cleaned and lubricated, your shaft oil is changed, you fluids are fresh (especially your coolant!), wash and wax the bike, and put some protectant on your seat and saddlebags. Look over all your lines and hoses and replace anything that's old or has any corrosion.

Should you choose to ride year round, which is totally reasonable here in Virginia, you may want to make some additions to your bike and gear. Comfort is crucial when riding in the winter! Many people swear by heated grips and/or heated seats. It's a fairly easy modification that most folks could tackle in an afternoon. There's a lot of great videos on YouTube that are vehicle specific to walk you through the installation. You could add a windshield or install a taller windscreen to keep the cold wind off you. Hand guards might not be very attractive but I'm sure blocking the wind from your hands could make a huge difference in your comfort level. Your hands are so important when you're riding that you just can't afford for them to literally freeze. You may want to swap your tires for something a little softer, something that will grip the pavement a little better. Some of us have "winter tires" for our cars, why not for our bikes as well? One important thing to do for the longevity of your bike is to keep the fuel tank full whenever you park it. That will keep moisture from forming in the empty space. Moisture leads to corrosion and any amount of corrosion can be very costly for fuel systems. You may want to keep a fuel container in your garage that has some fuel stabilizer in it, just in case the weather keeps your bike parked for more than a week or two. Keep a closer eye on your chain in the winter months. There is extra salt and sand on the road that can wind up on your chain, so be sure to clean and lubricate it more often.

Riding in the winter, the most important thing is keeping your core warm. Keeping your core warm will help keep your extremities warmer. Be sure to add to your base layers. Thermal undergarments should be standard equipment for winter riding. Pick up some insulated riding gloves. Even on a bike with fairings, your legs will get cold (trust me!). Thermal riding pants could really make all the difference if you choose to ride when everyone else is parking their bikes for the winter. Keeping your neck warm is often overlooked, but a well-



placed balaclava can not only keep your neck warm but could keep some of the cold air out of your helmet. Speaking of helmets, I strongly suggest, if you don't wear one already, swapping out to a full face helmet. I can't imagine not wearing one in the winter months! Waterproof gear, if you don't already have some, is also an excellent wind blocker. Just remember folks, DRY = WARM.

If your battery can handle the added load, you may also want to upgrade your riding gear to the heated variety. All riding gear is available with heated options. Want heated boots? No problem! Heated gloves? EASY! Heated jacket or jacket liner? Piece of cake! If bundling up and riding in the winter isn't your style or you simply would rather wait until spring, you'll want to store your bike in the best way possible to prolong its life, and make sure it's ready to ride when things warm up. If you store your bike for a couple weeks or a few months, there are several steps to storing it for the best outcome. These same principles also apply to your ATV and side-by-side.

First, before you store your bike, ride it around the block a few times to heat it up and burn off any moisture. Then fill up your gas tank, and don't forget the fuel stabilizer! You can either add the prescribed amount directly to your tank, or mix up a whole batch in a five gallon gas can and have some on hand, just in case we get a random 60 degree day in February and you want to take your bike out and knock the cobwebs off and get some wind therapy! We all know seasonal affective disorder can be a real beast! If you do take your bike out while it's in storage, be sure look it over carefully, air up the tires, and when you get back don't forget to top off the gas tank again. If you're parking it indoors, you don't necessarily need to cover it. But if you do, make sure to use a high quality breathable cover. You don't want to trap moisture on your bike. That can and likely will lead to corrosion.

Now, if you have a carbureted or classic bike, there are some who think draining your entire fuel system and fogging your cylinders is the best course of action for storing your bike. It's really best to consult a qualified motorcycle mechanic for the appropriate action for classic or carbureted bikes. I won't pretend to know exactly what is right for every bike.

As I mentioned earlier, installing a wire lead from your battery is a great idea for two reasons. When your bike is parked for any period of time, even a week, it's a smart move to hook your battery up to a trickle charger. You can also use that lead to plug in your heated gear if you feel like getting out on the road on a sunny January day. If you're going to be parking your bike outside you'll probably want to disconnect your battery and bring it inside. Freezing temperatures could be lethal to a battery. When parking outside you'll want to carefully consider whether or not to cover your bike. Most sources will tell you to cover your bike if you park it outside, and I won't argue with them. But I will point out that covering your bike when it's parked outside can lead to a couple negative consequences like the cover blowing in the wind and rubbing off your paint and scratching chrome, or the cover inadvertently keeping in moisture. Some industry experts actually suggest not covering your bike at all. Whether you cover your

bike or not be sure to give any vulnerable surfaces a coat of wax. You may be tempted to change your insurance policy to reflect that it's in storage. Personally I would keep full coverage on my bike at all times. If you are storing it indoors, you might consider putting cardboard under the tires, to keep any moisture from the ground getting up onto your bike. Today is a 62 degree day in January so if y'all don't mind, I'm going to air up my tires, check my chain and ride until the sun goes down! And as soon as I get back I'll be filling up my tank and connecting the trickle charger so she's ready to ride the next time the weather breaks!



**FOOTBALL BRAINTEASER**

Can you move just two crayons to recreate the goal posts with the "football" on the outside?

Nope, you moved two crayons and recreated the goal posts, but the football is still in the middle!

Still didn't get that football on the outside!

Ready for the solution?

1. Slide

2.

Now, you have it! Goal posts with the football outside!!



## DRUNK DRIVING



Of all the preventable accidents, those involving driving while under the influence of alcohol or illicit substances are the easiest to prevent and are often some of the most devastating.

our law firm has fought against insurance companies and negligent motorists and for the victims of drunk driving.

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If you've been injured due to the negligence of others, contact one of our accident lawyers and let us fight for you.

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**WE ALL DO THINGS WE REGRET WHEN WE'RE DRUNK.**  
**MAKE SURE RIDING ISN'T ONE OF THEM.**

**DON'T WRECK YOUR MOTORCYCLE AND YOUR LIFE. RIDE SMART. RIDE SOBER.**



# JUST CHILLIN'

We haven't had much of a winter up to the time of printing this issue so we thought we'd bring a little winter spirit into the New Year. Hopefully later this month or in Feb we'll get a chance to see some white stuff from the mountains to the coast! Just one good snowfall & then bring on spring for March!!! Do you ride in the snow or have snow pictures?... send them on & we'll share them on our facebook



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### READ THE ROAD.

AND YOU WON'T NEED AS MANY NEW PARTS.

MOTORCYCLE CRASHES DON'T ALWAYS INVOLVE ANOTHER VEHICLE. SLICK SURFACES AND ROAD DEBRIS CAN LEAD TO BROKEN BIKES, AND BROKEN BONES. RIDE AT A SPEED THAT GIVES YOU TIME TO REACT. CHECK OUR WEBSITE BELOW FOR MORE CYCLE SAFETY TIPS.

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