

# VIRGINIA RIDER

Serving the Riders of Virginia & West Virginia

MAGAZINE™



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**RIDING INTO THE SUNSET**

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



**THE FIRM THAT RIDES**

Dedicated to protecting the rights of injured motorcyclists. We ride so we understand.

If you've been injured, call the Motorcycle Law Group.™

**1-800-321-8968**

**www.MotorcycleLawGroup.com**



# Locations

Tom McGrath's Motorcycle Law Group is trusted by riders and their families, motorcycle clubs, lawmakers and others to effectively represent individuals in legal cases and support the right to ride.

Virginia offices in Newport News, Richmond, and Roanoke

PRODUCED BY TOM McGRATH'S MOTORCYCLE LAW GROUP, HOLLYDAYS, INC. and SUFFOLK FESTIVALS, INC. in conjunction with SUFFOLK PEANUT FEST



**SWAMP ROAR  
MOTORCYCLE  
RALLY  
SUFFOLK, VA**

**22nd Annual scenic 80-mile ride around the Perimeter of the Great Dismal Swamp National Wildlife Refuge.**

**SUNDAY, OCT 13, 2024**

Biker registration begins at 8:00am at the Suffolk Executive Airport on Highway 13, just south of downtown Suffolk. Blessing of Bikes prior to send off. Send-off begins at 11:00am. Rain or shine.

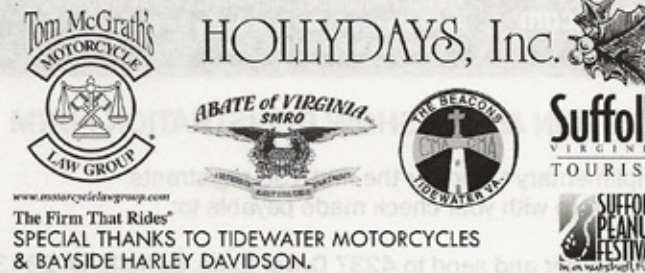
**REGISTRATION**

**\$20 per driver | \$10 per passenger**  
Includes commemorative event pin and admission to Suffolk Peanut Fest (a \$10 value)  
Light breakfast provided, while supplies last.  
First 100 drivers registered to receive ride t-shirt.

**CASH or CHECKS ONLY**

Please make checks payable to: Suffolk Festivals, Inc.

**SuffolkPeanutFest.Com**



SCAN ME

**HOW TO REGISTER**

PRE-REGISTRATION AVAILABLE AT  
**SUFFOLK FESTIVALS OFFICE**  
MONDAY-FRIDAY, 10AM-4PM (UNTIL SEPT. 27)  
440 MARKET ST. 2ND FLOOR | SUFFOLK, VA 23434  
MONDAY-FRIDAY, 10AM-4PM (BEGINNING SEPT. 30)  
SUFFOLK FESTIVALS OFFICE at SUFFOLK EXECUTIVE AIRPORT

**MAIL TO**  
SUFFOLK FESTIVALS, INC. P.O. BOX 1852, | SUFFOLK, VA 23439  
ON-SITE REGISTRATION AVAILABLE. CHECKS & CASH ONLY.

Driver Name (Please print clearly)

Passenger Name

Address City, State, Zip

Daytime Phone E-mail Address

CIRCLE T-Shirt Size: S M L XL 2X 3X 4X 5X

**CONSENT TO THE USE OF PHOTOGRAPHS:**

I understand that photographs may be taken of me and/or my child at the Suffolk Peanut Fest and Suffolk Swamp Roar Motorcycle Rally for publication in materials used to promote the Suffolk Peanut Festival and associated activities.

**WAIVER FOR PARTICIPATION:** I hereby agree to participate in the Swamp Roar Motorcycle Rally produced by Suffolk Festivals, Inc., Tom McGrath's Motorcycle Law Group, and HollyDays, Inc., upon the understanding and condition that I agree to abide by the rules, policies, and procedures of the festival.

I will not hold the City of Suffolk, Tom McGrath's Motorcycle Law Group, HollyDays, Inc., or Suffolk Festivals, Inc., its staff, employees, representatives, volunteers or agents responsible for loss of personal property or for medical or dental expenses incurred as a result of said participation including liabilities, expenses, or judgments, attorney's fees or court costs, except claims caused by the gross negligence or willful misconduct of the Suffolk Festivals, Inc.. In the event of injury, I give permission to have myself or my child transported to the nearest medical facility and have appropriate care administered.

Driver Signature Date

Passenger Signature Date  
(Parent or guardian if passenger is under 18 years of age)



## from the editor's desk

Greetings friends! We are so glad to have you with us as we ride into the end of summer. Can you believe that the fall season starts next month?...it's so crazy how fast the months have flown by. We've heard from many event coordinators this season that the attendance at their events have been the best that they've seen in the past four years. This has been a blessing for the charities that they support as more and more riders are getting out there to ride to be a part of the greater good by contributing their time, efforts, and donations to help others. If you haven't been able to get out much yet this season to support your communities, the next few months ahead will be filled with plenty more great rides and events for you to enjoy.

We have a few amazing events joining us in this edition so that they can shout out to our readers about their incredible rides. Featured in our centerfold is "The Pink Ride", ride, car & bike show, being held on September 29th in Chesapeake, VA., in support of local individuals fighting breast cancer. Coming up in October are two iconic events out of Suffolk, VA – October 13th is the "22nd Annual Swamp Roar Motorcycle Rally", with a scenic 80-mile ride around the perimeter of the Great Dismal Swamp & ends at the exciting & fun-filled Suffolk Peanut Festival. October 20th, get ready for the always fantastic, "Annual Sherry Parker Memorial Poker Run & Bike Show". There are special goodies, while supplies last, for riders that are included in their registrations so be sure to read all the details on their ads inside this edition and on our Facebook page so you can share them with your friends, even if they don't ride! Make the most of your fall riding by supporting charity events in or out of your neck of the woods. And be sure to check the Events page on our website for all the great rides happening throughout Virginia & West Virginia.

We hope you all are living your best life and enjoying the final weeks of summer with your favorite people, with some sun on your face, & the wind at your back. We have some great reads inside this issue to help you make the best of your riding life...we hope you enjoy them!

Be safe & stay awesome! Until we meet again...

*Kelly*



## IN THIS ISSUE



**GREAT PLACES TO RIDE** When the weather is hot as it has been of late, Marc and Rose sometimes have to make a choice between getting to their destination in their air-conditioned SUV or riding their motorcycle. On the hot days, they head for higher elevations where the air is somewhat cooler.



**BAD MOTOR SCOOTER** Having played with Van Morrison, Edgar Winter and others, in early 1973 legendary guitarist Ronnie Montrose formed his own band, featuring the young Sammy Hagar on vocals. Sammy also wrote Bad Motor Scooter.



**BIKE SAVERS** John has understandably accumulated a lot of bikes over the years. The point of his article this month is that if you have the restoration bug like he does, you have to find room to store everything. But eventually all this stuff starts cluttering up the place, so what do you do...? Short of getting a bigger garage, (not likely!) you add on!



**TIPS TO PREVENT NECK PAIN WHILE RIDING** Neck pain due to regular motorcycle riding is a common condition experienced by millions of riders across the world. It can be quite debilitating and persistent. So we have put together some proven tips to help you prevent neck pain caused by motorcycle riding.

## GOOD FOR YOU

**HOW GETTING DIRTY MAKES YOU HAPPY** When you're not riding and you need a healthy way to get rid of a bad mood or the blues, just get down and dirty. Soil microbes have been found to have similar effects on the brain and are without side effects and chemical dependency potential. Yes, we mean playing with dirt!...it makes you happy!



**THE LIGHTHOUSE** What we can accomplish on our own is hardly noteworthy. However, with the hand of the Master, our life's work truly can be beautiful. Next time you set out to accomplish great feats, listen carefully. You can hear the voice of the Master, whispering in your ear, "Don't quit. Keep playing."



**MOTORCYCLE SAFETY TIPS** From first-time riders to veterans of the road, learning and practicing motorcycle safety skills should be an active, ongoing process. No matter your experience level, you can benefit from reviewing and practicing the 10 motorcycle riding safety tips we present in our article this month.

Issue 7 - 2024

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Roll with us on Facebook @virginiaridermagazine

# OUR TEAM



**Kelly Collins**  
Owner/Editor

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



**Warren Ells**  
Layout & Design

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



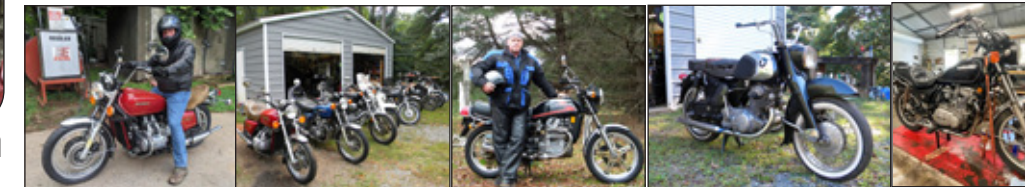
**Marc Ritchie & Rose Grant**  
Great Places To Ride

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



**John Peterson**  
Bike Savers

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



## FEATURED IN THIS ISSUE

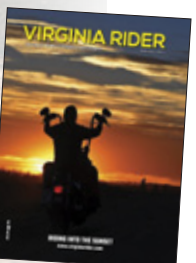
### Motorcycle Riding Positions

Each type of motorcycle requires a different riding position. Riders should know how to sit on a motorcycle properly to ensure stable and comfortable handling. Sitting in an improper riding position can cause pain in your back, shoulders, legs, arms, and wrists. Sports bikes, café racers, and naked bikes are designed for high-speed travel and aggressive riding. Meanwhile, touring bikes and cruisers are designed to provide maximum comfort on long-distance rides. A riding position can tell you a lot about a motorcycle's purpose and features. Read this article to learn which riding positions are best for comfortable and fast rides.



#### ON OUR COVER

*There's nothing like finishing up a ride and riding off into the sunset on your horse, especially if it's an iron one.*



# THE LIGHTHOUSE



*"With God All Things Are Possible." – Matthew 19:26*

Fence Man



There was a large group of people gathered. On one side of the group stood a man, Jesus. On the other side stood another, Satan. Separating them was a fence running through the group. The scene set, both Jesus and Satan began calling to people in the group. One by one, each having made up his or her own mind, went to either Jesus or Satan. This kept going for a time. Soon enough, Jesus had gathered around him a group of people from the larger crowd, as did Satan.

One man joined neither group. He climbed the fence that was there and sat on it. Jesus and his people left and disappeared, and so too did Satan and his people. The man on the fence sat alone. As this man sat, Satan came back, looking for something which he appeared to have lost. The man said, "Have you lost something?" Satan looked straight at him and replied, "No, there you are. Come with me." The man said, "But I sat on the fence. I chose neither you nor him." Satan said, "That's okay; I own the fence."

"Whoever is not with me is against me." -Jesus in Matthew 12:30

God's Song



Wishing to encourage her young son's progress on the piano, a mother took her boy to a Paderewski concert. After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE."

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing.

Suddenly, the curtains parted and spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit. Keep playing."

Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon, his right arm reached around to the other side of the child and he added a running obligato. Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience. The audience was so mesmerized that they couldn't recall what else the great master played - only the classic "Twinkle, Twinkle Little Star."

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. However, with the hand of the Master, our life's work truly can be beautiful. Next time you set out to accomplish great feats, listen carefully. You can hear the voice of the Master, whispering in your ear, "Don't quit. Keep playing."

Feel His loving arms around you. Know that His strong hands are there helping you turn your feeble attempts into true masterpieces. God doesn't call the equipped; He equips the called, and He'll always be there to love and guide you on to great things.

"When God calls you, He will prepare you." – Exodus 4:10



## Sherrri Parker Memorial POKER RUN AND BIKE SHOW

SUNDAY, OCTOBER 20, 2024

Driver Village - Suffolk, VA  
driverevents.com

### POKER RUN REGISTRATION

9:30am-11am: The Skeleton Key Bar & Grille (Back Entrance)  
4300 Portsmouth Blvd., Chesapeake, VA  
Parade of Bikes will stage at Sleepy Hole Park,  
4616 Sleepy Hole Rd. Suffolk, VA 23435, at 12:30pm  
prior to ride into Driver at 1pm

BIKE SHOW REGISTRATION 12pm-1:30pm in Driver Village

### CLASSES

Touring • Custom Bagger • Softtail • Ladies • Sportster • Foreign  
Rubbermount • Antique • Special Construction • Antique Patina

### DOOR PRIZES & VENDORS

Contact Holly Hoffler (757) 676-3808 HOLLYDAYSFLORAL@aol.com



THIS IS A TAMA  
SPONSORED RIDE

\$25 donation per person  
includes a complimentary t-shirt  
for the first 150 registrants  
(pre-registered t-shirts  
can be picked up at on-site  
registration on ride day)

### Special Thanks

Beach Grove United Methodist Church  
Boyce Performance Cycles  
Suffolk Tourism  
Driver Business Association  
Holly Days! Inc.  
Law Offices of Tom McGrath, Danielson, Sorrell & Fuller  
The Beacons CMA Tidewater, VA | TAMA  
Tidewater Motorcycles | Community Chaplain Outreach  
ABATE of Virginia | The Skeleton Key Bar & Grille  
J.W. Bowman Jr. Plumbing & Sewer Services



### PLEASE CHECK ONE (Bike Show only):

- Touring
- Custom Bagger
- Softtail
- Ladies
- Sportster
- Foreign
- Rubbermount
- Antique  
(DYNA & FXR)
- Special  
Construction  
(Competition Bikes)
- Antique Patina

### SHERRI PARKER MEMORIAL POKER RUN & BIKE SHOW REGISTRATION FORM

\$25 donation per participant includes complimentary t-shirt for the first 150 registrants.  
Detach and complete registration form and return with your check made payable to:

Sherrri Parker Memorial Fund, Inc., c/o Holly Hoffler and send to 4237 Driver Lane, Suffolk, VA 23435

Name: \_\_\_\_\_ T-shirt Size: \_\_\_\_\_

Street: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

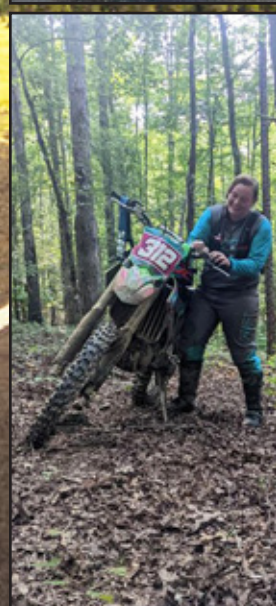
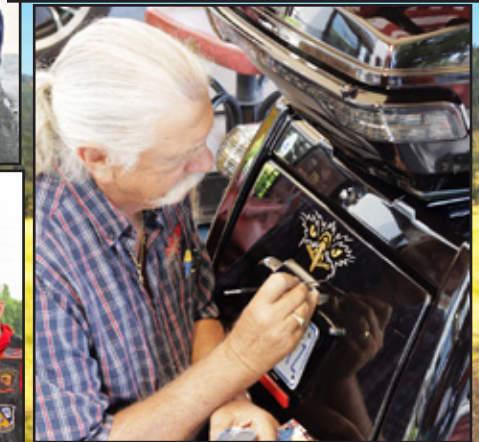
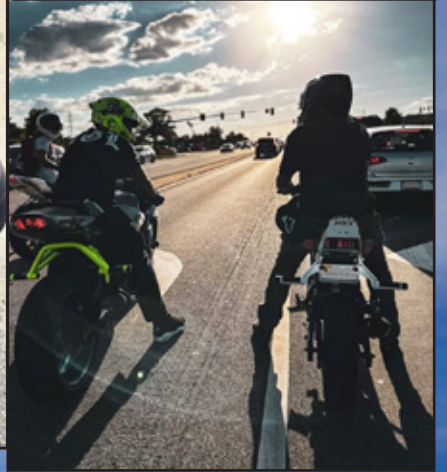
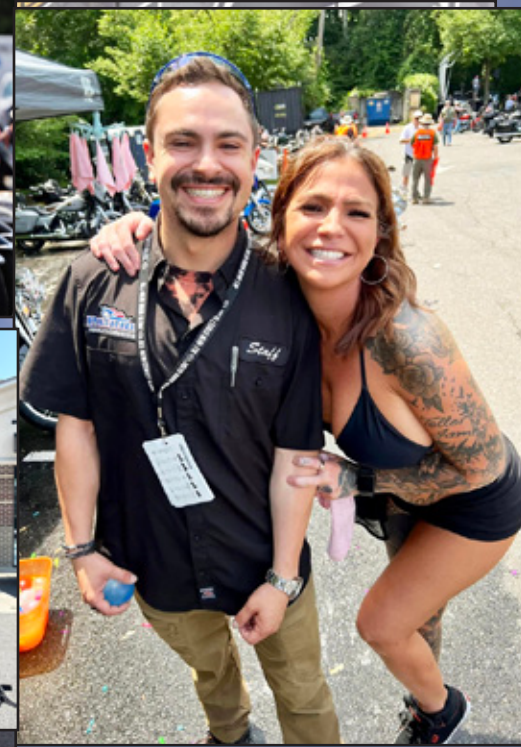
*Waiver for Participation: I hereby agree to participate in the Sherrri Parker Memorial Poker Run & Bike Show upon the understanding and condition that I agree to abide by the rules, policies and procedures of the Poker Run & Bike Show.*

I will not hold the Sherrri Parker Memorial Fund, Inc. or Driver merchants, agents or representatives, responsible for any loss of property or for medical or dental expenses incurred as a result of said participation including liabilities, expenses, judgments, attorney's fees or court costs. In the event of injury, I give permission to have myself or my child transported to the nearest medical facility.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# SHOTZ

LET'S DO SOME SHOTZ!!!  
Email your pics to [virginiaridermagazine@yahoo.com](mailto:virginiaridermagazine@yahoo.com).





# GREAT PLACES TO RIDE

with Marc Ritchie and Rose Grant

## Snowshoe



It's almost never a question of what we're going to do when it's our weekend. Even with rain in the forecast on the last one, Rose asked, "Are we drivin' or ridin'?" Today, however, the temps were forecast to be in the low 90s. And while that's certainly doable, especially with fresh memories of our Texas trip logging 600 mile days in the heat, the thought of enjoying some A/C and a Hemi in the SUV, did have a certain appeal.

Geography, as it often does, would be the scale tipper. Living in the hills, altitude can sometimes act as a thermostat. On rides we want to be warmer, we head to the valley. And on days like this, we opt for air spaces more suitable for small planes.

Preflight complete, I noted we were short on fuel, which was remedied by a short hop to Monterey. It's a good thing I didn't file a flight plan, because it would have been completely ignored. The route originally intended became less and less appealing as I asked myself which leg I preferred to ride the technically challenging portion on: the departure or the return? Saving the cruise portion for the way back seemed to be the clearer choice, so Rose and I departed VFR heading northwest with clearance at or below 4000 feet.

The Pandora shuffle was bouncing back and forth between the 70s and 80s. "Play That Funky Music," "The Rhythm of Love," "Stayin' Alive," and finally, "Tom Sawyer" filled the empty hills with a truly eclectic, if not unique, version of classic rock. I don't think I ever heard an FM station like that.

Passing the continental divide where watersheds switch from the Atlantic to the Gulf at the WV line, we traded the rough, chip sealed ride for smooth pavement. There was something else obvious as well: bright, fresh arrow signs. Holy Mary Mother of God they were everywhere!! They even included max safe speed suggestions, which may or may not apply, depending on your most common lean angle, or whether there's a driveway on exit. But talk about riding in a video game...Perhaps they help on a foggy night, where fog may apply to the weather as well as the operator. But it's more likely they end up as shotgun fodder.

Rose shook the camera next to me, indicating the battery was low. We don't use headsets. We tried them, but we prefer the sound of the wind and the stereo, and the peace of being in our own little worlds, void of any potential oral diarrhea. The abandoned gas station in Bartow, which resembles a Mad Max set, is where we made the switch. It was still early, so the option of Huttonsville and down 219 to Snowshoe was in play. Just then, three pickups with trailers, two carrying industrial boom lifts and one with cattle, volunteered out of nowhere for escort duty.

We gave them a few minutes head start. Past Durbin, in the straight-away along Shaver's Fork at 3500' MSL, whose upper reaches constitute the highest waterway in the eastern United States, is where we caught them. I found it ironic that we'd been on this section more times in our heated

gear than not, as we got the wave around by the lead and last pickup before starting our descent.

Route 219 is an absolute gem, especially when you have it all to yourself. Aside from one log truck that Windy made quick work of, we enjoyed that exact experience all the way to 66. I kept telling myself, "Just be smooth." Sizing up all the different apexes, with the braking, clutching, shifting and accelerating, is almost like playing a rocking and rolling drum set to Tesseract.

Snowshoe is always a cool experience. It is a resort, so bring the CVO card. Even though the parking is not ideal, especially if you don't have a bike with lockable storage. Once inside the village, it's such a different world, it's soon forgotten. The main plaza was bustling with mountain bikers: a popular attraction outside of ski season. That was me as a kid with a bike. Only I never had the luxury of a ski lift.

There were three restaurants within eyesight of each other. Rose and I walked past each one, but we both caught an inviting vibe from the shaded patio and music coming from Cheat Mountain Pizza. It wasn't very busy or hot outside, so we picked a table with a view of the village on the patio. Rose even left her jacket on. We're not usually pizza fans during the summer, but it was so comfortable out, we went for it. It's always a bit of comedy when we order one, because everyone can tell which side is Rose's. And I'd be willing to bet they never made one exactly like that, or ever will.)

Properly stuffed, we were looking forward to some cruising roads on the way back. There was just this mountain we had to get down and one of the crookedest roads around to get to them. The way down was more like an emergency descent with full flaps. And Windy and I made sure to avoid the gravel hiding in some of the turns on 66. It was all well worth it to enjoy some quality time, relaxing in the highway gear, enjoying proper, fresh pavement to Dunmore, and the wide open spaces on 84 back to Monterey.

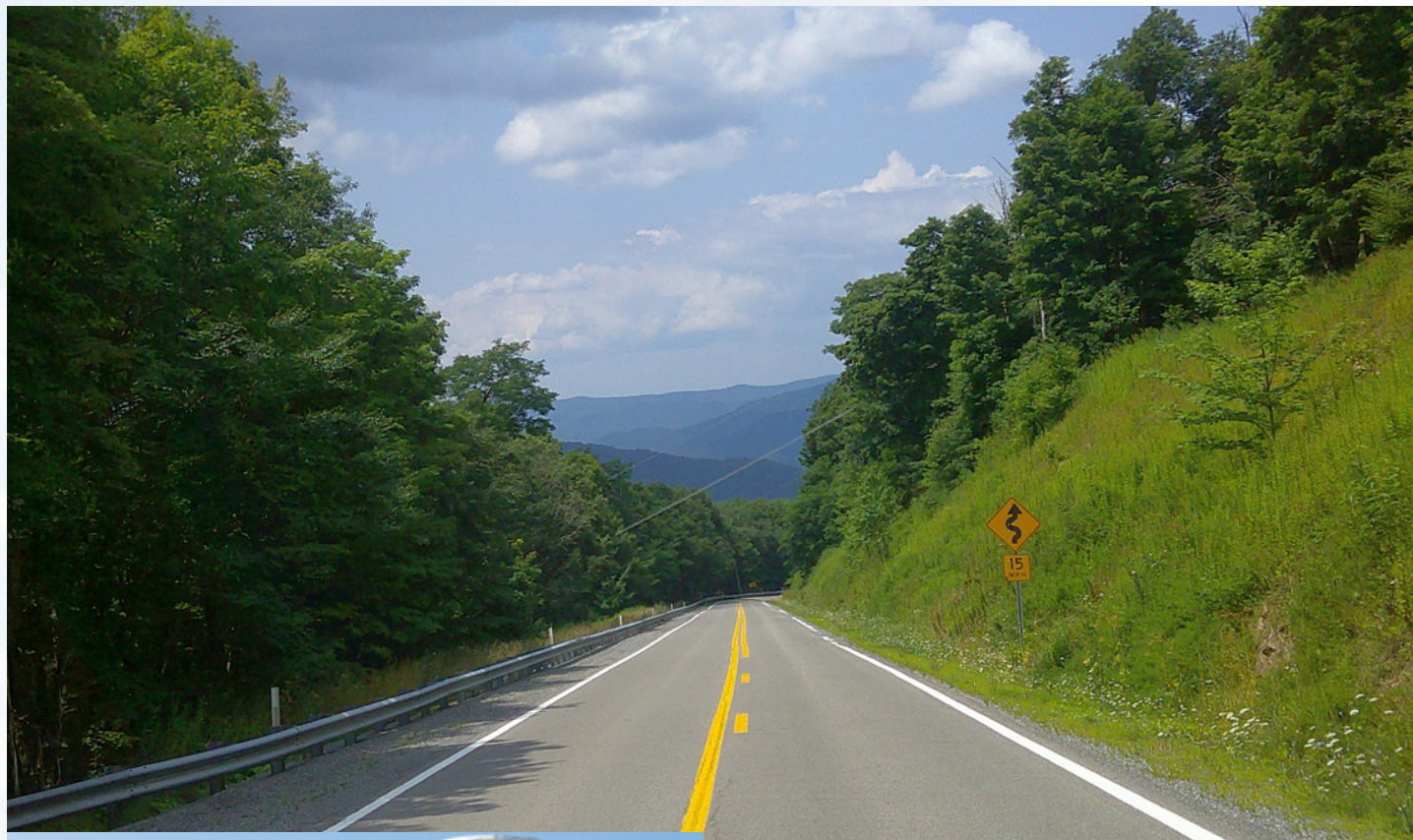
I don't remember the heat ever being a factor. Between Windy's air deflectors, our mesh jackets, and strategic areas of either altitude or canopy shade, it was never an issue. The thought of even considering driving caused a slight gag as I look back. It turned out to be another memorable day. And another great place we look back on fondly, with hopes of returning soon.

Cheers and thanks for reading!

Marc Ritchie  
Photos and Pizza Contortionist: Rose Grant



continued next page



# Dry Run Spirits Distillery

100% American small batch copper pot artisan distillery. Making applejack, moonshine and liqueurs the historic Appalachian way!



Dry Run Spirits is on WV's best known craft beverage trail and is only 50 miles across the border from Harrisonburg, Va. There are 2 other distilleries and 2 cideries within 50 miles of us as well.



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Following over 100 years of local tradition, we are recreating the oldest style of distillation in America - moonshine distilled from apples. We also make a limited seasonal selection, maple moonshine, distilled from maple sap from our own maple trees. All are made with our pure limestone spring water and are 100% natural and gluten free.

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The Right way to  
eat a popsicle



# BURNOUTS

What else do you do with old tires?

# MUSIC & MOTORCYCLES



## BAD MOTOR SCOOTER



Montrose, live at The Record Plant on April 21st 1973. Having played with Van Morrison, Edgar Winter and others, in early 1973 legendary guitarist Ronnie Montrose formed his own band, featuring the young Sammy Hagar on vocals. After a short period of rehearsal, they performed this explosive session at the Record Plant on April 21st 1973, broadcast on San Francisco's KSAN-FM. Sammy Hagar is credited with writing the compelling song, Bad Motor Scooter that contains some great imagery along with a romantic twist.

### Bad Motor Scooter

If you get lonely on your daddy's farm, mmm  
Just remember I don't live too far  
And there's a red bridge that arcs the bay, yes  
You'll be at my place in less than a day

Huh, so get on your bad motor scooter and ride  
Hop over to my place and stay all night, mm, yeah  
The first thing in the morning, we'll be feeling alright,  
alright, alright, alright

A-get on your bad motor scooter and ride  
Ooh, the last time I seen your face  
Swore that no one'd take your place  
Now, since you been gone, I been feelin' a-bad, yeah  
I'd come out to your place, I'm afraid of your dad

So you, you get on your bad motor scooter and ride  
Walk over to my place and stay all night, mm, yeah  
The first thing in the morning, we'll be feeling alright,  
alright, alright, alright, alright

Get on your bad motor scooter and ride, yeah  
Ride, ride, ride  
Come on, baby  
Mm, yeah Crank it on up Oh!

Get on your bad motor scooter and ride  
Hop over to my place and stay all night, yeah  
The first thing in the morning, we'll be feeling alright,  
alright, alright, alright, alright

Get on your bad motor scooter  
Get on your bad motor scooter  
A-get on your bad motor scooter  
And ride



VIRGINIA RIDER MAGAZINE

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)

BLUE GRASS

# MERCANTILE

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757 Auto Events

First Annual

\$25  
ENTRY FEE

# The Pink Ride

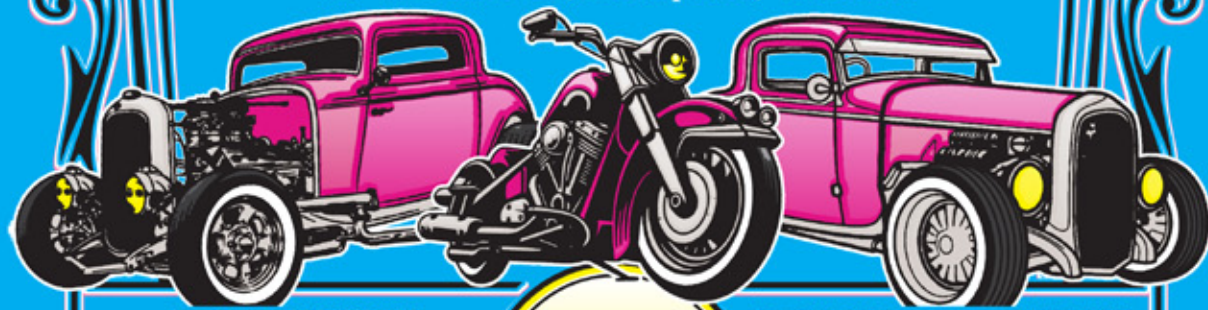


## CAR & BIKE SHOW

Part of The Pink Ride After-Party at:

### KHEDIVE SHRINE CENTER

645 Woodlake Dr, Chesapeake, VA 23320



- BEST TRUCK/SUV
- BEST FORD
- BEST JEEP
- BEST MOPAR
- BEST TUNER
- BEST CHEVROLET
- BEST GENERAL MOTORS

Food &  
Live Music  
Included

- BEST CUSTOM CAR/TRUCK
- BEST IMPORT
- BEST ORPHAN
- BEST MOTORCYCLE
- BEST BAGGER CYCLE
- BEST CUSTOM CYCLE
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#### A SPECIAL BEST IN SHOW - OVERALL AWARD

- 10 OUTSTANDING MOTORCYCLE BUILD AWARDS
- 10 OUTSTANDING CLASSIC BUILD AWARDS
- 10 OUTSTANDING MODERN BUILD AWARDS



For Info & Registration, Contact:  
Mark Evans @ (757) 692-1779  
or 757autoevents@gmail.com



# thepinkride.org

Tax ID#: 80-0693021 a 501(c)(3) Charitable Organization.

NET PROCEEDS BENEFIT LOCAL INDIVIDUALS FIGHTING BREAST CANCER!

\*\*ALL CARS/TRUCKS MUST BE SETUP ON-SITE BY 11:00 A.M. DAY OF EVENT - NO EXCEPTIONS\*\*

15th Annual

\$25

# The Pink Ride



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# HOW TO PREVENT NECK PAIN WHILE RIDING A MOTORCYCLE? TIPS TO PREVENT IT



Neck pain due to regular motorcycle riding is a common condition experienced by millions of people across the world. This pain is not only limited to the neck region but is also experienced in the upper back, lower back & shoulders. It's one of the main issues faced by motorcycle riders. Keeping this in mind, we have come up with this insightful blog to share proven tips that can help prevent neck pain caused by motorcycle riding.

## Neck Pain While or After Riding a Motorcycle

Motorcycle riding is generally viewed as an enjoyable experience but the accompanying neck pain can prove to be a major nuisance. So what causes this pain? To put it simply, neck pain can be a result of improper riding position, bike configuration, duration of the ride and also stress.

## How to Prevent Neck Pain While Riding a Motorcycle

Now that we have had a brief idea about the main reasons behind neck pain, it's time to get to know the tips & tricks that can help you prevent it. Let's get started!

## Stretch Before And After Riding



Making a habit of stretching before and after a ride can help you avoid potential injuries or soreness. It can help prevent neck, shoulder, upper and lower back pain that can be caused due to regular motorcycle riding for long periods.

Simple stretching exercises such as neck circles, arm swings, forward folds, etc., can boost the flexibility of your muscles & mobility of joints, thus helping prevent injuries.

## Adjust Your Posture

When sitting on a motorcycle, rectifying your posture by adjusting your seat height or marginally moving your hands on the handlebars can make a world of difference to your neck pain.

The importance of excellent posture while riding a motorcycle cannot be emphasized enough with regard to preventing or reducing neck pain. Make sure to sit straight, avoid a slouch, and don't bend the neck region to look down. Instead, try to look around by moving your eyes.

## Stay Hydrated



Hydration is another crucial factor to keep in mind when looking to prevent muscle fatigue and the ensuing pain around the neck region. Fluids are essential to lubricate your joints, fuel your muscles, and maintain optimal reaction time when riding a motorcycle. Therefore, make it a routine to drink ample water before and after a motorcycle ride.

## Motorcycle Riding Posture to Prevent Neck & Other Pain

When it comes to motorcycle riding postures, there are 3 basic postures which can be followed while riding. Each posture has its advantages & disadvantages, and you need to adapt as per your motorcycle design and your body size. Let's get to know the postures in detail!

### Standard Riding Posture

As the name suggests, the standard riding posture comprises a relaxed back position and a neutral neck & shoulder position, with the elbows settled in the grips. Make sure that your forearms and elbows are in a parallel position to the ground and that you are not overreaching your elbows. This posture is difficult to sustain when your body size is smaller than the motorcycle. In such a case, you will have to lean forward and overreach your elbows while riding, resulting in potential shoulder injuries.

### Sport Riding Posture

Featuring a forward lean & forward tilt of the pelvis, the sport riding posture is a cool-looking posture made famous by movie actors and celebrities. Although aesthetically pleasing, this posture can cause considerable trauma to the body, particularly to the lower back region.

If your motorcycle design makes it necessary to ride in the sport riding posture, then ensure that your head is in marginal extension and the muscle at the top of your neck is providing support to the head. Also, your wrists should be primarily neutral and your feet marginally behind the knees.

This will help prevent/decrease neck pain. Moreover, it's well-advised to avoid maintaining this posture for extended periods of time when riding at high speeds. At low speeds, try to completely avoid this posture if possible.

### Cruiser Riding Posture

Similar in a number of ways to standing riding, the cruiser riding posture is the most comfortable posture when riding at low speeds. When followed correctly, this posture comprises the back and head in an upright position, relaxed hips & pelvis, and the leg position at around a 90-degree angle. However, when riding at high speeds, this posture can cause fatigue in the neck & abdominal muscles as forward leaning will be required to maintain control of the bike.

**\*\* Also in this issue: *The Ultimate Guide to Motorcycle Riding Positions***

### Conclusion

Following the effective tips & tricks mentioned above can help ensure that your motorcycle riding experience is pleasant with the least amount of pain. In addition, doing yoga exercises regularly can further help decrease this neck pain.

*Note: Can motorcycle helmets cause neck pain? Yes, wearing a motorcycle helmet that is heavy or ill-fitting can exert unwanted pressure on the neck and affect your posture while riding. This can cause neck pain.*

Source: <https://www.onssowellness.com/prevent-neck-pain-riding-motorcycle/>

WTF fun fact #9065

Pouring water on your head cools you down more effectively than drinking



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# BIKE SAVERS

with John Peterson



## CLUTTER

I wasn't too sure where to start this column because there is a lot of stuff going on that kind of precipitated it, and maybe you'll understand by the time we get to the end. Maybe you can relate – and if you can, you might have the same 'problem' I do. (I don't think it's a problem – my friends do - and they RIDE! ) But of all the 'problems' you can have, this one is fairly benign – plus it keeps me off the streets, so...

If you've been reading this column regularly, you know I like my bikes...heck, I love my bikes! The older the better! My biggest thrill is taking a piece of rolling history and actually bringing it back to life, hearing that engine fire up after God knows how many years of languishing in somebody's garage, basement, crumbling barn, lean-to, what have you.

But one of the problems is, that after a while of making these (to me) fantastic discoveries and actually getting them home, I have to figure out where to put them! For instance... Here is a fairly recent pic of the garage; as you can see, I've pretty much run out of room to stash any more bikes in there, and I've also



added another CB500 to it – and there's another row of bikes behind this one, and to the right behind those shelves!

There's not enough room to turn around in there, let alone having enough room to take apart and rebuild these magnificent machines – This Will Not Do! And to be fair, I think I have finally arrived at that tipping point when you collect things, when you finally have ALL the things you wanted to collect...what do you do then?

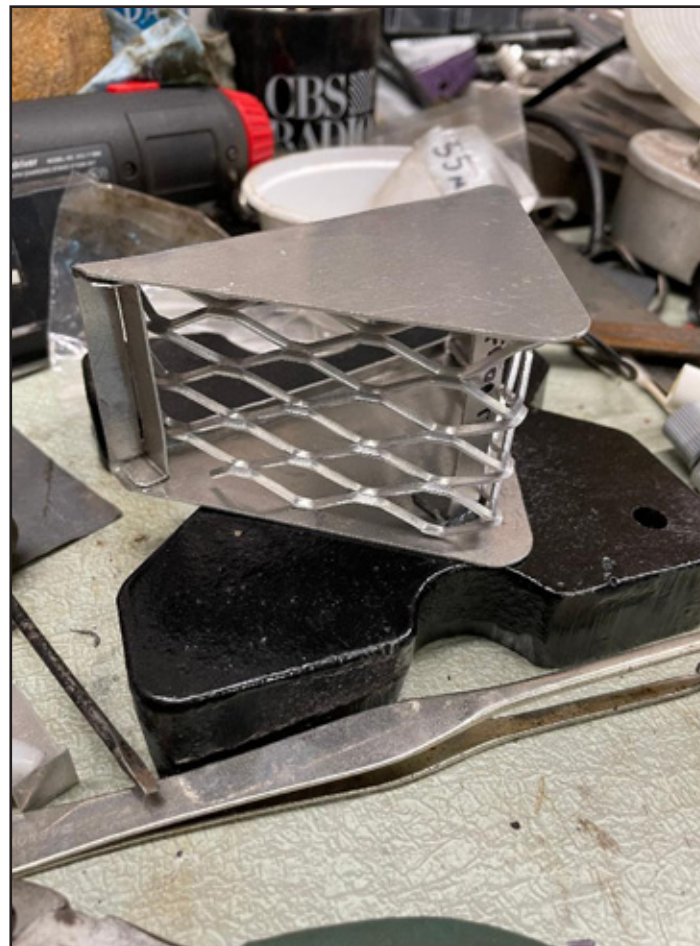
So what DO you do...?? Why ADD ON, of course! And I can hear you now - "Sell them!", you say...uh-huh...but as I say to my friends when they say the same thing, 'Which one of your kids would you sell first...?'

And so I added on, spending the summer building this –



A nice little 10x16 pied a' terre for some of the gems in my collection to summer in whilst I FINALLY get back to the little 1989 Honda VTR 250, which I have up on the table in the garage picture above this one that you can barely make out if you squint, waiting for me to change her tires and take her out for a spin. That's an eight-foot ladder for scale. Building the shed was fun – it certainly gave me an appreciation for shingling a 6/12 pitch roof in 90-something-degree weather!

Part of the reason I have all this clutter cluttering up the place though, is that if you're into old bikes too, oftentimes you'll come across a bike, or something for that bike, that is rare to find, like this air box and filter for a 1979 KZ400H LTD – a Very rare part. I've only ever seen TWO, and I have one of them, as well as the air filter element that I made a mock-up of to spec and had to fabricate myself – but it works!



Not to mention the KZ400H LTD itself – seen here in the back of my truck when I brought her home last fall:



Of all the bikes I browse through for sale on Facebook, Craigslist and other assorted sites, I have never seen another 1979 KZ400H model for sale anywhere. I'm sure they exist, and you might have one or know where one is, but I think they are kind of rare to find. NOT the KZ440 LTD, mind you, but the KZ400H LTD.

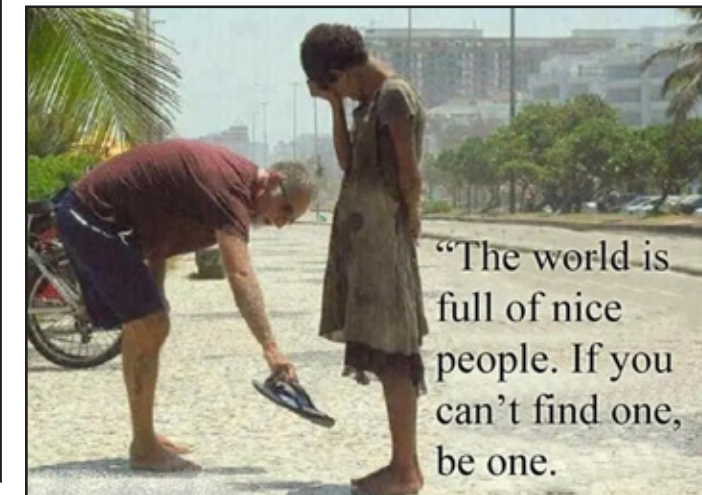
It took me over a year to find the OEM part-numbered pistons for this bike and I had to snatch them up when I found them, as well as a spare engine, frame and parts for a CB 350 Four which I want to rebuild, in addition to some spare wheels and tires for some of the other CB's I have, assorted parts for the 500's, a DIY vapor blaster, an over-abundance of sprays, lubes, paints, boxes of

parts for other bikes, assorted tools and wrenches, etc. etc – not to mention the frickin' HARLEY one of my friends dropped off!

My point here is that if you have the restoration bug like I do, you have to get these bikes and parts where and when you can find them, and eventually all this stuff accumulates and starts cluttering up the place, so what do you do...? Short of getting a bigger garage, (not likely!) you add on!

It's just like when you move – you never know how much crap you have until you clear some of it out.

Now I just have to figure out where to put THAT!



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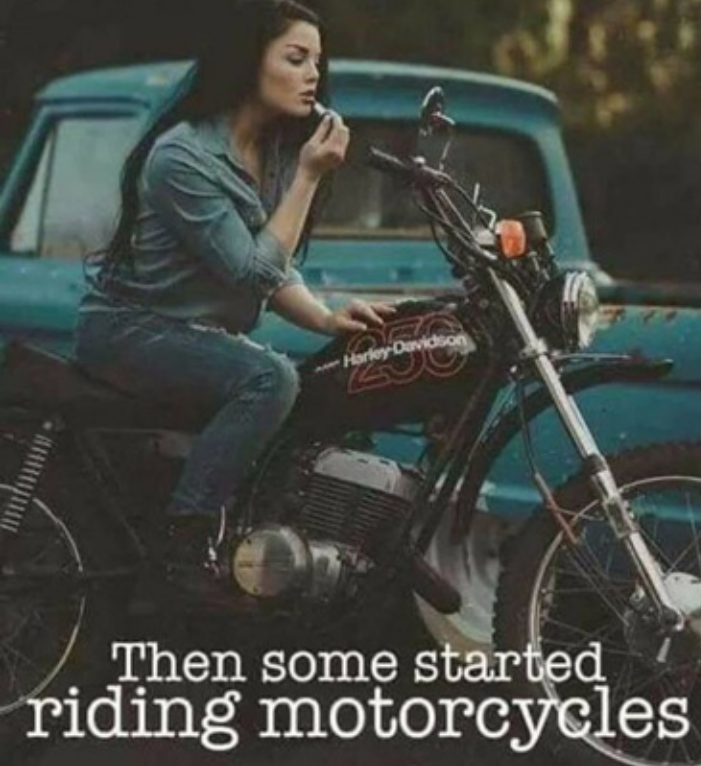
Charlottesville Motorcycle Community  
- Seth Cassaday

**Sunday Morning Ride**

3 of us got up early to watch the sunrise Sunday morning at Reddish Knob. It was too cloudy to see the sunrise but it was still beautiful and a little chilly. Ended up just making coffee.



All women are created equal



Then some started riding motorcycles

THERE EXISTS A SET OF PEOPLE WHO BELIEVE THAT

2 > 4



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# A DETAILED GUIDE TO MOTORCYCLE RIDING POSITIONS

Each type of motorcycle requires a different riding position. Riders should know how to sit on a motorcycle properly to ensure stable and comfortable handling. Sitting in an improper riding position can cause pain in your back, shoulders, legs, arms, and wrists.

Sports bikes, café racers, and naked bikes are designed for high-speed travel and aggressive riding. Meanwhile, touring bikes and cruisers are designed to provide maximum comfort on long-distance rides. A riding position can tell you a lot about a motorcycle's purpose and features. Read this article to learn which riding positions are best for comfortable and fast rides.

## Types of Motorcycle Riding Positions

The types of motorcycle riding positions include the following:

### Aggressive Riding Position

#### Sport Bikes



Sport bikes are the most uncomfortable bikes as riders have to lean forward into an aggressive riding position. Sports bikes are usually used for track racing and fast rides. The knees are bent and raised high, resulting in discomfort.

Sports bikes have low-mounted clip-on handlebars that force riders to lean forward to reach them. The foot controls are installed below the seat level, resulting in tight legroom. This ensures less air drag and better aerodynamics when traveling at high speed. Despite being uncomfortable, sports bikes are popular among motorcycle riders and racers due to their being powerful and fun.

#### Café Racer



Café racers are custom motorcycles that travel fast over short distances. There are only a few factory-made café racers since they have uncomfortable ergonomics. Café racers are lightweight motorcycles with clip-on handlebars, tight legroom, and rear-mounted foot controls. It becomes uncomfortable to ride a café racer after half an hour due to intense back pain.

#### Naked Bike



Naked bikes are lightweight versions of sports bikes without fairings. Naked and sports bikes have almost similar riding ergonomics except for a few differences. Naked bikes have slightly taller handlebars than sports bikes. The handlebar position ensures a forward riding position. However, the rider does not need to lean forward too far to reach the handlebars. However, it does have tight legroom due to having rear-mounted foot controls. For faster performance, the rider can sit in an aggressive riding position.

### Upright Riding Position

#### Cruisers



Cruisers are one of the most comfortable motorcycles due to their providing an upright back position and comfy ergonomics. They are fitted with low- to mid-mounted pulled-back handlebars that the rider can reach without having to lean forward. Some cruisers also provide a laidback riding position that allows the rider to recline slightly. Cruisers ensure a relaxed riding experience on long-distance trips, open roads, and highways. They are adjustable, allowing you to shift the position of the rider's seat to better suit your needs.

The foot controls are positioned towards the front to provide adequate legroom so riders can adjust their legs. Your knees are slightly bent and level with your hips while your feet are ahead of your knees. Cruisers also have low seat heights, making them ideal for shorter riders.

#### Motorcycles with Apehangers



#### Most Comfortable Motorcycle Riding Position

Motorcycles with ape hangers offer the most comfortable due to providing an upright back position. Ape hangers ensure that the rider does not slouch by keeping the arms straight and level.

#### Best Motorcycle Riding Position for a Bad Back

Ape hanger handlebars can help relieve stress if your back is hurting. Ape hangers are tall handlebars that require the rider to position his/her arms high to hold the grips. Due to the high arm positions, the rider naturally sits with an upright back.

To ensure your back stays straight, ape hangers should not be over shoulder level. Ape hangers over shoulder height are uncomfortable, can obstruct the rider's vision, restrict blood circulation, and cause hand numbness.

### Neutral Riding Position

#### Standard Bike



Standard bikes have a neutral riding position with an upright back position and mid-mounted foot controls. However, the rider triangle and the ergonomics are tight. The rider has to slightly extend his/her arms to reach the handlebars due to the small pullback angle. Riding a standard bike does not naturally put you in an upright riding position. The rider has to force his/her back straight without the support and fight the urge to slouch his/her back while riding.

#### Adventure Bike



Adventure bikes are designed for long-distance on- and off-road rides. However, they are not very comfortable on continuous rides. Luckily, you can get into an upright back position if you adjust your pelvis slightly forward. The knees are bent and raised due to the tight legroom.

### Laidback Riding Position

#### Touring Bike



Touring bikes are modified versions of cruisers that offer optimal comfort on long-distance rides and tours. Most touring bikes are fitted with stock saddlebags to carry luggage on trips. The stock fairings and windscreens on touring bikes offer wind protection.

Touring bikes are fitted with mid-mounted swept-back handlebars that provide a laid-back riding position. The rider and passenger can comfortably recline against the backrests mounted to the sissy bars. Most touring bikes also come with forward-mounted floorboards so riders can rest their feet.

Despite being comfortable, a touring bike is not ideal if you have a bad back. Riding in a laid back riding position for a long time can cause your back to bend slightly and result in back pain. To avoid back pain, keep your back straight while riding.

### Active Riding Position

#### Dirt Bike



Dirt bikes can travel on off-road trails. They are a lightweight version of adventure bikes but are not road-legal. When riding on dirt trails, you may hit potholes, maneuver around obstacles, and climb uphill. You cannot maintain your posture while riding a dirt bike since you constantly have to sit, stand, and adjust your weight.

### Final Words

To ensure comfortable rides, you will need to select a motorcycle appropriate to your body type. Make sure to take a motorcycle on a test ride before buying it. Even touring bikes and cruisers can be uncomfortable if they do not suit your height.

Riding with an upright back is the most comfortable riding position when going on long-distance rides. An upright back may not seem like the most relaxed riding position but it helps reduce stress on the back and spine.

Source:  
[https://www.vikingbags.com/blogs/news/a-detailed-guide-to-motorcycle-riding-positions?srsltid=AfmBOor16dLL\\_BgtEbtD1WSzphJ0HX9\\_8B99b6XjBk1BzhE89xFSLLN](https://www.vikingbags.com/blogs/news/a-detailed-guide-to-motorcycle-riding-positions?srsltid=AfmBOor16dLL_BgtEbtD1WSzphJ0HX9_8B99b6XjBk1BzhE89xFSLLN)

Billy has 7 bikes. He just bought 2 more. What does he have now?



Happiness.  
Billy Has Happiness.

# MOTORCYCLE SAFETY TIPS EVERY RIDER SHOULD KNOW

## Quick Summary

Whether you're new to motorcycle riding or a seasoned veteran, reviewing these 10 basic safety tips can help protect you and your passengers, save money, and gain confidence on the road.

From first-time riders to veterans of the road, learning and practicing motorcycle safety skills should be an active, ongoing process. No matter your experience level, you can benefit from reviewing and practicing the 10 motorcycle riding safety tips we outline below.

## Choose the right motorcycle gear

Your motorcycle gear provides you comfort, helps you control your motorcycle, and protects you. Here are six types of safety gear you need:

- **Helmet:** You can choose from a variety of helmets to suit your riding style—from off-road to street or track. A full-face helmet is your best option for safety. Learn about tips to determine how much longer your current helmet will likely last.

- **Eye protection:** Riding glasses or goggles help protect your vulnerable eyes from insects, road debris, and even birds. Some states require you to have eye protection to ride your bike.

- **Jacket:** A motorcycle jacket that fits you while you're riding helps regulate your core body temperature, and protects you from sun and windburn. One with built-in body armor can help protect your spine, shoulders, and elbows in a fall.

- **Pants:** Motorcycle jeans with armor and Kevlar for abrasion resistance can help protect your legs better than regular jeans. You can also purchase leather riding pants with armor, which can be as effective as professional motorcycle racing gear.

- **Gloves:** Riding gloves can help protect your hands from wind chill and fatigue, which can slow your reaction time and reduce your control of your motorcycle.

- **Boots:** Boots with oil-resistant soles and good treads help give you solid footing. You'll be able to better hold your motorcycle up while stopped on roadways

that might have a thin layer of oil or antifreeze. You should select waterproof boots that fit higher on your leg to provide ankle protection.

## Ride a properly sized motorcycle

Riding a bike that's too big or too small can cause your body to cramp or become numb, and can create fatigue that affects your ability to ride your motorcycle safely. Keep these factors in mind when selecting your ride:

- **Bike height and size:** Proper saddle height allows you to place both feet solidly on the ground—not on your toes. You should be able to easily reach your foot controls without having to stretch or feel cramped. Sit with your back straight above your hips, with your hands on the grips and your feet on your motorcycle's pegs or floorboards. If you have to bend your back in the normal seating position, it's not a good fit and will cause you discomfort and reduced control.

- **Control arms:** Handlebars and grips should not force your wrists into an uncomfortable angle, and should allow you to reach and operate the brake and clutch levers. Your switchgear should be easy to reach from a hand position that gives you full control of your levers.

- **Seat:** A soft saddle may feel good to you, but soft seat foam quickly compresses, and you'll lose support. A firm saddle with a profile that prevents pressure points on your thighs at the edges will likely be more comfortable in the long run. You may have to buy an aftermarket seat to get one.

- **Feet:** Foot pegs should put your feet in a position that allows you to operate the brake pedal or shifter without having to change your footing. Bikes with a floorboard do require you to make some foot movement to work your brakes and shifter.

## Adjust the clutch for a good friction zone

You get better control while riding when you can smoothly use the clutch and throttle to deliver the right amount of power to your motorcycle's rear wheel.

You "feather" the power delivery with the clutch through a range of engagements called the friction zone, which is set up on the clutch lever. Here's what to look for:

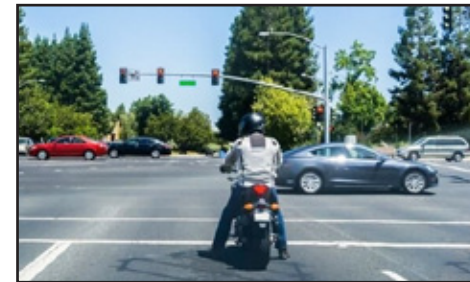
- When you pull the lever fully to the grip, your clutch should be disengaged. There should be some free play as you loosen the pull before it starts to engage.

- You should feel a gradual transition from disengaged to fully engaged.

- You can adjust the friction zone, to some degree, as you prefer. Have a mechanic do the job for you unless you have experience doing so.

## Ride to reduce accident risks

Practice defensive riding to help you stay on your guard and proactively avoid incidents. You should be aware of common areas where you may face higher accident risks:



- **Intersections:** Use your visual scanning and your rear-view mirrors when approaching intersections. Other drivers can ignore your right-of-way and turn into your path, so be ready to use evasive maneuvers.

- **Proximity:** Keep your distance between your motorcycle and other vehicles on the road—both in front of you and behind. Don't ride alongside another vehicle, or ride in other drivers' blind spots. Before you change lanes, make sure other vehicles aren't in your blind spots. Don't just trust your mirrors—physically turn your head to look.

- **Speed:** Monitor your speed when turning to help prevent an accident. You should approach curves with a technique called slow, look, lean, and roll—reduce your speed before the turn, look through the turn, lean into the turn, and roll on the throttle as you exit the turn.

## Be alert and defensive on the road

Riding your motorcycle is both a mental and a physical activity. You need to be well-rested, unimpaired, and fully alert when riding your bike. You'll be better able to scan the road ahead, check your rear-view mirrors, and notice traffic patterns to help avoid any hazards around you.

## Look ahead

You should keep at least a two-second following distance from the vehicle in front of you, so you can react to changing traffic circumstances. Also, watch the flow of traffic in front of that vehicle. This helps you:

- **Increase awareness of other vehicles:** Watching the traffic in front of you helps you anticipate and respond to the actions of other drivers—including vehicles entering or exiting the road.



- **Avoid road hazards:** When you find yourself in dense or congested traffic, your ability to see surface hazards may be reduced. When you watch the actions of the traffic in front of you, you can get an indication of potential road hazards the other drivers avoid.

## Leave an escape route

When you ride in traffic—on a highway or a city street—prepare yourself to take evasive action. Traffic can slow or stop, and other vehicles can make sudden lane changes without the use of a turn signal. When you have an escape route planned while you ride, you'll help reduce your accident risk.

## Make yourself visible



Motorcycles are small, making you hard to see by other drivers—especially when they view you from the front or back. Here are some situations where you need to increase your visibility:

- **Riding in others' blind spots:** Don't ride in another vehicle's blind spots. You should look to see if you can spot the driver's face in their side view mirror.



- **Riding in the dark:** Ensure all the running lights on your motorcycle are in working order before you ride. Don't remove the reflectors, and make sure that any gear you add doesn't cover them. Wearing a reflective vest is also very helpful.



- **Riding during a storm:** Select your rain suit or gear made with a bright color or reflective material. If the weather significantly reduces visibility, you should find a well-lit, covered place away from the road to park and let the storm pass. Parking your bike under a bridge can leave you vulnerable to being struck by other drivers who want to do the same. If you have no other option, leave your flashers on or a turn signal lit, and move away from your motorcycle.

## Prepare for highway riding



From time to time, you'll probably have to ride on the interstate—especially if you commute. Multi-lane highways include unique hazards, including:

- **Semis:** When you ride behind a tractor-trailer, you'll experience turbulent air that can push your motorcycle around. Extend your following distance to avoid the rough air. Additionally, while riding next to the semi, understand there's a danger if the truck's tire blows out.



- **Lane splitting:** You may be tempted to ride down the middle of the interstate lanes if traffic slows or stops. This is legal in only a few states—and splitting lanes in fast-moving traffic is illegal in all states, and could lead to a ticket and fine.

We hope these motorcycle riding safety tips increase your knowledge and riding enjoyment. Safe motorcycle operation is an ongoing learning process for you and your fellow riders. Keep studying new techniques and practicing your skills. Till next time, ride safe!

Source:

<https://www.dairylandinsurance.com/resources/motorcycle-safety-tips>



VIRGINIA RIDER MAGAZINE

# GOOD FOR YOU

## Getting "Dirt"y Makes You Happy



We all know that a good motorcycle ride releases those "feel good" hormones called endorphins that improve our mood, increase pleasure and minimize pain. But when you're not riding and you need a healthy way to get rid of a bad mood or the blue, just get down and dirty. Yes, we mean playing with dirt! Soil microbes have been found to have similar effects on the brain and are without side effects and chemical dependency potential. Learn how to harness the natural antidepressant in soil and make yourself happier and healthier. Read on to see how dirt makes you happy. Natural remedies have been around for untold centuries. These natural remedies included cures for almost any physical ailment as well as mental and emotional afflictions. Ancient healers may not have known why something worked but simply that it did. Modern scientists have unraveled the why of many medicinal plants and practices but only recently are they finding remedies that were previously unknown and yet, still a part of the natural life cycle. Soil microbes and human health now have a positive link which has been studied and found to be verifiable.

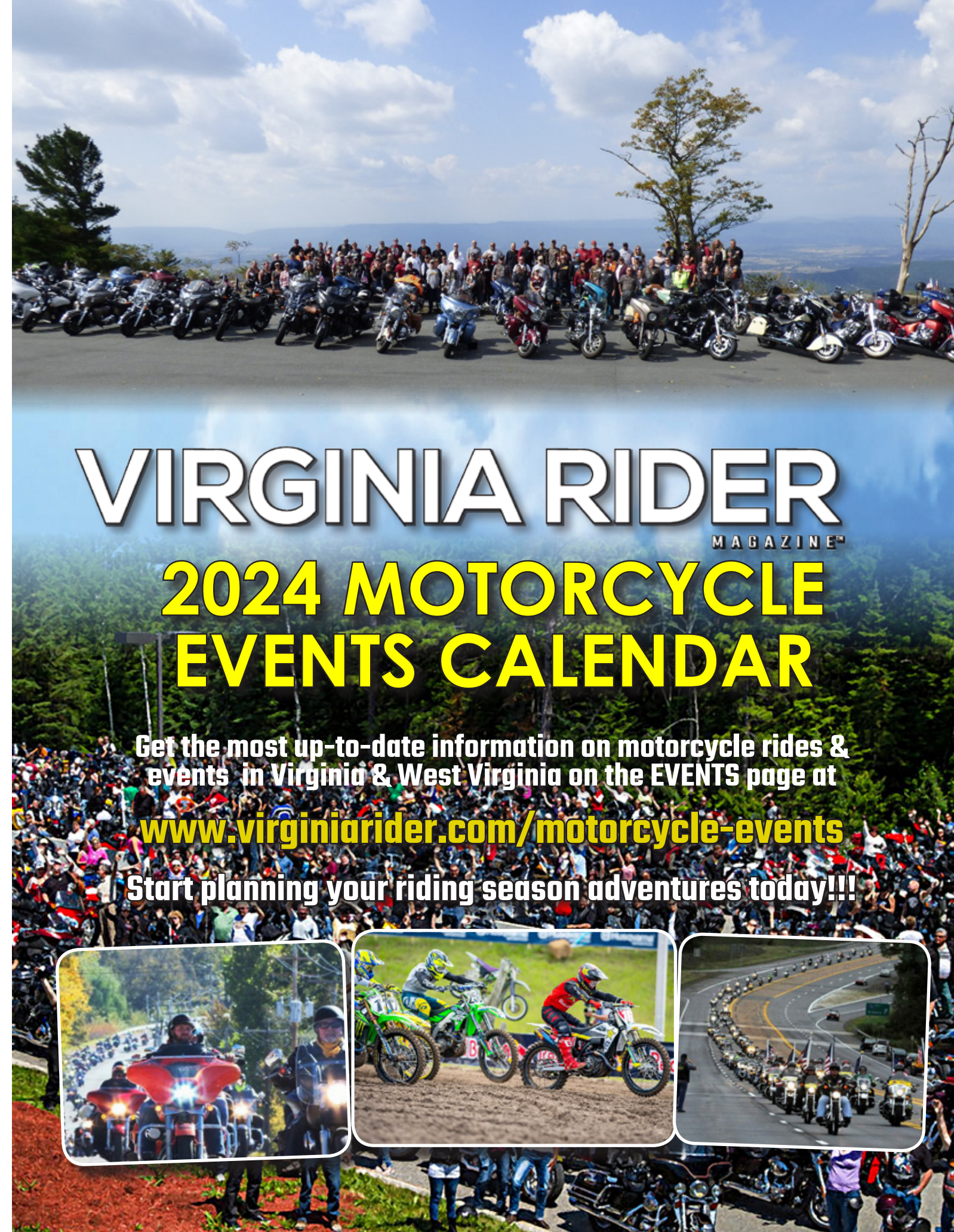
### Soil Microbes and Human Health

Did you know that there's a natural antidepressant in soil? It's true. *Mycobacterium vaccae* is the substance under study and has indeed been found to mirror the effect on neurons that drugs like Prozac provide. The bacterium is found in soil and may stimulate serotonin production, which makes you relaxed and happier. Studies were conducted on cancer patients and they reported a better quality of life and less stress. Lack of serotonin has been linked to depression, anxiety, obsessive-compulsive

disorder and bipolar problems. The bacterium appears to be a natural antidepressant in soil and has no adverse health effects. These antidepressant microbes in soil may be as easy to use as just playing in the dirt. Most avid gardeners will tell you that their landscape is their "happy place" and the actual physical act of gardening is a stress reducer and mood lifter. The fact that there is some science behind it adds additional credibility to these garden addicts' claims. The presence of a soil bacteria antidepressant is not a surprise to many of us who have experienced the phenomenon ourselves. Backing it up with science is fascinating, but not shocking, to the happy gardener. *Mycobacterium* antidepressant microbes in soil are also being investigated for improving cognitive function, Crohn's disease, and even rheumatoid arthritis.

### How Dirt Makes You Happy

Antidepressant microbes in soil cause cytokine levels to rise, which results in the production of higher levels of serotonin. The bacterium was tested both by injection and ingestion on rats and the results were increased cognitive ability, lower stress, and better concentration in tasks than a control group. Gardeners inhale the bacteria, have topical contact with it, and get it into their bloodstreams when there is a cut or other pathway for infection. The natural effects of the soil bacteria antidepressant can be felt for up to 3 weeks if the experiments with rats are any indication. So get out and play in the dirt and improve your mood and your life....it's good for you!



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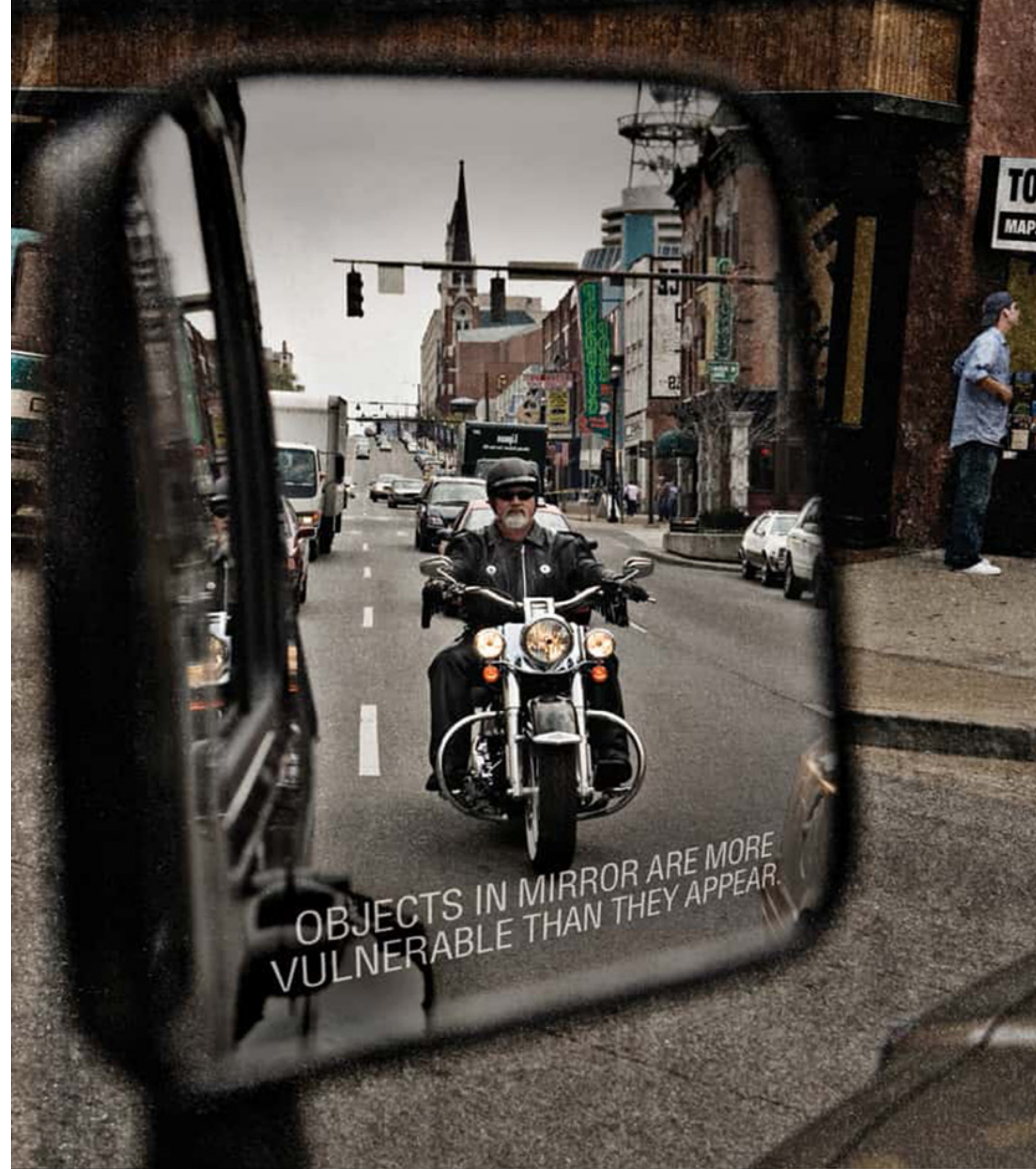
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