



# The Battlefield Buzz



Virginia District Chapter-E Fredericksburg, VA

Region N

June 2012

Issue 2012 - 07

## Chapter Director

*Thoughts from Gordon and Julie*

*Greetings E Team Members,*

I feel like we have not seen each other in a while for 2 reasons....1) I missed our General Gathering in June as I was on vacation with my family, and 2) it has been way too hot for riding. I say that as I am a firm believer in ATGATM, which translates to "all the gear all the time." I **WILL** never get on my bike without my gear, so I would rather not



ride when it's 100 degrees than risk major road rash if I had the unfortunate experience of going down. Since I missed two weeks while I was away at Myrtle Beach, I

thought I could get some riding in with my GWRRA Family after that, but Mother Nature has a way of derailing the best made plans.

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Special points of interest:

- Editor's email address change
- Camp Fantastic

## ACD Time

*What's on Jay's mind...*

Now that the warmer weather has finally come upon us, I would like everyone to be very careful about staying hydrated. I came across a great article that explains every-

thing quite well and wanted to share it with you: Whether you describe "Hot Weather" as 80 degrees or 110 degrees, if you are riding for several hours in heated temperatures,

the main thing to prevent is also the most obvious: DEHYDRATION. Dehydration is excessive loss of water from the body.

*Continued on Page 4*

## Chapter Director

*Thoughts from Gordon and Julie... (continue from page 1)*

First, we had the derecho, which kept me busy not only fixing and cleaning up my home, but I also had over 100 claims in my agency which occupied a lot more of my time. Then, a week later, we had the microburst which was within a half mile of my office and a about a mile from my home. I had more damage and clean up at my home from that one than I did the derecho, and again, well over 50 claims called in to my agency. I spent most of the day the following Saturday repairing the damage to my home, and I spent every night for a week cleaning up all the limbs, leaves and debris in my yard and out of my gutters. So needless to say, I am in need of some serious riding, but it will have to wait a little while longer as I am taking my grandson to Camp Piankatank the 20<sup>th</sup> through the 22<sup>nd</sup> of

July for a father/son (or in our case, grandfather/grandson) Christian Retreat. Oh, well, someday soon my riding time will get better.

We have a ride planned for Saturday the 21<sup>st</sup> to Chapter U in Hanover for their Poker Run for Fun and Spaghetti Dinner so please mark your calendars for that date and we will discuss it more at the General Gathering this Wednesday the 18<sup>th</sup>.

Also at the Gathering this Wednesday, we will make final plans for the VA A & E ride to Pennsylvania August 3<sup>rd</sup> through the 5<sup>th</sup>. I have had a number of people say we do not do over night rides, so here is your opportunity. If we do not get enough people to go, we will cancel the ride, so look at the flyer in this newsletter and let me know on Wednesday.

I am asking everyone

to make plans to attend the all Chapters Picnic on August 25<sup>th</sup> at White Bank Park in Colonial Heights. I will be bringing beverages for our chapter and the food is being provided. We really do need a good turnout for this event to show support for our Virginia District Chapter Couples and our very own Chapter Couple, Dannie and Carole Hays.

And for the finale, mark your calendars for Saturday, September 15<sup>th</sup>. Charlie and Ellen will be hosting Chapter E's first ever Virginia District weekend event including camping over for the night. I will be discussing it further this Wednesday so please make plans to attend our Gathering.

That's it for now so ride safe, ride **COOL**, but most of all.....ride !!!!

Gordon Combs



*Motorcycles make up for five percent of total highway accidents, according to [MotorcycleInsurance.com](http://MotorcycleInsurance.com).*



*July 12—General Meeting at Golden Corral, Fredericksburg, VA*

# PEOPLES CHOICE ELVIRA/DRACULA COSTUME EXTRAVA- GANZA THURSDAY, OCTOBER 4, 2013



Could you be the next Elvira? Well, at least you could at Rally in the Valley if you're a guy. Yes, girls, that means you get to dress up as Dracula just like ole Bela Legosi pictured above . It's Thursday night at the Salem Civic Center. This is peoples choice, so you will have to be drumming up favor as you view the clogging exhibition in the hospitality room and are waiting for the light parade. The main rule here is not to distract the riders when they are getting ready and are participating in the light parade. We don't want to scare them too much. Winners to be announced following the light parade and 50/50. All attendees are welcome to enter the contest. Good luck to all entrants and get us to holler for you!!.

## ACD Time

*What's on Jay's mind...(continue from page 1)*

Motorcyclists should not think too lightly of this malady. Dehydration can lead to a range of “bad” to “very bad” things that are listed below. As a rider, you may be surprised at how fast dehydration can effect you on the road, especially since there are a surprising amount of motorcyclists (and non motorcyclists) who live their non-riding lives in a near-hydrated condition anyway. (Although I'm sure that does NOT include YOU!!)

What's the easiest way to tell if you are dehydrated?

If you're thirsty?

Well... OK... that's true: you should definitely drink water when you are thirsty. But there are riders who are so used to ignoring their body's thirst signals that there's another way: check the color of your urine. A DARK yellow color

indicates you are dehydrated. Which means you are well past the point of not drinking enough water.

That may not sound too revelatory, but here are some of the hazards and symptoms that can impact any dehydrated rider anywhere in the world: Heat Cramps: If you feel cramps in your legs or abdomen, you need water. In fact, you've passed the point you need water. And things are going to get worse until you get some of that H2O.

Heat Exhaustion: If you kept on riding in spite of the cramps, or even if you didn't experience cramps, but are riding beyond your body's normal need for water, you are now motoring into the realm of becoming a prime candidate for heat exhaustion. Some of the symptoms that you may expect include lots of sweating, headaches,

nausea, dizziness, weakness, tiredness and even fainting spells. Obviously these are the kind of symptoms that can badly effect your motorcycle control and reaction time to routine threats to motorcycle survival. So, “Heat Exhaustion” means “bad” news for bikers. Heatstroke (also known as sunstroke): To put things in proper perspective, heatstroke is a medical emergency and the person should be taken to a hospital. This is well beyond the stage of feeling uncomfortable simply because it's hot out. Signs to watch for include rapid heartbeat; rapid breathing; confusion or incoherence; blanking out; hot, red, dry skin; elevated body temperature; and even hostility (more so than normal for any of your easily aggravated companions).

*Continue on Pg. 5*



*While the daily recommended amount of water is eight cups per day, not all of this water must be consumed in the liquid form. Nearly every food or drink item provides some water to the body.*



*Roughly 70 percent of an adult's body is made up of water*

Note that the rider has now passed the sweating stage. The dehydration is so advanced that there is not enough water in the body to perspire (which is the normal way the body cools itself). A rider experiencing heatstroke might even appear to be intoxicated. As heatstroke continues to advance, the face may change colors, moving from red to a pale or bluish tint. Unfortunately, if heatstroke is this far advanced, things can still get worse, including the failing of body organs accompanied by unconsciousness and coma, and in rare circumstances, death. In short, you don't want to come near the possibility of experiencing heatstroke.

It's worth re-stating that you don't want to get yourself anywhere near the point of heatstroke.

However, if a rider you know does get heatstroke, you need to help them fast, no matter what objections they may offer: Their body temperature must be lowered immediately. Begin by getting the rider out of the sun, and ideally into some air-conditioned area. Their clothing should be loosened and/or removed to allow more ventilation. Even better would be to get the rider into some cool water, such as a bath, or even a lake or river if such is possible.



OK, now let's look at what you can do to enhance your safe travels through hot weather. Let's start out with the most obvious: Drink lots of "water." WATER is emphasized since refreshments like soda, coffee (or any caffeinated drink) or alcoholic drinks can actually contribute to dehydration, instead of helping to alleviate it.

Insulate your skin from the heat. It may seem counter-intuitive to wear protective clothing on a hot day, but you NEED to cover your exposed skin. Think of the desert nomads that spend their whole lives traveling in the desert with their camels: They ALL wear garments that cover their entire body and head. In real simple terms, exposed skin on a hot day is not only subject to sunburn, but bare skin soaks up MORE heat from the sun. If the outside temperature is higher than your normal body temperature (36.8°C or 98.2°F), and if your bare skin is exposed to the heat, your body temperature has no where to go but up. On the other hand, if your skin is covered, you are insulating yourself from the heat. It may "feel" good (particularly on shorter rides) to take your jacket off on hot days, but it is pushing your body into the range of dehydration symptoms even faster. (Of course, riding without proper motorcycle gear on a hot day could also result in considerably more severe circumstances should you take a tumble on searing asphalt with bare skin or without a helmet).

If you are riding in areas of low humidity, for example, in the deserts of the American Southwest (or any place that is hot and "dry"), you can cool yourself by dowsing your cotton shirt with water and zipping up your jacket on top of it. Your closed jacket will keep your shirt wet, longer. Of course, if you happen to be wearing a mesh jacket, you can feel quite comfortable for only a little while, as the water evaporates from your shirt under the mesh quite rapidly. In other words, it won't take long before your shirt is thoroughly dried out and you need to do it again.

Now, if you try this in a part of the world that is hot "and" humid, then you will simply be hot and wet with this tactic.

If you are motorcycle touring and you know the temperature is going to be uncomfortably warm for you in the direction you are heading, then don't ride in the hottest part of the day. Hit the road before the sun rises, get several hours of riding under your belt, and then get to a hotel or make camp before the heat becomes unfriendly. Additionally, if you are one of those folks who is not an early riser, then hit the road in the late afternoon, and ride through sunset and into the evening. (Of course there is a risk in finding "No Vacancy" signs at motels, hotels and campgrounds if you want to end off your riding too late in the evening.)

Perhaps the simplest tactic is to take regular breaks and get into some shade (while drinking plenty of water!) Enjoy safe riding

## Chapter Rider's Education

*strategies to live by from Larry...*

### Total Control

In April, I participated in a Total Control class in Columbia, MD. This is a pricy class as compared to MSF classes at Germanna; it is advertised to be more challenging than the BRC2 and less challenging than a track day. Chapter VA-Y had arranged to attend the class with a number of bikes and I figured if there were other Goldwings there I would be in good company so I signed up. And, I figured I could write this article after the class and give our members enough information to make an informed decision about whether they would like to take the class.

Total Control is a 1 day class; 6 or 7 hours after accounting for a lunch break. It has at least as much classroom discussion as range time and is similar to MSF's ARC (the former sportbike class now being offered for any motorcycle type). If I had to sum up the class in a sentence, I'd say it focuses on traction management and cornering. Tracy Martin, the chief instructor for our class (there were 3 instructors), did all of the classroom lecturing and was excellent in my opinion. He personally knows Lee Parks, the author of the Total Control book and

course, and writes for motorcycle magazines. He is very knowledgeable.

The classroom lectures were broken into 3 segments. The following topics were covered:

- Traction: must be shared between acceleration, deceleration, and side forces; only as good as your tires which should be no more than 4 years old no matter how good the tread.
- Throttle Control: don't snap the throttle shut when you get startled – that only makes things worse; make transitions from throttle to brake smoothly (getting on the brake before getting off the throttle and vice versa).
- Fear: is more perception based than danger based; if you think you can or you think you can't, you're probably right – think positive.
- Concentration: work toward "relaxed attentiveness"; you must do something thousands of times to get to this point (you don't have to think about walking to do it but when you were learning to walk you did).
- Right Attitude: care, but don't care too much or you will remain too tense. (Sign your name twice – once as you normally

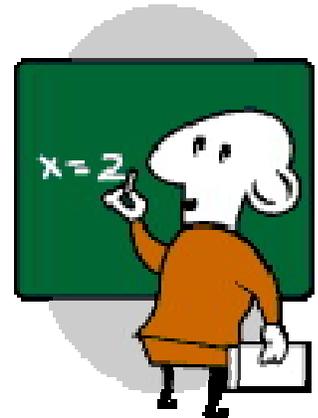
would and again gripping the pen tightly to simulate tension; see the difference?)

- Body Position: move as much of your body to the inside of the curve as possible so the bike doesn't have to lean as much.
- Line Selection: outside-inside-outside; turn in as late as you can and delay your apex; lean over quickly at the start.

Suspension: measuring sag; checking damping; the effects of improper suspension setup.

There were only 6 range exercises. And, in our case 16 students were divided into 3 groups and only one student in each group was riding at a time. So, we all watched 4 times as much as we rode. This was very disappointing to me and the reason I cannot recommend this class as being worth the expense. On the other hand, we did get very individual attention each time we did ride. Amazingly, all exercises are best run in first gear (I tried second gear for an early exercise and found I was going way too fast). But, don't let this fool you. I did more peg dragging in this class than I've done in any other class I've taken.

*Continued on Page 7*



*Knowledge for safe and fun Motorcycling!!!*

[http://www.msf-usa.org/index\\_new.cfm?spl=2&action=display&pagina me=library](http://www.msf-usa.org/index_new.cfm?spl=2&action=display&pagina me=library)



*Ride responsibly...*



## Chapter Rider's Education

*Continued from Page 6*

The instructors pointed out that things they were making us do were actually easier at speed on the road. At least some of this claim is true – in first gear, any bobble of the throttle is very unforgiving as compared to any higher gear. Here is a short description of the exercises.

- Exercise 1, Smooth Throttle: Each of us rode in a straight line coming up to 30 MPH or so and slowing back down as smoothly as possible (without use of the brakes). The instructors watched our headlights to detect any suspension movement and chided us if there was. The purpose of this exercise was to not squander traction which becomes important when you are leaned over in a corner.
- Exercise 2, Trail Braking: This was like Exercise 1 but this time we came up to speed, took the “play” out of the front brake lever (squeezed it to the point where any further squeeze would actually apply the brakes), then smoothly rolled off the throttle while progressively applying the front brake, and finally smoothly releasing the brake while progressively rolling on throttle. Again, the instructors watched our headlights to check our smoothness.
- Exercise 3, Vision: We rode outside a 40' diameter circle marked with small cones trying to see as many cones as we could at all times. The purpose was to get us to turn our heads 90 degrees to the direction of travel and look where we wanted to go. I thought I could do this no sweat but I did catch myself looking forward a time a two for no apparent reason.
- Exercise 4, Line Selection: A cone was added where we should start our turn around the 40' circle. We were to get that cone's location firmly in our head but then well before getting to it, turn our head to look through the turn and initiate the turn when we thought we were even with the new cone. This wasn't a game. This is what we need to be able to do to avoid turning in too soon.
- Exercise 5, Body Position: We worked on shifting as much of our body weight to the inside of the corner as possible. Hips and shoulders should also be turned in the intended direction of travel. The inside forearm should be horizontal. All steering inputs come from the inside arm/hand. Doing this makes the turn easier and requires less motorcycle lean which reduces turning traction requirements and prevents one arm from

fighting the other. (One of the pictures they showed us during a classroom session showed a student on a Valkyrie almost dragging a knee! Dan, was that you? It looked like your bike.)

Exercise 6, Body Position Transitions: A second 40' circle was set up next to the first so we could ride figure eights. The idea was to smoothly move from one side the motorcycle to the other. I had trouble with the smooth part. I could move from one side to the other OK but it was jerky.

At the end of the day someone asked if there were other Total Control classes and the answer was yes. Tracy gave us a quick overview and I don't think any of us would be very interested. He said they teach “threshold braking” (AKA quick stops) which I do think would be worthwhile for Goldwingers. They cover trail braking in corners more thoroughly than in this first class. That could be useful for those who ride aggressively (I won't mention names). But the class also covers shifting (up and down) without the clutch and other techniques that sounded very race oriented to me.

The bottom line for me, and this is only an opinion, is that the MSF ARC class is a much better value than the Total Control class (at least in Virginia where the price is a third of the Total Control class). The MSF class has more riding time by virtue of having more students in motion at the same time. (I bet I was not actually riding any more than 30 minutes in the Total Control class). The Total Control class's classroom sessions were more engaging for me than the MSF ARC classroom sessions but I think all the material is in the Total Control book which you can buy cheaper than taking the class (and, maybe I just don't remember the MSF ARC classroom sessions well enough). Unfortunately, MSF's ARC class is not offered at Germanna. In fact, the closest place I know that offers it is south of Roanoke.

If I've piqued your interest, let me hear your questions.

Larry

# EXTRA...EXTRA

...More from our Larry

## Top Tier Gasoline

I recently bought a new-to-me car. I excitedly read the owner’s manual and when I got to the part about fuel it recommended I use only “top tier” gas and avoid gas with MMT (Methylcyclopentadienyl manganese tricarbonyl – say that three times fast). That caused me to do a little research which I summarize here.

All gasoline is basically the same at the refinery and pipeline but not at the pump. Brand-specific additives are added before the gas goes into the underground tank at your neighborhood station. Because a dirty engine can produce more pollution and gets poorer gas mileage, the federal government insists all gasoline contain a certain minimum amount of detergent. All brands must meet this minimum to be sold in the US. Other additives are added to boost the octane rating (MMT is a relatively cheap additive that does this). (NB: Octane ratings and detergent characteristics have nothing to do with one another – your favorite brand may put more detergent in its higher octane products but I get the impression this is unlikely.) Several car manufacturers have determined the federally mandated minimum detergent levels are not high enough and that MMT is detrimental to engine longevity. The manufactures made known their recommendations for gasoline quality and all gasoline brands were invited to be recognized as “top tier” brands if they could show they met these recommendations. To qualify, the brand had to have their product tested (and have it pass) and then promise to not alter their formulation without repeating the testing process. Furthermore, they had to promise all of their retail outlets country-wide would sell only this approved formulation (possibly plus local government mandated or other climate additives that didn’t alter tested characteristics).

Most of the major brands have become top tier providers. This list is from [toptiergas.com](http://toptiergas.com) and was current as of this writing:

- |                              |                  |
|------------------------------|------------------|
| 76 Stations                  | Mileage Stations |
| Aloha Petroleum              | Mobil            |
| Chevron                      | Ohana Fuels      |
| Conoco                       | Phillips 66      |
| CountryMark                  | Quik Trip        |
| Entec Stations               | Rebel Oil        |
| Exxon                        | Road Ranger      |
| Hawaii Fueling Network (HFN) | Severson Oil     |
| Holiday Stationstores, Inc.  | Shell            |
| Kwik Trip / Kwik Star        | Texaco           |
| MFA Oil Co.                  | Tri-Par Oil Co.  |
| U.S. Oil                     |                  |



Conspicuous by its absence is BP and maybe your favorite brand. Wawa, Costco, Liberty, and several others I’ve used in the past are also missing.

Maybe the few pennies difference in price that the major brands charge is really worth it. And, although my investigation all came about because of what I read in a car owner’s manual, I suppose this better quality gas is good for my Goldwing too. (Note: During my research I got vibes that MMT is not used in anybody’s gas anymore. But, it might still be in gasoline additive products claiming to increase octane ratings – buyer beware.).....Larry



## District News

*for more fun in Virginia...*

### TENTATIVE

#### Harvest Fest 2012 “Monster Mash” Schedule of Events

##### October 4, Thursday

2:00 pm – 2:30 pm	Virginia District Team Meeting – Parlor C
3:00 pm – 6:30 pm	Registration – Salem Civic Center – (Lobby in front of Hospitality area)
3:00 pm – 6:30 pm	Vendors Open
6:00 pm - 9:00 pm	Trike Advanced Classroom – Parlor C
6:30 PM – 8:00 PM	Clogging Exhibition (Hospitality Room)
6:30 pm – 9:00 PM	Dracula/Elvira Contest
7:30 pm – 8:00 PM	Light Show Classification
8:00 pm – 8:15 PM	Line up for Bike Light Parade (Civic Center outside Vendor Area)
8:15 pm – 9:00 PM	Bike Light Parade/Judging/Awards
9:00 pm	50/25/15/10 Drawing/Announcement for winners of Elvira/Dracula contest

##### October 5, Friday

7:30 am – 12:50 pm	ERC Range – Upper parking lot
7:30 am – 12:50 PM	Trike Advanced Range – Upper parking lot
7:30 am – 2:00 PM	CPR/First Aid – Parlor D
8:00 am – 6:00 pm	Registration (Lobby in front of Hospitality area)
8:00 am – 2:00 pm	Hospitality open (Coffee, tea, goodies donated by VA participants)
8:00 am – 4:00 pm	No-Zone Truck Display – Upper Parking Lot
8:00 am – 9:00 am	Couple of the Year Reception – Parlor A
8:30 am – 9:15 am	Couples in Selection Interview with Judges – Arena area
9:00 am – 6:00 pm	Vendor Area Open (Food Vendors open at 8:00 am)
9:00 am – 4:00 pm	Rider Education Table (Hospitality room)
9:30 am - 10:45 am	District Couple of the Year Selection (Arena)
10:00 am – 2:00 pm	Door Prize Pick-up (Hospitality Room)
11:00 am -	Lunch Ride to Narrows, VA - Meet Outside Marquis Entrance of Civic Center
11:30 am – 12:00 PM	Apple Pie Bake-off (all entries should be present in Hospitality by 11:15 am)
1:00 pm – 1:50 pm	Chapter Educator Forum with District Educator – Parlor C
1:00 pm – 1:50 pm	WINGO
1:00 pm – 3:00 pm	Field Events (Front Parking Lot Area)
2:00 pm – 2:50 pm	Co-Rider Seminar – Parlor C
3:00 pm – 4:00 pm	Table Decorations Set up – Arena
3:00 pm – 4:50 pm	Road Captain’s course – Classroom (Parlor C)
4:30 pm	Table Decorations Judging Arena)
6:30 pm	Arena Doors open
7:00 pm – 10:00 PM	Welcoming/Announcements/COY of the Year Announcement/Friday Evening Entertainment by the Virginia Chapters (There will be an intermission, and the concession stand will be open at 6:30 pm)
9:00 pm	Ice Cream Social
9:30 pm	50/25/15/10 will be drawn.
10:00 pm – 11:00 pm	DJ will play dance tunes for those who wish to stay. (Tentative)

**October 6, Saturday:**

7:30 am – 8:30 am	Masters Breakfast – Civic Center Annex
8:00 am – 2:00 pm	Registration – Lobby outside Hospitality area
8:00 am – 2:00 pm	Hospitality area open (coffee, tea, Goodies donated by VA participants)
8:00 am – 4:00 pm	No-zone Truck Display – upper parking lot
8:00 am – 9:00 am	Breakfast Ride to Paint Bank – meet outside Marquis area of Civic Center
8:30 am – 9:30 am	Region Couple of the Year (Couples meet in Arena)
9:00 am – 5:00 pm	Vendors Open
9:00 am – 2:00 PM	Blood Drive (Red Cross) – please donate if you can.
9:30 am – 11:00 am	Seminar by Star City Honda (subjects to be announced)
9:00 am – 9:50 am	Co-rider Seminar (Parlor C)
9:00 am – 4:00 pm	Rider Education Table – Hospitality Room
9:00 am – 11:50 am	Road Captain’s course – Road Portion – Parking Lot B
9:30 am – 10:30 am	Region Couple of the Year Selection – Arena
10:00 am – 2:00 pm	Door prize pick-up
10:00 am – 10:50 am	Motorcycle Crash Scene Response (Parlor C)
10:00 am – 11:00am	Beading Jewelry Class - \$1.00 for supplies
10:00 am – 12:00 am	Bike Show Classification and Staging
10:30 am – 11:00 am	Shriners Drill Team Exhibition
11:00 am – 12:00 pm	North Carolina Drill Team Exhibition
12:00 pm – 1:30 pm	Bike Show Judging/Awards (1:30 -1:45 pm)
1:00 pm – 2:00 pm	Crash Scene Response demo (Upper parking lot)
1:00 pm – 2:00 pm	Nutrition Seminar (How to Eat Healthy While Traveling)
2:00 pm – 4:00 pm	Mary Kay Make Over – (time will be allotted for you to check tickets for prizes at Rider Education, etc.)
2:00 PM – 2:30 pm	Candlelight Ceremony Walk Through (Arena)
2:00 pm – 2:30 pm	Rider Education Prize Drawings (prize pickup by 4:00 pm)
2:30 pm – 3:00 pm	Practice for Saturday Evening Presentation of Colors (Arena)
2:45 pm – 3:15 pm	Gift Basket Drawings – Hospitality Room
3:30 pm	Parade Line up – front parking lot – parade starts at 4:00 pm
5:30 pm	Arena Doors open for Banquet
6:00 pm	Buffet Dinner
7:00 pm – 7:15 pm	Presentation of Colors
7:15 pm	Awards, Recognitions, Presentations, 50/50, Closing

Following Closing, there will be a guided ride to Mill Mountain Star (weather permitting). Those participating in this ride, please have your bike gassed up, meet in the front parking lot (Marquee sign side of Civic Center) and be ready to go no later than 15 minutes following Closing.

This is a tentative schedule that is subject to change by VA GWRRA. The updated schedule will be in the Rally Book for your viewing. If you have any questions about any of the events scheduled, please see at District Team member.



## Saturday Morning Breakfast Ride

So many of you told us how much you enjoyed the breakfast ride to Paint Bank, that it was “a must include event” again this year at Rally in the Valley. And, as last year, it is rain or shine.. We will meet at the Civic Center on Saturday October 6<sup>th</sup> at 8:00 am. For those of you who were not able to go last year, put this on your schedule for this year if you can – you won’t be disappointed. Please take time to go and visit the buffalo if you get a chance as well.

Oh give me a home where the buffalo roam....



*The following is a list of hotels located within a short vicinity of the Salem Civic Center. This list is simply to assist you in locating a hotel and does not imply endorsement or recommendation by GWRRA Virginia or any part of GWRRA et al. Please research your choice and make an informed decision that best suits you and your needs.*

#### La Quinta Inn Roanoke Salem

140 Sheraton Drive, Salem, VA 2.6 mi N  
(540) 562-2717 () · [lq.com](http://lq.com)

#### Days Inn Salem

1535 East Main Street, Salem, VA 1.2 mi NE  
(540) 986-1000 () · [daysinn.com](http://daysinn.com)  
Category: **Hotel**

#### Hampton Inn Roanoke/Salem

1886 Electric Rd, Salem, VA 1.4 mi S  
(540) 776-6500 () · [hamptoninn3.hilton.com](http://hamptoninn3.hilton.com)  
Category: **Hotel**

#### Corporate Suites

401 Northern Drive, Salem, VA 1.0 mi NE  
(540) 444-4663 () · [affordablecorporatesuites.net](http://affordablecorporatesuites.net)  
Category: Extended Stay **Hotel**

#### Comfort Suites Inn at Ridgewood Farm

2898 Keagy Road, Salem, VA 1.5 mi S  
(540) 375-4800 () · [comfordsuites.com](http://comfordsuites.com)  
Category: **Hotel**

#### Holiday Inn Express Hotel & Suites Salem

991 Russell Drive, Salem, VA 2.5 mi N  
(540) 562-3229 () · [hiexpress.com](http://hiexpress.com)

#### Quality Inn

151 Wildwood Road, Salem, VA 3.1 mi W  
(540) 387-1600 () · [qualityinn.com](http://qualityinn.com)  
Category: **Hotel**

#### Courtyard Roanoke Airport

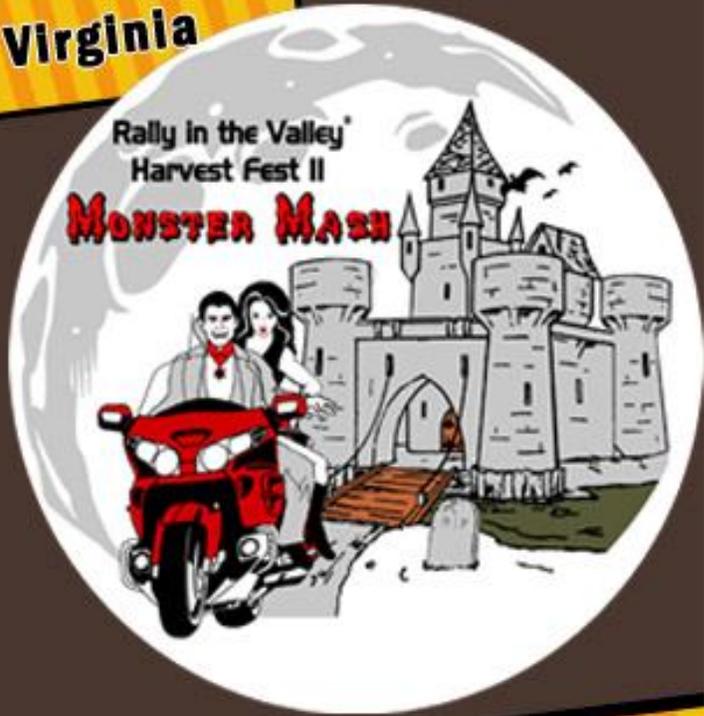
3301 Ordway Drive Northwest, Roanoke, VA 3.7 mi NE  
(540) 563-5002 () · [courtyardroanokeairporthotel.com](http://courtyardroanokeairporthotel.com)  
Category: **Hotel**

#### Embassy Inn

4525 Melrose Avenue, Roanoke, VA 1.9 mi NE  
(540) 986-0455 ()  
Category: **Hotel**



Salem Civic Center, Salem, Virginia



District of VIRGINIA Presents  
**RALLY IN THE VALLEY**  
October 4-6, 2012



Vendors - Apple Pie Contest - Dancing  
CPR, ERC & TRIKE Courses - Door Prizes - Bike Show  
Hospitality Room - Guided Motorcycle Rides - 50/50

**RITV - REGISTRATION FORM**

GWRRRA Member \$40 X \_\_\_\_\_ = \_\_\_\_\_  
 Non-Member \$45 X \_\_\_\_\_ = \_\_\_\_\_  
 Child under 12 \$10 X \_\_\_\_\_ = \_\_\_\_\_  
 \*\* 5 & Under FREE FREE

**Masters Breakfast:**  
 Master \$6 X \_\_\_\_\_ = \_\_\_\_\_  
 Non-Master Family member \$10 X \_\_\_\_\_ = \_\_\_\_\_

**Rider Courses**  
 TRIKE \$40 X \_\_\_\_\_ = \_\_\_\_\_  
 ERC \$40 X \_\_\_\_\_ = \_\_\_\_\_

**CPR/First Aid & AED**  
 Max of 12 \$30 X \_\_\_\_\_ = \_\_\_\_\_

PLEASE PRINT CLEARLY

Rider \_\_\_\_\_ Chapter \_\_\_\_\_  
 Age \_\_\_\_\_ GWRRRA # \_\_\_\_\_ Exp Date \_\_\_\_\_  
 Co-Rider \_\_\_\_\_ Chapter \_\_\_\_\_  
 Age \_\_\_\_\_ GWRRRA # \_\_\_\_\_ Exp Date \_\_\_\_\_  
 Address1 \_\_\_\_\_

Address2 \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_  
 Email Address for Confirmation (Print Clearly) \_\_\_\_\_

Arriving  Thursday  Friday  Saturday

Distance traveled to rally (straight-line mileage, one-way) \_\_\_\_\_

- ◆ All refunds will include a \$5 cancellation charge;
- ◆ NO REFUNDS AFTER 9/25/2012
- ◆ After 9/25/12, and on-site will be higher on site;
- ◆ GWRRRA Member \$45 X \_\_\_\_\_ = \_\_\_\_\_
- ◆ Non-Member \$50 X \_\_\_\_\_ = \_\_\_\_\_
- ◆ GWRRRA cards to be checked on site.

\*\*\*DAY PASSES AVAILABLE ON-SITE \$15\*\*\*

**T-SHIRT:**  
 S, M, L, XL -- \$13 / 2XL & XXXL -- \$15

(#) (size) (Amount)  
 \_\_\_\_\_

**LONG SLEEVED T-SHIRT:**  
 S, M, L, XL -- \$15 / 2XL & XXXL -- \$17

(#) (size) (Amount)  
 \_\_\_\_\_

**SWEAT SHIRT:**  
 S, M, L, XL -- \$19 / 2XL & XXXL -- \$21

(#) (size) (Amount)  
 \_\_\_\_\_

**GOLF SHIRT:**  
 S, M, L, XL -- \$21 / 2XL & XXXL -- \$23

(#) (size) (Amount)  
 \_\_\_\_\_

Shirts may be purchased on site from the Freedom Enterprises Vendor at a slightly higher price.

**Total Registration** \$ \_\_\_\_\_  
**Total Shirt Order** \$ \_\_\_\_\_  
**TRIKE** \$ \_\_\_\_\_  
**ERC** \$ \_\_\_\_\_  
**CPR/First Aid & AED** \$ \_\_\_\_\_  
**Masters Breakfast** \$ \_\_\_\_\_  
**GRAND TOTAL** \$ \_\_\_\_\_

**PLEASE MAKE CHECK PAYABLE TO:**  
 GWRRRA-VA (DO NOT SEND CASH)

**Mail to:**  
 Hope Carneal  
 1613 Dogwood Rd.  
 Powhatan, VA 23129

**RELEASE FORM**  
 (Must be signed by all registrants and returned)

I/We agree to hold harmless GWRRRA, the co-sponsoring organization and any property owners for any loss or injury to self or property by reason of participating in this rally.

Rider Signature \_\_\_\_\_  
 Co-Rider Signature \_\_\_\_\_



**GWRRRA Trike / ERC / CPR/First-Aid**

We will be offering a **Trike / ERC** class at RIT on Friday, October 5, 2012. The course will begin PROMPTLY at 7:30am in the upper parking lot and should be finished by 12:30pm. The cost for the course is \$40 (Co-Riders are free). For this advanced class, you will be using your own Motorcycle or Trike.

We will also be offering a **CPR/First-Aid** class at RITV on Friday, October 5, 2012. The course will begin PROMPTLY at 7:30am and should be finished by 1:00pm. The cost for the course is \$30.

Is this your first time attending this Rally? \_\_\_\_\_  
 How did you find about the Rally? \_\_\_\_\_



Self Guided Tour of Blacksburg, VA Tech and Mountain Lake 102.8 miles

Rural ride riding at is best, going by Virginia Tech, and on to Mountain Lake. This is a ride through the mountains and country side of the New River Valley. Take a drive through the grounds of Va Tech, if you would like to check it out. Mountain Lake is where they filmed Dirty Dancing in 1986. The lake was discovered in 1751 and the land was developed into a resort in 1870. The hotel standing now was built in 1930. The lake is at the highest elevation east of the Mississippi. The lake is fed by fresh water underground springs and depending on rain the lake will empty at times. At this writing its way down but is showing signs of filling up. Fascinating to see. They have lunch from 11:30-2:00 A La Carte or Buffet and is considered first class. Enjoy! The old hotel is beautiful.



“0” odometer  
Miles

Left onto the Boulevard

Left on N419 at light .4

Cross over interstate

Right at light onto N311 4.5

Homeplace on left 11.6

Great place to eat – sometimes long wait to get in

Left on 785 (Rt 76 Byway) Blacksburg Rd 12.0

This is a country road

Rt. 76 turns left – but you go straight – this is Rt 785 (Harding Ave) but not 30.1

Bear right onto E Roanoke St

33.3

Right at light S Main St

33.8

This is Downtown Blacksburg, Lots of Restaurants and Va Tech Campus on

Left

At 3<sup>rd</sup> light Shell Station on right

34.2

Clean bathrooms, gas, snacks, open 24 hrs

Right out of Shell Station (Still on Main St)

There is a Round About

34.5

Bear right on N Main St Bus 460W Keep Straight

Bear right on W460 By Pass

37.3

Right on Rt 700 to Mountain Lake

44.1

Curvy Mt. Rd – When leaving remember your going down a steep hill

Left on E460

58.2

You can go back on I 81N or 460/11

Following Rt 11 signs

77.6

Self Guided Tour of the Blue Ridge Parkway 77miles



This could be a great picnic ride. Go by KFC or Hardees and get a chicken picnic lunch to go. It's very peaceful up there.

"0" your odometer	Miles
In front of the civic center turn left on the Boulevard	
Right on S419 – Electric Rd at light	.4
Right at light on Starkey Rd	6.6
Left on Buck Mt. Rd at Stop Sign	8.1
Left on N220 at light	10.4
Right onto Parkway off 220	11.0
Left on Parkway at Stop Sign- North	11.2
W Rt.24 if you need off for gas	20.3
Good places for a grass picnics	30-30.7

Fantastic Views off both sides of Parkway

At approx, Parkway mile marker 95 on the left is an overlook for Hawks. 30.7

There is a large nesting area there.

Option - If you would like you can go about 4/5 miles further to the Peaks of Otter where there are bathrooms and a shop on left. Little further on right is the Lodge where you can eat. It is a little pricey. You can go to S43 here down to Bedford to get to 460 and the D-Day Memorial.

Turn right down ramp to N43 42.2

Turn left onto Rt 43N to Buchanan. This is a very curvy downhill road but it is in Good shape

Turn left at the Stop sign next to Exxon and Burger King. 47.2

(bikes stop here a lot) Left on S11

The Town of Buchanan has been here since 1740.

As you go down S11 for those of you who do not want to picnic. 51.4

There is a mom and

Pop restaurant called North Star on you left. Home cooked food and good prices GREAT! Hamburgers! Just where the 2 lane turns into 4 lanes.

If you want to return by I 81S 52.0

Continuing on Rt 11S

Passing truck stop be careful 64.6

You can turn right to get on I 81S if you want



## Self Guided Tour to Fincastle, VA 52 Miles

This is a Historic History and Country Ride. A Quilt Shop for the Ladies too!

Fincastle was founded in 1772. It is a virtual museum of American architecture from the late 1770's through the 21<sup>st</sup> century. This was the last outpost on the edge of the Western frontier. President Thomas Jefferson commissioned Lewis and Clark to head out from Fincastle to forge west. Fincastle oversaw a massive governmental district that stretched to the Mississippi River and included parts of Wisconsin. The courthouse was designed by Thomas Jefferson and is still there with the jailhouse next door. You can visit these buildings. As you drive around Fincastle you can see original homes with the dates on them and people live in these homes today.



“0” out your odometer

Leaving Civic Center left on Boulevard	Miles
--	-------

Left at light Rt N419

Right on I 81N (5 <sup>th</sup> light)	3.3
--	-----

Exit 150B – Watch trucks, bear right coming down ramp. Stay	12.7
---	------

In the left hand right turn lane around the truck stop and thru the light to the right and under the bridge. There are two right hand turn lanes in front of the truck stop. This is Rt 220N – Roanoke Road

Quilt shop on right	18.7
If you want to tour the Town of Fincastle turn right on Main St.	22.1
Jailhouse and Courthouse on left. Enjoy driving around. There are Very old churches and grave yards	
When ready to leave go back down Main St. and cross over 220 by Leonardo Pizza on to Rt. T630 Blacksburg Rd. This is a back country Road.	
Right on Rt. 779	28.8
You are heading towards Catawba. You will pass Titan Plant which Produces lime for cement.	
When the road forks bare left still 779 (not well marked) Narrow road and peaceful	32.9
Stop sign left on 698	41.3
Go 50 ft.	
Stop sign left on 311	
Option You can go right to the Homeplace or continue pass Homeplace And go to Paint Bank to the Swinging Bridge.	
Left at light on to S419	48.4
Continue on S419	
Bear right on Alt 11 cross tracks	51.3
Left at light onto Boulevard	52.2
Salem Civic Center on left	52.5

Let us know about your Ride! Good or Bad

Threewheelcruzin@verizon.net



# RIDE FOR CAMP FANTASTIC KIDS

JOIN GWRRR CHAPTER VA-F

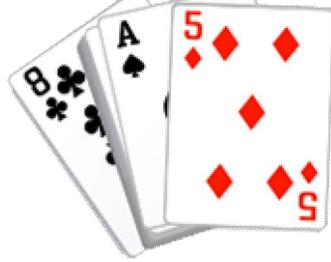
ON THIS SPECIAL RIDE

MONDAY, AUGUST 20th

DEPARTING @ 6:30 P.M.

From (7/11- Shell Gas Station)  
North of Front Royal  
(On Route 522 at light)

Police Escort to 4H Camp Grounds



# NOT A CRAZY LUNCH

## POKER RUN

ALL PROCEEDS GO TO SPECIAL LOVE

**CAMP FANTASTIC EVENT ON AUGUST 20<sup>TH</sup>**

- Where:** GORE FIRE HALL (same location as **Crazy Supper**)
- When:** August 4<sup>th</sup> **Price:** All Donations Accepted
- Time:** 9 AM / first bike out 9:30 am, last bike out 11:00 am

Coffee and donuts for early riders, lunch provided by Chapter F

135 mile ride - cards drawn at beginning or end

1<sup>st</sup> and 2<sup>nd</sup> place hands win

## International News



# Gold Wing Road Riders Day at *NASCAR Hall of Fame* 14 July 2012

Special rates for GWRRA members  
 \$16.95 Admission price w/ showing your GWRRA MEMBERSHIP CARD  
 NASCAR will line us up at 9:30 in the Plaza out front.  
 After the first 60 bikes the rest go into the garage at \$10 a bike.  
 For traffic control, those on the Plaza would only leave at 4:00pm as a group.



There is a restaurant inside and gift shop.  
 Numerous Hotels nearby are available for those wanting to stay overnight.

LOCATION:  
 400 East Martin Luther King Blvd  
 Charlotte, NC 28202  
 (704) 654-4400  
 For GPS, use 501 S. College St., Charlotte, NC 28202

For additional details and information of everything available,  
 check out the Website Online: [nascarhall.com](http://nascarhall.com)  
 For any questions contact Bobbie Jo Harrison, Chapter VAK Director, 540-890-2890, email  
[threewheelcruzin@verizon.net](mailto:threewheelcruzin@verizon.net)





## Classified Ads / "E" nouncements

Hi Gordon,

> I hope all is well with you and others in VA-E. I wanted to take this  
> time to let you and everyone know that Maria and I are moving back to  
> Alabama. I have actually already headed back south and will be getting  
> Maria moved at the end of this month. It was a really quick decision and  
> moving process for us. We had discussed it and tossed it back and forth  
> and when we finally agreed to move it happened really quickly. My old  
> job fell into my hands, the renters moved out of my house in Alabama,  
> and everything else just seemed to fall right into place.

>  
> I apologize for not being able to get one last chapter gathering to let  
> everyone know but we were knee deep in getting household goods ready  
> for movement. Let everyone know that we will truly miss them and we  
> enjoyed our short time with VA-E.

>  
> Howard Jones



# **GIFT BASKET DRAWING AT RALLY IN THE VALLEY**



**GIFT BASKETS ARE A GO AGAIN THIS YEAR AT VIRGINIA'S  
RALLY IN THE VALLEY!!**

*See Next Page*



**WE ALL SCREAM FOR ICE CREAM!!!**

**HERE'S A HINT. ANYTIME YOU ADD A GIFT CERTIFICATE TO YOUR BASKET, IT IS SURE TO GET SOME BUYERS. TRY YOUR LOCAL DAIRY QUEEN TO SEE IF THEY WILL DONATE A GIFT CERTIFICATE TO YOUR BASKET. WALMART GIFT CARD IS ALWAYS A GREAT DRAW AS WELL!**

**FOR MORE IDEAS CHECK THE INTERNET – JUST ENTER GIFT BASKET IDEAS AND YOU ARE ON YOUR WAY!**

**AGAIN, THIS IS VOLUNTARY AND FOR THOSE CHAPTERS WHO WISH TO PARTICIPATE IN THIS VENTURE. THE SAME DEAL APPLIES AS LAST YEAR. HALF THE PROCEEDS WILL GO TO THE DISTRICT AND THE OTHER HALF GOES TO THE CHAPTER. THIS YEAR THERE IS ONE TWIST TO ALL THIS. THE BASKET THAT RECEIVES THE MOST CASH WILL RECEIVE ALL THE FUNDS COLLECTED FOR THAT BASKET.**



## Recipes

### Home-made Vanilla Ice Cream

#### Ingredients

- 4 cups half-and-half or [light cream](#)
- 1 (14 ounce) can EAGLE BRAND® Sweetened Condensed Milk
- 2 tablespoons [vanilla](#) extract

#### Directions

1. In large bowl, combine ingredients; mix well. Pour into ice cream freezer container. Freeze according to manufacturer's instructions. Freeze leftovers if any....



## Recipes....

### Bake Ziti

- "1 pound dry ziti pasta
- 1 onion, chopped
- 1 pound lean ground beef
- 2 (26 ounce) jars spaghetti sauce
- 6 ounces provolone cheese, sliced
- 1 1/2 cups sour cream
- 6 ounces mozzarella cheese, shredded
- 2 tablespoons grated Parmesan cheese

#### Directions

1. Bring a larg pot of lightly salted water to a boil. Add ziti pasta and cook until al dente, about 8 minutes; drain.
2. In a large skillet, brown onion and ground beef over medium heat. Add spaghetti sauce and simmer 15 minutes.
3. Preheat the oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Layer as follows; 1/2 of the ziti, Provolone cheese, sour cream, 1/2 sauce mixture, remaining ziti, mozzarella cheese and remaining sauce mixture. Top wht grated Parmesan cheese.
4. Bake for 30 minutes in the preheated oven, or until cheeses are melted. Enjoy!!!

***WHAT TIME IS  
DINNER!!!!***



***Hungry...Quick summer  
dishes.***



## *Schedule of Events*

•



<i>July</i>	<i>21</i>	<i>P</i>	<i>Poker Run</i>	<i>Chapter U</i>
<i>August</i>	<i>9-11</i>	<i>P</i>	<i>Kentucky Blast</i>	<i>KY District</i>
	<i>18</i>	<i>P</i>	<i>Casino Picnic</i>	<i>Chapter O</i>
	<i>20</i>	<i>S</i>	<i>Camp Fantastic</i>	<i>Chapter F</i>
<i>September</i>	<i>8</i>	<i>S</i>	<i>Fall Sprawl</i>	<i>Chapter C</i>
	<i>15</i>	<i>P</i>	<i>Poker Run</i>	<i>Chapter A</i>
	<i>20-22</i>	<i>P</i>	<i>WOTS</i>	<i>NC District</i>
<i>October</i>	<i>4-6</i>	<i>P</i>	<i>RITV</i>	<i>VA District</i>

**GWRRR Chapter VA-E  
Fredericksburg, Va**

Contact us via  
<http://www.battlefieldwings.com/contact/>

Chapter Director	Gordon Combs
Assistant Chapter Director	Jay Brown
Chapter Treasurer	Tony Poulakowski
Rider Educator	Larry Gray
Assistant Rider Educator	TBD
Membership Enhancement Coordinator	Charlie and Ellen Smith
Motorist Awareness Coordinator	Karen Kestner
Chapter Couple	Dannie and Carole Hays
Fundraiser Coordinator	Dan Fritz
Ways and Means Coordinator	Julie Combs
Chapter Goodies Coordinator	Richard Wilson
Hosts and Welcome Coordinator	Nancy Groves
Recognition/Special Awards Coordinator	Mike Plaugher
Correspondence Coordinator	Carole Hays
Phone Tree Coordinator	Ellen Smith
Chapter Photographer	Sharon Poulakowski
Ride Coordinator	Jeff Burke
Ride Coordinator	Dannie Hays
Ride Coordinator	Charlie Smith
Ride Coordinator	Dan Fritz
Technical Coordinator	Greg Kestner
Technical Coordinator	Larry Gray
Newsletter Editor	Claude Revely
Webdude	Rob Hardisty

At chapter "E" we emphasize that we indeed are a team of riders/co-riders interested in Goldwings, riding, and most of all, having fun. Some think that we are mostly interested in eating. You will need to join and be the judge! Come on out and join us! We would love to see you! We meet to eat at 6:30pm on the third Wednesday of each month and the chapter meeting starts at 7:30pm. We are located in Fredericksburg, VA, about 50 miles south of Washington D.C. and about 50 miles north of Richmond, VA.

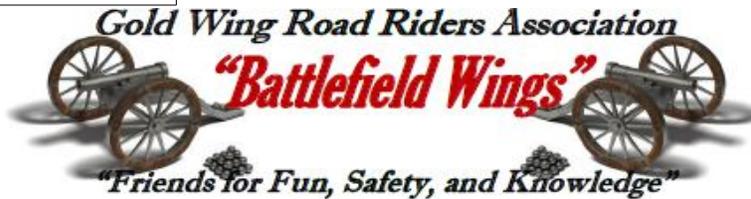
Visit these National and Local sites

<http://www.region-n.org/>

<http://www.gwrrava.org/>

<http://www.gwrra.org/>

**Battlefieldwings.com**



**Editor's Desk**

My fellow "Wingers".

I had planned a trip with my brother to New England beginning the 5th of July but the weather changed our plans. My brother's company asked him to postpone his vacation to run some projects the company acquired due to storms in his home state of Ohio. This was to be our memorial trip for our parents...*brothers reconnecting and remembering*. Although it did not happen, I did take time to ride. I

rode to Pennsylvania up I-81 to visit my eldest son and his family for a few days. Hitting the interstate was so nice and talking with the truckers kept me alert to traffic situations. They (the Truckers) took care of me. I had a great time being with my son and 4 grandchildren. From there I road to visit a friend in West Virginia for several days. We fed our love for photography shooting the local landscape and Bible studies in the evenings. We rode (I by bike

and he in his box) the back roads to Charlestown, Harper Ferry and several other small towns. Total traveled between Pa, WVa and home was approximately 950 miles. Loved every mile!

I share this to entice you to share your stories too. So submit your short / long stories to be included in your newsletter. Share your experiences...your favorite routes, your riding joy with your Chapter "E"



**Editing on this handheld can be challenging.**

Please submit all articles to the following address; **seadoggw@att.net**. This is a new email address I will use for all Chapter "E" newsletter submission. Thanks and safe riding!!!