

The Iron Clad Wings



Gold Wing Road Riders Association
GWRR's Motto is...
Friends for Fun, Safety and Knowledge

**Chartered
 15 April, 1995**

BRONZE Level Chapter for 2017



We're More Than Gold Wings...



Chapter Directors: Dan Clark & Lorrie Thomas
 wingernut93@aol.com lorriemthomas@aol.com
 Dan's Cell 757-343-1783 Lorrie's Cell 954-599-5178

Ride & Grow with VA-L

We meet the 4th Tuesday of each month (except December) at Pop's Diner, 1432 Greenbrier Parkway, Chesapeake, VA 23320 Our meet, greet and eat—begins at 6pm, our gathering begins at 7pm. We invite you to come out and have fun with us

2020 Road Warrior Awards



- January: Will Conrad
- February: Steven Morgan
- March: No Gathering
- April: No Gathering
- May: No Gathering
- June:
- July:
- August:
- September:
- October:
- November:
- December:



IN THIS ISSUE

- Chapter Team Articles
- District News
- National News
- Our Mission Statement
- Birthdays & Stuff
- Ride Calendar
- Event Flyers

ALSO IN THIS ISSUE

- Cleaning Your Helmet: 4 Easy Steps
- Your Biological Shock Absorbers
- SNAPSHOTS—a look at what Chapter L's been up to
- Chapter L Funnies

The Iron Clad Wings

History of Memorial Day

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan.

For decades, Memorial Day continued to be observed on May 30, the date Logan had selected for the first Decoration Day. But in 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Memorial Day Traditions

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C.

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war—a tradition that began with a World War I poem. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend—the long weekend comprising the Saturday and Sunday before Memorial Day and Memorial Day itself—unofficially marks the beginning of summer.



The Iron Clad Wings



IMPORTANT ANNOUNCEMENT!!!!!! On-line University Training

Update 3.24.2020

An Alternative to Classroom Training - Update Due to the COVID-19 pandemic, we would like to encourage you to postpone all University training for the time being. We are aware that many of you have already done so, but felt it was important to reiterate the message for any of you that have yet to do so. Unfortunately, due to the fluidity of the situation, we cannot begin to estimate the length of time this request will remain in effect. But we can assure you that we are in continued communication with health entities and municipalities across the country for the most up to date and accurate information.

While we respond to the COVID-19 Pandemic by reducing our contact with others, the GWRRR University is offering an alternative training opportunity. On-line training by the Director of the University and the University Assistants.

Beginning April 6th GWRRR University will be offering a limited number of classes by video conferencing (Zoom). The classes offered are listed below and you can find the times and the registration form on the University website: gwrradot.com.

All Members are encouraged and welcome to attend. The University TEAM is ready and waiting for you to sign-up. Let's have some fun!!!

Updated class lists for training on-line classes and times will be posted on our website, University facebook page and the University GroupWorks site.

Any questions, please contact Clara Boldt, Director of the University at: toledotriker@gmail.com.

Clara Boldt
Director of the University

Online University classes being offered in May

Register at <https://gwrradot.com/>

5/14/20-103-04 Team Riding-3:00PM CST
 5/14/20-103-04 Team Riding-6:00PM CST
 5/15/20-201-03 Communication-3:00PM CST
 5/15/20-201-03 Communication-6:00PM CST
 5/19/20-202-04 Retention-3:00PM CST
 5/19/20-202-04 Retention-6:00PM CST
 5/20/20-102-02 Riding in the Heat-3:00PM CST
 5/20/20-102-02 Riding in the Heat-6:00PM CST
 5/21/20-106-02 Mature Rider-3:00PM CST
 5/21/20-106-02 Mature Rider-6:00PM CST
 5/22/20-103-04 Team Riding-3:00PM CST
 5/22/20-103-04 Team Riding-6:00PM CST
 5/26/20-201-03 Communication-3:00PM CST
 5/26/20-201-03 Communication-6:00PM CST
 5/27/20-204-02 Planning a Chapter Event-3:00PM CST
 5/27/20-204-02 Planning a Chapter Event-6:00PM CST
 5/28/20-201-04 Managing Change-3:00PM CST
 5/28/20-201-04 Managing Change-6:00PM CST

The Iron Clad Wings

Dan Clark & Lorrie Thomas

Chapter Directors

wingernut93@aol.com

Dan cell (757) 343-1783

Lorrie cell (954) 599-5178



Chapter Directors



Greetings Chapter,

I hope this finds everyone doing well and being healthy.

As many of you have already heard, Wing Ding is officially canceled for 2020. An announcement is forthcoming as to where the Wing Ding will be located for next year. If you had made your reservations for this year, the Home Office will be contacting everyone with inquiries if you want a refund or you can transfer the registration to next year.

As for the Rally in the Valley, that is still on the schedule. Many states have had to cancel their rallies and if we still have ours here in Virginia, I'm sure we are going to have a lot of visitors from other states. As a Chapter, we will be having a game booth with a Dart game with the target being playing cards and ring toss. I will also be making popcorn and we will need help with both functions. We will not be having a Chapter basket and there will not be a Couple's basket either.

One of the new things within the organization is that with the Pandemic and the cancelations, the GWRRA University is holding classes online. You must register by going to the GWRRA University website, GWRRADOT.com, and you will find the registration form and the schedule of classes being presented.

The Governor has stated that as of the 15th of May, we will start to reopen the State. There will still be some restrictions, but I will certainly be happy that the Barber shops will be opening, I'm starting to look like Bozo the Clown. With the openings, maybe we can start to ride more often and with bigger groups. I will be adding rides to the calendar in the next couple days, so keep an eye out for the changes.

With the State lifting the restrictions next week, what will happen with our gatherings? The restriction states that restaurants can reopen but will only be able to have up to 50% capacity. I will be contacting Pop's Diner to see what their intentions will be and hopefully they will welcome us back. I will send out an email once I find out the details.

Speaking of rides, we had a group of 11 people go for a ride on the 2nd of May. It was a beautiful day and we headed to Coinjock in two groups and went to Currituck BBQ. I had always heard they had great food and they have always been busy whenever we have driven past. The food was ok, but just let me say, I won't be planning another ride there. One reason I chose this place was that they had outdoor picnic tables and on the web site it looked like we could all enjoy our meal and still practice social distancing. We were not permitted to use the tables; they were all stacked and roped off. We improvised and stood at the tables and ate that way.

In closing, I hope all of you have remained healthy and have been safe. Continue to do so and we look forward to seeing everyone in the future.

Dan Clark, Va-L

Chapter Director

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



Hello Chapter L Members,

Did you make it to the last Virtual Chapter L Gathering on Tuesday April 28?
It was good to see several people we have not seen in months. We missed the rest of you.

Dan has put together several rides since the Corona Virus Social Distancing started. The last one was on Saturday May 2nd, and we went to Currituck BBQ in Coinjock NC. Wonderful BBQ and terrific conversation with the members that made it. So good to visit with each of you that made it. We missed the rest of you.

I am sure Dan will put something together the weekend of May 16-17. Weather report as I write this is predicting 0% rain and temps in the 80's. If you have ideas for destinations, please pass them along. I hope we can all get together real soon.

Until we can gather again, please continue to be safe and let us know if we can be of assistance.

Thank You,

Dennis & Phyliss Easton
2019-2020 District Couple of the Year
2019 Chapter Couple of the Year
Chapter L MEC
Membership Enhancement Coordinators
eastondm@cox.net
May 2020

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

Chapter Skills Enhancement Advisor

What is a Chapter Skills Enhancement Advisor (CSEA) and how does he/she work with the Chapter?

The role of Chapter Skill Enhancement Advisor (CSEA) is to proactively support Members by providing them with information they can consider for ways to become skilled, prepared, and safer riders and co-riders.

Encouraged Responsibilities:

Serve as an example by being actively engaged in the Levels Program.

Monthly, or as often as possible and weather permitting based on Members interest, put on an on-bike skills day with skill practice, bike games for riders and co-riders.

Team with the Chapter Ride Coordinator to promote the importance of best riding practices at Chapter Gatherings, rides, and events.

Utilize the quarterly Chapter Levels Report provided by the District Educator to support the Members and assist them in achieving milestones and earning recognition.

Communicate directly with the District Educator to advocate for classes and courses to serve any Chapter participant with an interest in progressing in the Levels Program, becoming a more proficient rider, and being better prepared to respond to emergency situations.

Is this something you might be interested in? Now, more than ever, the Chapter can use assistance in getting our Members ready to safely ride again soon. If you are interested, the Rider Education Program is offering training for the position.

Susan N. Huttman, Team GWRRA Director-Rider Education writes the following:

“Since the Advisors will play an important role in the planning and delivery of Rider courses and classes in partnership with their District's Educator moving forward, the RE Program Team will be providing online support and coaching for CSEAs. This will be provided in an on-line workshop format along with continued support throughout the year.”

The full description of this position follows this article. If you are interested or have any questions regarding the CSEA, please contact Dan or Lorrie for further information.

The Iron Clad Wings

Dan Clark
Ride Coordinator
wingernut93@aol.com



Ride Coordinator



CHAPTER SKILL ENHANCEMENT ADVISOR



Job Summary

The role of Chapter Skill Enhancement Advisor (CSEA) is to proactively support Member/Participant by providing them with information they can consider on ways to become skilled, prepared and safer riders and co-riders.

Encouraged Responsibilities

- Serve as an example by being actively engaged in the Levels Program.
- Monthly, or as often as possible and weather permitting based on Members interest, put on an on-bike skills day with skill practice, bike games for riders and co-riders.
- Team with the Chapter Ride Coordinator to promote the importance of best riding practices at chapter gatherings, rides and events.
- Utilize the quarterly Chapter Levels Report provided by the District Educator to support the Members and assist them in achieving milestones and earning recognition.
- Communicate directly with the District Educator to advocate for classes and courses to serve any chapter participant with an interest in progressing in the levels program, becoming a more proficient rider and being better prepared to respond to emergency situations.

Qualifications and Skills

The Chapter Skill Enhancement Advisor:

- is not an officer; and the position is not mandatory.
- has a basic knowledge of the GWRRA Rider Education Program
- is appointed by the Chapter Director
- is interviewed by the District Educator
- completes a Confidentiality Agreement
- is a current Level II Rider or Co-Rider
- receives guidance and support from the District Educator
- communicates with the District Educator directly, keeping the Chapter Director in the loop to assure the needs of the chapter participants are met. Remember, the Chapter Skill Enhancement Adviser is an active participant on the Chapter staff and primary direction comes from the Chapter Director
- does not have access to the RE database and relies on the District Educator for the information.

Goal: To provide the membership with the basic support needed to participate meaningfully and successfully in the GWRRA Rider Education Program at the Chapter level.

The Iron Clad Wings

District

Managing Change

We certainly do not know when the 'stay at home' order will be lifted. We do not know when stores, businesses, and restaurants will reopen. AND when they do, will it be back to normal or will we have to adjust to a new normal?

The only certainty I'm betting on is that our District will see change.

When we retire, our routine changes. We may no longer wear the same kind of clothes each day. We might make our own coffee rather than visiting Starbucks on the way to work. Our hobbies might change; travel more, take up golf, whittle away at the "honey do" list. Like retiring, we just might find other things to do when we remove the routine of Gold Wing activities.

The continuous contact by newsletter or email, the regular Gatherings, the weekly rides, dinners and ice cream get togethers have all but disappeared. There was comfort in that routine. So, what can we do to re-engage with our Members? What can we do to spark the interest in GWRRA? Through engagement we maintain a sense of belonging. Keeping our fingers crossed that everyone would return to the flock is not enough.

In this newsletter, there are some tried and true suggestions we can use to connect with our Members. We ask that you send in your suggestions for future issues. To add to that list:

- Continue your newsletter. Have people send in a paragraph on what they been up to while quarantined. Call and interview them if they rather not write.
- Great time to polish the chrome, change the filters or add lights and bling. Got a shade tree mechanic that can send photos and a description of what they have done to their bike?
- Have you had a virtual Gathering or ice cream social? Once you get the hang of Zoom or other meeting software, it can be fun. You catch up, laugh at grey roots and shaggy hair and reassure each other that we still enjoy each other's company.
- Celebrate birthdays, anniversaries and GWRRA anniversaries by sending cards. You have a complete list of Members assigned to your Chapter. Send out emails to touch base or give them a call. Great time to get suggestions for rides when we all hit the road again.
- Discuss and plan to gather food for the local food bank when you get back together or start a note writing campaign thanking the medical teams or First Responders.

I really like my GWRRA family, all of them, even the slightly dysfunctional family members. I want them there when we gather again. Loss of the freedom to move around is hard enough. Not sure what I'd do if you all weren't there to hug at our first Gathering back.

Be Patient, Be kind, Be safe.

Virginia District Directors

Lorrie Thomas & Dan Clark



Lorrie Thomas & Dan Clark
VA District Directors
lorriethomas@aol.com
wingernut93@aol.com
LT: 954-599-5178 DC: 757-343-1783

The Iron Clad Wings

National



FOR MORE INFO ON BENEFITS, VISIT **GWRRA.ORG**

GOLD WING ROAD RIDERS ASSOCIATION

4 *Free Months*



Yes! I would like a 4 month free trial membership to GWRRA

Name: _____ Corider: _____

Address: _____
(Street Address)

City: _____ State _____ Zip Code _____

Phone: (_____) - _____
(Area Code)

Email: _____

Referred By: _____ Member Number: _____

MAIL TO: GWRRA-PO BOX 42450, Phoenix, AZ 85080-9942

The Iron Clad Wings

Our Mission Statement: RIDE & GROW

Respect all motorcycle riders and motorists

Inspire members to participate in the Levels Program.

Dedicated towards providing a family atmosphere so everyone has fun.

Educate our members about new innovations regarding riding, safety, and about GWRRA.

&

Give back to the community, resulting in a positive image of motorcyclists.

Relax, and enjoy the ride!

Offer assistance and encourage participation by all members.

Work with members by assisting them in achieving their goals.

So, what are we really saying...

We don't discriminate; all types of motorcycles are welcome. If your friends are looking for a group to ride with, that believes in and practices safety, we are that group. Respect drivers by being courteous with our lights and riding style.

We want all our members to participate in the Rider Education (Levels) program. The Levels Program allows members to advance from Level 1 (Committed to Safety) to Level 4 (Safety By Enhanced Commitment and Preparedness), also known as Master Tour Rider. As our members gain experience and miles, we inspire them to advance to the next level.

We are a family association; we are dedicated to providing a fun and friendly atmosphere to members and visitors of all ages. We strive to make every event fun.

Chapter L is dedicated to educating our members and visitors about motorcycling. We do this by having training provided by certified trainers that have graduated from Gold Wing University. We educate members about riding alone, with a co-rider, and in a group. We educate on riding as a team, pulling trailers, crash scene response, leadership, fun events, advances in motorcycling, and much more. Our trainers are evaluated by senior trainers to ensure they remain up-to-date regarding motorcycling.

Not all motorcyclists are the same; we strive to present a positive image to the public. We inform the public about what our association stands for; Friends, Fun, Safety, & Knowledge. We are a part of the community and want the community to be a part of us.

Have fun and enjoy riding with Chapter L. We want all of our riders to relax and enjoy the ride while being among friends that share your passion... riding.

It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can I do to help..." Successful means our membership thrives. In other words, we cannot be successful without you. Participation from all members results in the Chapter being successful.

Have you achieved your goals you've set? Regardless whether your goals involve motorcycling or are professional, chances are, there is someone in the Chapter that wants to assist you in achieving your goals. Our goal is to assist you in achieving your goal.

Our Motto: RIDE and GROW with VA-L

The Iron Clad Wings

Birthdays, Anniversaries, & Other Information



MAY BIRTHDAYS

- Paul Bricker
- Lyndsey Easton
- Doug Gilliam
- Erik Jorgensen
- Lisa Makowski
- Al Dobbins




MAY ANNIVERSARIES:

Keith Herchenroder



MAY GWRRA ANNIVERSARIES:

- Dan and Trish Adams – 13 years
- Zach and Angie Bon – 10 years
- Presalee Collins - 1 year
- Jerry and Dot Hildman – 15 years
- Don Milburn – 13 years
- Nick and Teresa Knox – 26 years



“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today”.

Thich Nhat Hanh

Helpful information for members

To get Chapter, District, and National patches for your vest, contact our Chapter Treasurer, Will Conrad.

For things you might typically pick up at a Rally, but don't want to wait until the next one comes around:

- **Chapter Shirts/Rider Ed patches:** See the Chapter Directors; Dan Clark & Lorrie Thomas
- **Name Tags:** www.ThEngraver.com (take note of spelling—only 1 'e' at beginning)
- **Vests & sewing patches:**
 - Perfect Fit Alterations, 357 Johnstown Rd, Chesapeake. They also do vest embroidery
 - The Leather Arts Store at 415 N. Military Highway, Suite 13. Ask for the owner, Dennis
- **Embroidery & Name Tags:** Nancy Harbison Uniforms & Tailoring at 479 South Lynnhaven Road, Virginia Beach (463-3241)

These are by no means the only place to get your desired items, just the ones that seem to be used the most by local chapters.

The Iron Clad Wings

Gathering & Ride Calendar



Check out our website to see the latest updates to our calendar <https://gwrraval.org/>

Date	Chapter	Event
May 24 CANCELED	Wash, DC	Ride for Freedom (formerly Rolling Thunder) Hunterdon County 4-H Fairgrounds Parking Lot
May 26 CANCELED	L	Chapter -L Gathering, Pop's Diner, 1432 Greenbrier Pkwy, Chesapeake, VA. Eat at 6pm, gather at 7pm
Jun 13 CANCELED	A	2020 Poker Run and Picnic—MotoMember Manassas, 9105 Mathis Ave, Manassas, VA
Jun 20 VIRTUAL		American Diabetes Tour De Cure 2020, virtual only, 6am-1pm. Register at http://main.diabetes.org/site/TR/TourdeCure/TourAdmin?fr_id=12965&pg=entry&ga=2.50192870.1544386407.1588533166-1837829031.1586703492
Jun 20 CANCELED	O	VA-O Casino Picnic—New Quarter Park, Williamsburg, VA
Jun 30-Jul 4 CANCELED	National	Wing Ding 42, Springfield MO
Sep 12	C	Fall Sprawl, 485 Simmons Ln, White Stone, VA
Sep 19	Virginia	Virginia All Chapters Picnic—Twin Lakes State Park
Sep 24-26	North Carolina	North Carolina District Rally—Wings Over the Smokies, Haywood County Fairgrounds, 758 Crabtree Rd, Waynesville, NC
Oct 29-31	Virginia	Virginia District Rally—“Rally in the Valley”: Lynchburg Grand Hotel, 601 Main St, Lynchburg

The Iron Clad Wings



Fall Sprawl

September 12, 2020
485 Simmons Lane
White Stone, VA



Cost: **\$18 Per Person - Pre-Registered**
\$23 - After August 29th

Current Chapter Couples Free

Registration - 9am to 12pm
Lunch around 1pm
Awards after lunch

Saturday **STEAK** lunch!
Steak - Baked Potato - Salad - Drink - Dessert
Bring your own plate, knife & fork

Spend the entire weekend starting on Friday if you like (no additional cost)

- Friday Night Weenie Roast (or bring your own brats)
- Saturday Night Pot Luck
- Saturday "Entertainment"
- Sunday Morning Brunch



Chapter C Fun

Crusty Derby
Race on Saturday!

Chapter Challenge



Register by August 29th to be guaranteed a steak and be entered into the \$50 pre-registration drawing.

Pre-Registration Deadline - August 29th

Cost:
\$18 per person pre-registered, \$23 after August 29th
(Current Chapter Couples Free)

Attending _____ x \$18 = \$ _____

Attending _____ x \$23 = \$ _____

What day are you arriving? _____ Fri _____ Sat
If camping, please check what type:

_____ Tent/Pop Up _____ RV _____ 5th Wheel

How do you want your steaks cooked? Indicate the number of steaks:

_____ Rare _____ Med Rare _____ Med
_____ Med Wel _____ Well Done _____ Raw (uncooked)

Please make check payable to **GWRRRA VAC**
GWRRRA VAC and mail to: **PO Box 1266**
Yorktown, VA 23692

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Organization: _____ Chapter: _____

I/we agree to confirm & comply with the rules governing this event, and I/we further agree to hold harmless GWRRRA VAC or any property owner for any loss or injury to self or property in which I/we may become involved by reason or participation in this event. Everyone attending must sign.

Signature: _____

Signature: _____

The Iron Clad Wings

Wings Over the Smokies®

37th

Its A Family Affair

September 24 - 26, 2020

Entertainment

Guided Tours



Games

Training

758 CRABTREE RD,
WAYNESVILLE, NC 28785

Let yourself go and experience the FUN in the NC Mountains



VENDORS



STREET DANCE

PURCHASE A
NEW GOLDWING



LIGHT SHOW



GRAND PRIZES



2020 GOLDWING



CSC TRAILER VOUCHER



HARTCO SEAT

The Iron Clad Wings



Lynchburg Grand Hotel
601 Main Street, Lynchburg Virginia 24504

Come join us for a new and unique experience in beautiful Lynchburg. Lynchburg is rich in history and waiting to be explored. The traditions remain in the offerings of On-Bike and other classes, reconnecting with friends, guided rides, games, entertainment and more.

Virginia promises to bring you back in time to the fun of an Old-Fashioned Fall Carnival!

Room rate includes breakfast.

Reserve by September 29, 2020. After that date, reservations will be taken on a space available basis. Price remains the same, \$110.00 per night. Call hotel reservations at **434-528-2500** and ask for the special "GOLD WING ROAD RIDERS"

Pre-purchase your Saturday night 50/50 tickets!

Drawing held Saturday during closing ceremonies. **Must be present to win.**

25 tickets for \$10 = \$ _____ OR 60 tickets for \$20 = \$ _____ OR 100 tickets for \$30 _____

2020 RALLY IN THE VALLEY SHIRTS:

Choice of shirt style; all shirts will be white with 2020 Rally in the Valley logo.

SHORT SLEEVE T-SHIRT:

S, M, L, XL, 2XL -- \$14 / 3XL -- 4XL -- \$17

(#) (size) _____

(#) (size) _____

SHORT SLEEVE GOLF SHIRT:

S, M, L, XL, 2XL -- \$20 / 3XL & 4XL -- \$23

(#) (size) _____

LONG SLEEVED T-SHIRT:

S, M, L, XL, 2XL -- \$16 / 3XL & 4XL -- \$19

(#) (size) _____

(#) (size) _____

(#) (size) _____

(#) (size) _____

A Couple of the Year Reception will be held Friday afternoon; all current AND former Couples are welcome to attend!



There is no guarantee that all shirt sizes will be available on site

**Come join us at
The Lynchburg Grand Hotel
for the 32nd Annual
Rally in the Valley!**

- ◊ Pizza Party Thursday Night
- ◊ COY Reception Friday afternoon
- ◊ Door Prizes
- ◊ Modules/Seminars
- ◊ Bike Show
- ◊ On-Bike Courses
- ◊ Hospitality Room
- ◊ 2021-2022 Virginia District Couple of the Year Selection on Saturday
- ◊ Poker Run
- ◊ History Tours of Lynchburg
- ◊ Saturday 50 / 50
- ◊ Ice Cream Social Friday night



The ARC (Advanced Rider Course) classroom portion will be THURSDAY at 2pm, the range portion will FRIDAY morning at 9am. The TRC (Trike Rider Course) classroom portion will be Friday at 1pm, the range portion will Saturday morning at 9am. Cost for either course is \$50 (Co-Riders are free). Full riding gear, CURRENT Motorcycle license, proof of Insurance & Registration are required to take either class. **MAXIMUM OF TWELVE PER CLASS**
NO REFUNDS UNLESS CLASS IS CANCELED BY INSTRUCTOR

Master's Breakfast

Be recognized for your achievements at the Master's Breakfast on Saturday morning, October 31. \$12 per person. Must be pre-registered. There will be a guest speaker, gifts and door prizes.

CPR/MFA Class

We will be offering a CPR/Medic First-Aid class at RITV on Friday, October 30, 2020. The course will begin PROMPTLY at 8:00am. The cost for the course is \$30 per person. Maximum of 12 for the class and must be pre-registered.



Rider: _____ Full Name _____ District/Chapter _____ Position _____ Member # _____
 Co-Rider: _____ Full Name _____ District/Chapter _____ Position _____ Member # _____
 Address: _____ Street _____ City _____ State _____ Zip _____
 Phone: _____ E-Mail: _____
For registration confirmation

Are you a current or former COY? _____ Is this your first time at Rally in the Valley? _____

Arriving on: Wed Thu Fri Sat

Registration Prices	Received Before	Member	Non-Member
Early Bird	7/15/20	\$25	\$30
Pre-Registration	9/15/20	\$30	\$35
Regular / On Site		\$35	\$40
Day Passes/On Site		\$20	\$25

Children 6 to 12 are \$10 each; Children 5 & under are free

Adult Member \$ _____ x _____ = \$ _____
 Adult Non-Member \$ _____ x _____ = \$ _____
 Children 6 to 12 \$10 x _____ = \$ _____
 Total (See above pricing schedule) _____
 * Refunds incur a \$5 cancellation fee
 * No refunds after October 1, 2020

Please make checks payable to:
GWRRA Virginia District
 Mail registration with payment to:
GWRRA Virginia District
 Roman Bantz
 331 Paine St
 Newport News, Va. 23608



Registration Fees	\$ _____
Master's Breakfast	\$ _____
ARC Class	\$ _____
TRC Class	\$ _____
CPR/MFA Class	\$ _____
Saturday 50/50	\$ _____
T-Shirts	\$ _____
Total	\$ _____

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

I/We agree to hold harmless GWRRA, The Virginia District, the Lynchburg Grand Hotel and any property owners for any loss or injury to self or property by reason of participating in this event.

Rider Signature: _____ Date: _____

The Iron Clad Wings

How to Clean Your Helmet Like a Pro

By: Enrico Punsalang, Ride Apart

<https://www.rideapart.com>

Let's face it, with the COVID-19 crisis ongoing, lots of us haven't been able to take full advantage of the riding season. Yeah sure, we get to take our bikes on solo trips, or quick runs to the grocery, but I doubt we'll be going on any epic rides with our mates anytime soon. Not to fret, just because we can't hop aboard our trusty steeds for countless miles on end, doesn't mean we can't keep ourselves busy with motorcycle related stuff. In fact, I've got something here that'll maybe give you riders out there some pointers on an all too often forgotten aspect of riding motorcycles: cleaning your helmet.

Nothing beats the feeling of wearing a freshly cleaned helmet. It smells nice, feels awesome, and definitely looks great. I have quite a few lids myself, and make sure to give each of them a nice and thorough wash after about every five rides. It just so happened that one of my favorite daily helmets is due for a wash. Here's a quick how-to where I show you guys how I do it.



1. Take It Apart

Now most helmets worth wearing on a motorcycle come with removable liners. It's very seldom that you still find helmets without removable cheek pads and liners, so make sure to double check your helmet if it does indeed come with detachable cheek pads and liners. If it does, then start disassembling it starting with the neck roll, all the way up to the inner liner. It can get a bit scary, since these things fit pretty snugly. Just give them a firm but gentle tug, and they should all fine apart nicely. I also like to detach the visor so I can give it a nice and thorough clean, as well as all the hinges and mounting points on the helmet itself.

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2. Scrub-a-Dub-Dub

With your helmet now completely gutted, grab yourself a basin filled with clean lukewarm water. Add a tinge of mild shampoo in there and slush it around until you get a nice frothy mixture. Dunk your helmet's cheek pads, neck roll, and internal liner in there and let it soak for a couple of minutes. While it's soaking, get a clean wet cloth—I like to use a microfiber rag—and cover your helmet's outer shell with it for a couple of minutes. This will allow any sticky and mucky residue to soften up, allowing you to wipe all of it off without scratching your helmet's finish. Make sure to thoroughly wipe the inside of the helmet as well. Do the same with the visor, but take extra caution in making sure you wipe it with an even cleaner, less abrasive cloth. Now, return to the basin where your helmet's innards are soaked, and give them a firm, yet gentle scrub. If they're really heavily soiled, you may want to consider changing the soap and water and repeating this process until the water isn't gunky anymore. After this, make sure to rinse them thoroughly.



3. Let It All Dry

Now that both your helmet's internals and externals are cleaned and rinsed, leave them out to air dry. I'd suggest hanging your cheek pads and internal liner away from direct sunlight, as the heat could cause premature aging especially on the foam padding and vinyl finishes. Of course, chucking it into the dryer is a big no-no. Depending on the weather and where you decide to leave your helmet to dry, the drying process can take anywhere from one to two days. Make sure that everything is completely dry before proceeding to reassemble your helmet.

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4. Put It Back Together

Now that everything's nice and dry, you can now begin what I consider the most tricky part of the whole process: reassembling your helmet. It can get a little frustrating trying to fit everything nice and perfectly, so I suggest taking extra precaution, especially when it comes to clips and fasteners around the crown area which have a tendency to get bent up easily. Slipping the neck roll into its slot at the base of the helmet can also take a few tries to get right, so just take extra care in doing this. Once you've got everything lined up nicely, give everything a thorough check to see if any clips haven't been fastened.

There you have it! A nice and clean helmet that smells, feels, and looks nice. Now, you can throw it on and go for a ride without having to deal with any of the unsavory smells of your once dirty helmet.

The Iron Clad Wings

Elbows

Your biological shock absorbers

By: James R. Davis, The Master Strategy Group

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

In addition to the shock absorbers you are already familiar with (front wheel, rear wheel and steering damper), there are two more that are very important to you as a motorcycle rider - your elbows.

In order to allow these shock absorbers to work you must not lock them. That is, you must droop your elbows while you ride. By drooping them you accomplish the following:

- They remove pressure from the wrists and allow a longer more comfortable ride
- They stop the transfer of front-end instability to the rest of the bike
- They minimize the transfer of load to the front-end during hard braking (leaves it lower and farther to the back of the bike)

If you ride a motorcycle which requires that you lean forward over your tank, you already know that a long ride numbs your wrists and causes your forearms to ache. You know that you must lean even farther forward in order to unlock your elbows when you are about to take a bump with the bike.

Touring riders sit on their saddles in a generally erect posture, often with a backrest that they lean into while riding. If that backrest is too far back they will be forced to ride with their elbows essentially locked in order to reach their grips. If so, they will suffer the same numbness and aches after a long ride - it's not the posture so much as the stiff elbows.

If you have ever had your front-end wobble on you after hitting something in the road, or if that front-end is generally unstable (weak or badly adjusted steering damper), or if you have ever ridden over 'rain grooves', you know that if your elbows were locked you transmitted the instability of the front-end to the rest of your bike and made the entire motorcycle unstable. Drooped elbows absorbs all of that instability and leaves you in more control of your motorcycle.

You also know that braking causes a load transfer towards the front wheel. With the phenomenally powerful brakes we have today coupled with the newer tire rubber compounds, it is now possible for many bikes to literally raise their rear wheel off the ground in a panic stop. This is called doing a 'stoppie'. Drooped elbows will almost certainly prevent a stoppie from happening.

Assume that your elbows are locked solid and that your upper body is held in place relative to the handlebars when you apply the brakes. The momentum of your body transfers load to the front wheel during the panic stop. Your body, because of the locked elbows, does not move forward (relative to the rest of the bike) at all.

On the other hand, if your elbows are drooped, your upper body moves forward (bending at the waist and elbows) during the stop. Any such displacement of your body 'absorbs' the load transfer and keeps it local - the front wheel does not get immediately loaded (with a shifting of your upper body weight) as a result.

Not to put too fine a point on it, but the real difference is in how much and WHEN the load transfer (from momentum) takes place -- how fast it happens. Rather than exaggerating a panic stop and dramatically compressing your front springs, your drooped elbows allows a smaller part of your upper body momentum to be 'felt' in the front-end gradually. For the purist, the way you determine weight transfer is to calculate the ratio of the height of your Center of Gravity (CG) to your wheelbase and multiply that by your braking force. Because your CG lowers when you lean forward, there is less weight transfer at any given deceleration rate.

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SNAPSHOTS

A look at what Chapter-L's Been Up To



Currituck BBQ Lunch Ride Barco, NC May 2, 2020



L to R: Madonna, Terry, Paul, Lorrie, Dan, Conrad, Gnome Napper, Phyllis, Dennis, Keith, and Russ



Who is this masked bandit?



Dennis and Madonna social distancing



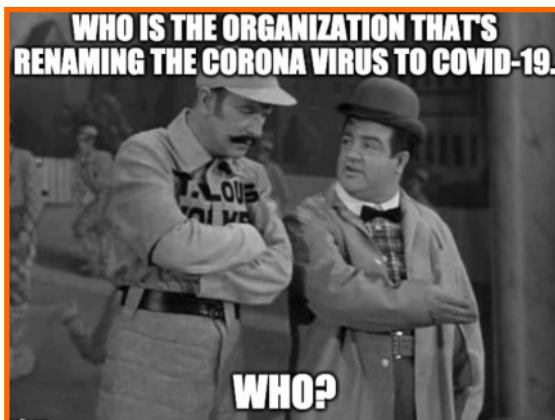
Dennis, Karen, & Phyllis made a pit stop at GWRRA Ice Cream Headquarters



Since we couldn't sit at picnic tables...

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Chapter-L Funnies



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1432 Greenbrier Parkway,
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Please come and join us!

Other local gatherings

- **Chapter C-Hampton/Newport News:** 2nd Sunday each month, 5pm. Angelo's Steak House at 755 J Clyde Morris Blvd in Newport News
- **Chapter O-Williamsburg:** 4th Sunday each month, 4pm. Denny's Restaurant at 409 Bypass Rd in Williamsburg
- **Chapter NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. Golden Corral at 406 Halstead Ave in Elizabeth City, NC



The Iron Clad Wings

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Chapter	Area / Location	Chapter Director	Phone Number & Email	Monthly Gatherings
VA-A	Burke	Mary O'Connor (11/09)	703-635-6775 maryoc4429@aim.com	2nd Wed. 7:30 pm The Ponds Community Center, 9837 Burke Pond Lane, Burke, VA. 22015
VA-C	Hampton/Newport News,	Dave & Donna Huey (01/18)	757-719-0668 dhuey1800@verizon.net	2nd Sun. 4:pm Angelo's Steak House 755 J. Clyde Morris Blvd, Newport News
VA-D	Richmond	Fritz Sassine & Iris Guillet (01/18)	804-938-9183 fritz.sassine@gmail.com	4th Wed. 6:pm Candelas Pizzeria & Ristorante Italiano, 14235 Midlthoian Tnpk., Richmond
VA-E	Fredericksburg	Claude Revely (01/19)	540-207-7646 Knightwing263507@gmail.com www.battlefieldwings.com	3rd Wed. 6:pm Great American Buffet. 1780 Carl D Silver Pkwy, Fredericksburg Central Park Shopping Center, exit 130 off I95
VA-F	Winchester	Stephanie Davis (08/14)	540-664-6430 davis.stephanie80@yahoo.com	4th Sun. 8:am Golden Corral, 120 Costello Dr., Winchester
VA-H	Abingdon	Paul & Dorothy Baker (11/01)	276-628-6047 09nellie@comcast.net	2nd Tue. 7:pm Abingdon Moose Lodge US19, Porterfield Hwy, Abingdon
VA-I	Manassas	David & Robin Hotaling (1/20)	646-406-1200 Rah889195@yahoo.com davidsgoldwing02@gmail.com	2nd Sun. 9:am Great American Buffet 8365 Sudley Rd, Manassas
VA-K	Roanoke	Jim Dailey & Susan Stuppiello (6/19)	540-230-0511 DaileyENT@yahoo.com susantuppiello@gmail.com	2nd Mon. 6:pm Great 611 Steak Co., 3830 Franklin Rd., Roanoke
VA-L	Chesapeake	Dan Clark & Lorrie Thomas (1/20)	757-343-1783 (D) 954-599-5178 (L) Wingernut93@aol.com lorriethomas@aol.com	4th Tue. 6:pm Pops Diner 1432 Greenbrier Parkway, Chesapeake
VA-O	Williamsburg	Ray & Tammie Pierce (04/14)	757-268-6286 gwrravaochapterdirector@cox.net	4th Sun. 4:pm Denny's Restaurant 409 Bypass Rd. Williamsburg
VA-R	Harrisonburg	Gary Hoover hoov@shentel.net (01/18)	540-742-1751 Judy Russell tiggerly13@hotmail.com	1st Sun Location to be Announced
VA-V	Bedford	Jonathan Whitworth (04/17)	540-425-0028 OtterRideVAV@gmail.com	3rd Sun. 2:pm NO FOOD Bedford Church of God 1212 E Main St, Bedford
VA-W	Chester	Sheila & Jim Hazan (06/18)	804-396-9088 (S) 804-396-9089 (J) gwrravaw@gmail.com	2nd Tue. 6:pm The Patron Cantina 12211 Jefferson Davis Hwy., Chester
VA-X	Salem	Larry Stanton (01/15)	304-922-1401 Larry250222@gmail.com	1st Sat. 3:pm Riverside Evangelical Methodist Church, 1920 Lucas St, Salem