

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...

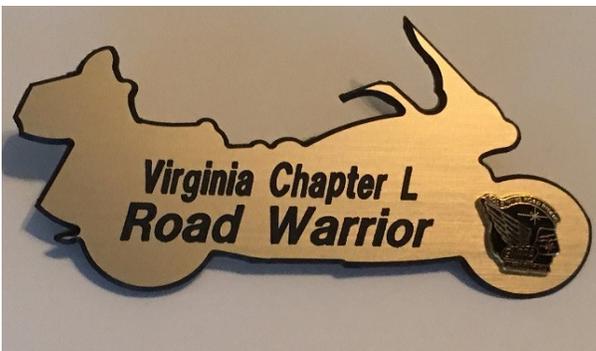


Chapter Directors: Dan Clark & Lorrie Thomas
 wingernut93@aol.com lorriemthomas@aol.com
 Dan's Cell 757-343-1783 Lorrie's Cell 954-599-5178

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: Sherry Morgan
 July: **Rolled Over**
 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

- Backwards Bolt
- Don't Be a Victim!
- Helmets & Glasses
- Word Search Fun
- Chapter L Funnies

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, staying healthy and being safe. Have you sent in your registration for Rally in the Valley? If not, the flyer is attached in the newsletter and the deadline has been extended to August 21st. What are you waiting for, get them in the mail today?

As I sit down to write this article, I think of the tribulations that we have had to endure the past few months. We all know about the Covid-19 virus going around. You may know that the Governor of Virginia has ordered a regression of Phase III back to Phase II for the Hampton Roads area. What does this mean? Restaurants are now reduced once again to 50 percent capacity.

What does this have to do with our Chapter? Pop's Diner is now reduced in capacity and I believe they do not have a problem with our size of group. They have been gracious enough to open specifically for our Chapter. Some Members are uncomfortable with attending a gathering but all of us that work must gather with fellow employees. Some are lucky enough that they can work from home. There are restrictions in place to protect ourselves and others and we need attendance to the gathering to continue to utilize Pop's Diner. We only had 16 members attend the last gathering and we need a minimum of 25. So, come out and support your Chapter and Pop's.

The other issue we have had to deal with was the Tropical Storm Isaias. I hope everyone fared well with minimal damage. If anyone needs assistance in cleaning up or cutting down trees, fixing fences, do not hesitate to ask for help. We are a family and we look out for our family members.

Hopefully, we can get back to doing some riding. I have been working on a couple of ventures that I think you will enjoy. If you have an idea for a ride let me know. This does not mean you have to lead or organize the ride; I will take care of that. Email me any ideas and I will try to incorporate them into the ride calendar. Look on the ride calendar for the monthly list and I will publish in the Ride Coordinator article about upcoming rides and events. So, let us get together and enjoy some wind therapy. Till we meet again, be safe, ride safe and keep the shiny side up.

Dan Clark

Chapter Director, Va-L

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



Phyliss and I are excited to gather with all of you at the All Chapter's Picnic on September 19 at Twin Lakes Park, 788 Twin Lakes Rd., Green Bay, VA 23942-2525. We need the Chapters to send in a head count by September 7th to the District so we can be sure we have enough food. The flyer is included in the newsletter if you need further information.

Events, rides, and Gatherings are beginning to happen again. We genuinely appreciate the support you have given the Chapter by coming to the Gatherings. The games are a blast to create and even more fun to watch as you all enjoy them. We look forward to seeing you at the next Gathering on August 25th at Pop's Diner.

One of our responsibilities is to assure the recognition of our Members. At Rally each year, we recognize a Member for the "Spirit of Virginia" award. Please read the criteria for the award below. Do you know someone to nominate that "By their works you shall know them"?

Vernon L. Needham SPIRIT OF VIRGINIA Award

All Members within GWRRA are outstanding Members, but there are those few who continue to help others and exemplify the motto of this organization, "Friends for fun, safety and knowledge." These Members deserve to be recognized for their contributions that go above and beyond. The "Spirit of Virginia" award is presented to an outstanding person or couple within the Virginia GWRRA District that represents this meaning.

With that in mind, an award has been initiated to recognize this member. Only one award will be presented in any year. If a deserving recipient or couple is nominated and selected, the presentation will be made at the District Rally. The Member(s) receiving this award does not have to prove themselves by any type of test or oral presentation. They do not have to present themselves in any way after they have been nominated. In fact, it is preferred the nominated person(s) is not aware of the nomination.

A selection panel will be chosen each year to consider all nominations received and will select one award recipient. The nominator of the selected recipient will be contacted upon selection to ensure that the recipient will be attending Rally in the Valley for presentation of the Award.

Continued on Next Page

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement

Rules of the award are as follows:

- The nominee or couple must be a Member(s) of the Virginia GWRRA with Membership fees paid in full for the year they are nominated.
- The nominator(s) must also be a Full Member(s) of the Virginia GWRRA with Membership fees paid for the year they are nominating.
- The nominator(s) does/do not have to be an Officer or hold any position within GWRRA.
- The nominator(s) must submit a written dissertation stating why they believe the person, or couple should be considered for this prestigious award. Try to be as comprehensive as possible as to why the nominee or couple should be considered.
- The written dissertation is to be submitted to the Chapter Director or Assistant Chapter Director of the nominator's Chapter to be forwarded to the District Director. All nominations are to be sent US Mail or electronic mail (e-mail) to the District Director, or their designated recipient, and received no later than 6 weeks prior to the District Rally (revisions to this date at the discretion of the District Director with written notice to all Chapter Directors in advance) of the year of the potential award.
- The selection panel will then consider the submitted nominations to determine if a "Spirit of Virginia" award warrants presentation at that year's District Rally.
- How does a Member or couple qualify for this prestigious award? "By their works you shall know them."

All submissions should include nominators full name, Chapter, and GWRRA Membership number, along with full name, Chapter, and member number of the nominee.

Thank You,

Dennis & Phyliss Easton
 GWRRA VA-L
 Chapter Membership Enhancement Coordinators
 Chapter Couple of The Year 2019
 VA District Couple of the Year 2019-2020
eastondm@cox.net
 757-636-1023 (Phyliss Cell)
 June 2020

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

Hello Chapter,

I have been working on a few rides and items for everyone to enjoy. I will list the upcoming rides below.

How many of the Members used to watch The Andy Griffith Show as a kid? One of the things I have been working on is a trip to Mt. Airy, N.C. They will be holding their annual celebration called Mayberry Days from September 20th thru September 26th. I have a block of rooms reserved at the La Quinta Hotel in Wytheville, Va. for Friday and Saturday, the 25th and 26th. The rate is \$85.00 per night plus taxes, and I have reserved 5 king rooms and 5 double queens. The phone number is 1-276-228-7400 and make sure to mention that you are with the Goldwing Road Riders Group. I plan on leaving Friday morning at 8:00 am and should be in Wytheville by 4:00 pm. The hotel is about 35 to 40 minute ride to Mt Airy. If you want to know the event schedule, look up Mayberry Days and the schedule will be listed. There are many concerts and shows to enjoy along with Arts and Crafts. If you care to attend a concert, you must make reservations. I think this will be a great ride and a lot of fun.

The Calendar has been updated and listed is a short list of the upcoming rides and events:

- 8-15 Richmond ride to the Holocaust Museum
- 8-22 Dinner and Moonlight Ride
- 8-25 Our next Gathering
- 9-5 Quarterly Clean-up/Lunch Ride
- 9-12 Chapter C Fall Sprawl (send registration in by 8-15)
- 9-19 All Chapter Picnic in Green Bay, Va
- 9-22 Chapter Gathering
- 9-25 & 26 Mayberry Days in Mt Airy, N.C.

We look forward to seeing everyone on the rides and at the next Gatherings. Till then, be safe, ride safe and keep the shiny side up.

Dan Clark

Ride Coordinator, Va-L

The Iron Clad Wings

District

“I ain’t afraid of no storm!”

Someone wrote on Facebook that after the last 6 months, a hurricane seemed anticlimactic. Just no big deal. Some of us made it through with a little rain and wind. Others had severe damage when house vs tree happened, and the trees won. Without exception, the GWRRA family reached out with offers to help. Reminded me why this is more than just a bunch of folks that like motorcycles. May you all recover quickly and may your strength and kindness never waiver.



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

August 1st came, and the District did not receive the expected registrations for Rally. I did receive emails and phone calls after the 1st from Members who had forgotten to register. Did the message get out? We posted it in the District newsletter, it was forwarded to all the Chapters and it was posted in some of the newsletters. It also went to Group Works. Assuming communication may have broken down in some cases, we decided to extend the deadline to August 21st. This is one more chance to get the word out to all the Members. In this newsletter is a note from the District Team that you can copy and paste and send out in your newsletters or send in a Chapter email.

Susan Huttman, Director of the Rider Education Program, has assured us that the on-bike coaching staff from Virginia and the surrounding area are looking forward to attending. They will be offering both Advanced Rider Course and the Trike Rider Course. This is a good time to take advantage of these classes as there have been limited opportunities due to the virus.

All Chapter Picnic is coming!! September 19th, flyer is attached. Please get a head count to me through your Chapter Directors or Membership Enhancement Coordinators by September 7th. Free food, cool games and the infamous homemade baked good auction will be included.

Happy to see that Gatherings are starting up again. There have been some pretty creative ways invented to meet and still stay safe. Riding, by its nature, has always been a safe way to socially distance. I’d rather wear a helmet than wear a mask!

Start thinking about classroom training. We can safely do Road Captain and other classes whether we do it just for your Chapter or invite other Chapters. Check out the class list on gwrradot.com. I will gladly assist you in finding a space that will accommodate us safely and choosing classes that you would enjoy. Let me know.

You are welcome to contact me anytime at lorriemthomas@aol.com or 954-599-5178.

Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

District

Rally in the Valley Registrations

Your District Team is working hard to make this a Rally to remember. We understand that most of you have been waiting for a sign that the Rally will go on as planned. The Lynchburg Grand Hotel and the City of Lynchburg have assured us that they are willing, able, and excited to welcome us October 29-31, 2020. Virginia has moved into Phase 3 allowing us to have this gathering.

The time has come to send in your registrations for Rally. The hotel has been receiving room registrations for months, so we know you're interested. In years past, by this time in the registration process, we would be able to predict what we need to order in supplies, food, pins, t-shirts, etc. to be ready for the Rally. We must be able to schedule Rider Coaches from other States for the on-bike classes and Instructors for classes.

We understand why you may have been hesitant to send in your registration but without knowing how many people to expect, we are unable to plan. Please know that reimbursements of your fees will be swift should the Rally be cancelled.

Although we had set the deadline for a guaranteed spot by September 29th, we are asking that you send them in now. If we do not have 100 registrations by August 21st, we will consider cancelling RITV. IF we meet our minimum registration numbers and we decide to have the Rally, guaranteed registrations will still be accepted until September 29th and even taken the day of the Rally.

There is much to do; fun to plan, plaques to engrave, carnival games to assemble, cotton candy to swirl, popcorn to pop! Help us make it happen!



A way to clean out your garage and closets of Motorcycle Parts, Clothing and Accessories at the First Annual Rally in the Valley Flea Market!

Friday, October 30th , 10:00 – Noon.

A 6' table is included. Bring your own bank to make change. Tag your treasurers and be prepared to haggle. All tables must be attended during the duration of the sale. To reserve a table or for further information, please contact Dan Clark at

Wingernut93@aol.com by September 29th.

The Iron Clad Wings

National



GWRRR University Online Training Available 🎓 Aug Classes

Click here to register:

<https://gwrrradot.com>

Once the site opens, scroll down and click on the scrawl to register

August

Check Times

All Classes are CENTRAL TIME!!

Any questions, please contact:

Clara Boldt
 Director of the University
 toledotriker@gmail.com

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	103-04 Team Riding 6:00pm	5	201-06 Newsletters 6:00pm	6
7	8	9	10	11	106-02 Mature Rider 6:00pm	12
13	14	15	16	17	101-06 Riding in the Dark 6:00pm	18
19	20	21	22	23	202-05 Member Benefits 6:00pm	24
25	26	27	28	29	101-02 Co-Rider 6:00pm	30
31						

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



AUGUST BIRTHDAYS

CAROL LINDGREN
 DON MCALISTER
 STEVEN MORGAN



AUGUST ANNIVERSARIES:

NONE



AUGUST GWRRA ANNIVERSARIES:

PAUL BRICKER 3 yrs
 JOHN & KATHY SKINNER 12 yrs
 WILL CONRAD 4 yrs
 DOUG GILLIAM 19 yrs
 GAYLE VERNON 8 yrs
 CARM STOBIE 11 yrs



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.TheEngraver.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
Aug 15	L	Richmond Holocaust Museum —Learn about the history and the anguish that people endured during the war. The museum is free but accepts donations. We must give a head count of the number of people that will be attending. We will depart Hardee's, 864 George Washington Hwy in Chesapeake at 9:00 am and should arrive about 11:00 when they open,
Aug 22	L	Moonlight Dinner Ride —We will depart from Hardee's , 864 George Washington Hwy in Chesapeake at 6:00 pm for a short ride for dinner then head out for an evening of star gazing and looking at the moon.
Aug 25	L	Chapter L Gathering , Pop's Diner, 1432 Greenbrier Parkway, Chesapeake, VA. Eat at 6pm Meet 7pm
Sep 5	L	Chapter Adopt-a-Spot cleanup —We will conduct our quarterly clean up starting at 8:00 am located at the Walgreen's 201 Hanbury Rd in Chesapeake. After we will go to breakfast at Metro Diner on Volvo Pkwy.
Sep 12	C	Fall Sprawl , 485 Simmons Ln, White Stone, VA
Sep 19	Virginia	Virginia All Chapters Picnic —Twin Lakes State Park, Green Bay, VA
Sep 25-26	L	Mayberry Days —Mt Airy, NC. Come enjoy the days of Mayberry with their annual Festival. Crafts, music, and food along with concerts.
Oct 27	L	Chapter L Gathering , Pop's Diner, 1432 Greenbrier Parkway, Chesapeake, VA. Eat at 6pm Meet 7pm
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



ALL CHAPTERS PICNIC



SEPTEMBER 19, 2020

We will celebrate each other and especially our Couples of the Year, past and present.

Back by popular demand

\$5 to Park

\$0 to Party

11am to 3pm



Deserts To Share



Chapter Challenge Games

Fully Catered Lunch
Menu will be posted later



Location



Twin Lakes State Park is near Farmville, about an hour southwest of Richmond.

To get there, take U.S. 360 West of Burkeville to Route 613 (Indian Springs Rd.). Then go east on Route 629 (Twin Lakes Rd.).

Its address is 788 Twin Lakes Rd., Green Bay, VA 23942-2525.

Latitude, 37.174829, Longitude, -78.273242.

<https://www.dcr.virginia.gov/state-parks/twin-lakes>

In the heart of central Virginia, this 548-acre, historic park offers many cultural, environmental and recreational activities. Over-night accommodations include a 33-site campground and 11 climate-controlled cabins. Visitors enjoy swimming, fishing, hiking, boating and lakeside picnicking.

RV—Tent—Cabins for Rent—Those that can, bring chairs—Pavilion has seating for 65

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: (#) (size) Amount
S, M, L, XL, 2XL -- \$14 / 3XL -- 4XL -- \$17

LONG SLEEVED T-SHIRT: (#) (size) Amount
S, M, L, XL, 2XL -- \$16 / 3XL & 4XL -- \$19

SHORT SLEEVE GOLF SHIRT: (#) (size) Amount
S, M, L, XL, 2XL -- \$20 / 3XL & 4XL -- \$23

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 Bazz
 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: _____

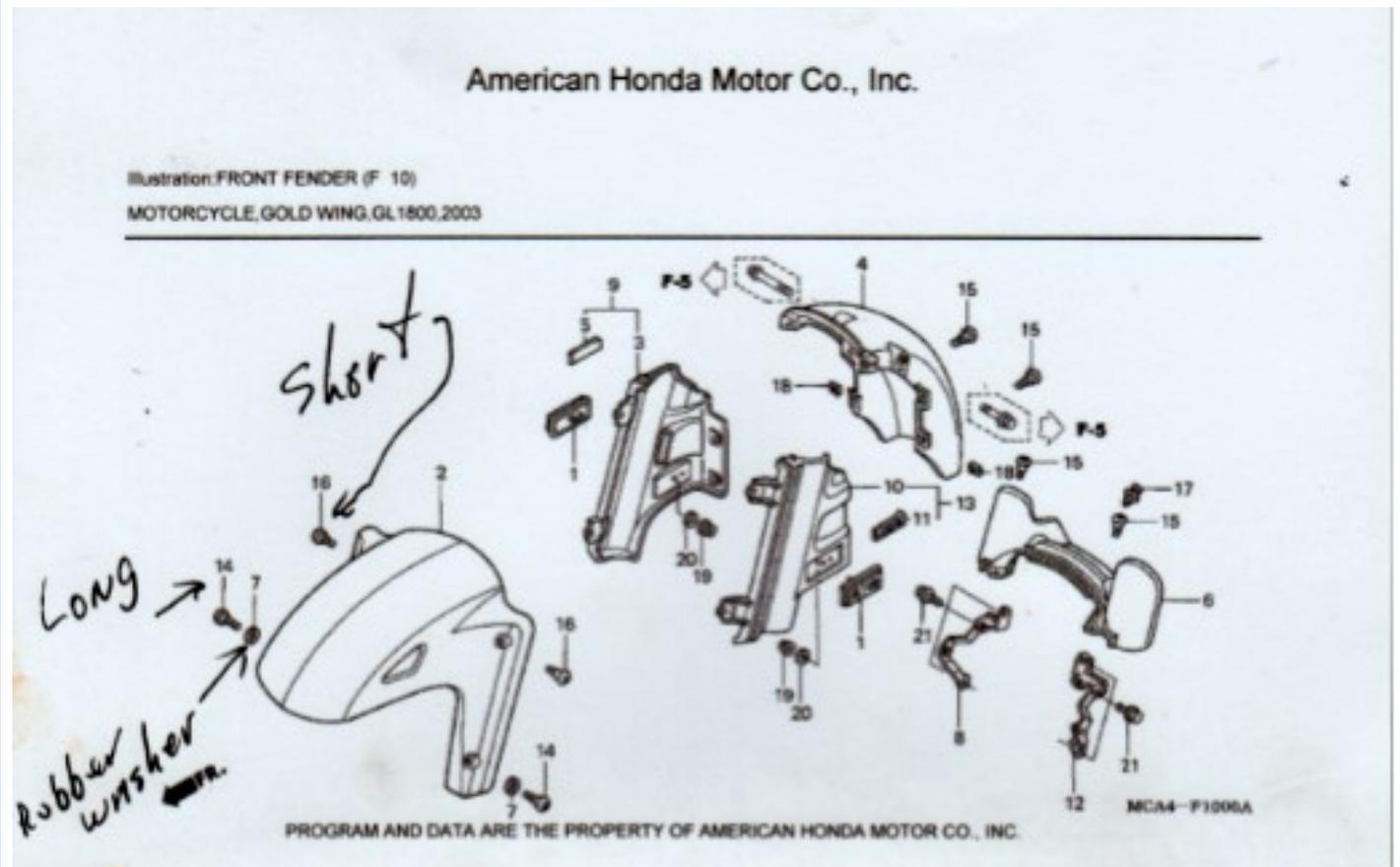
The Iron Clad Wings

Backwards Bolts

By: Dave Hunter, VA-L

This is silly but...If you take off the front fender "A" of your 2001-2017 GL1800, the long allen bolts always go on the bottom with the rubber washers & the short bolts go on the top. I am not picking on any one person, I'm just venting. I see the bolts backwards often and for all I know it could be other shops that don't know better. Thanks, I feel better now!

Dave Hunter



The Iron Clad Wings

Heat Stress & Safety

By: Karen Bottoni, VA-L

OK ya'll...how many times have you had that “do as I say, not as I do” moment? Maybe you can relate to this? So I'm outside working on the house and yard one day before I left for Wisconsin (again), and picked a day that was supposed to be the coolest of the week (good choice #1). I followed all safety precautions and even drank a bottle of water (I hate water) at the start (good choice #2). All is going well, except that I noticed there was no breeze and I was working in the direct sunlight. Fast forward about three hours later and all of the sudden, I tell myself “hey, why is it getting so bright out here” (I'm wearing sunglasses) and “wow am I thirsty!” In the heat of the work and trying to get my tasks done, I forgot about the heat of the day! So yeah—I stumbled into the house, feeling all sorts of weird, and grab a bottle of water, the recliner and a bag of freezy ice for my head. I had no focus, no ability and no mission left other than cooling down quickly. Yep—I was a victim of heat exhaustion, heat strain, heat stress—however you label it!



After doing a little research about heat stress, I learned that individual fatigue and time-to-exhaustion are directly related to the rate of heat gain, and are inversely related to the initial core body temperature. Heat stress can reduce mental performance, which is probably mediated by thermal discomfort (from high skin temperature, very wet skin, and cardiovascular strain). Also, mental performance degradation is relative to graded levels of heat stress and strain. Mental performance degrades the most in boring, monotonous and repetitive tasks. In addition, tasks that require attention to detail, concentration, and short-term memory and are not self-paced may degrade from heat stress. Heat stress slows reaction time and decision times. Routine tasks are done more slowly. Errors of omission are more common. Vigilant task performance will degrade slightly after 30 minutes and markedly after 2 to 3 hours of exposure to elevated temperatures.

Dehydration adversely affects mental function (for example, response time and word recognition) during heat exposure. These performance decrements probably increase with the level of dehydration.

So there you have it! My failure to properly hydrate before and during activity directly led to my heat-related incident. Taking periodic breaks to self-monitor and rest didn't occur because I was so focused on getting everything done in one shot. By the time I realized what was happening, my time working outside was over and I was pretty much useless the rest of the day. Totally preventable! Sadly, I knew beforehand how to prepare, yet I didn't act in that manner. So the moral of the story is to take working in the heat seriously. Hydrate hydrate hydrate! Take your breaks, get your shade or A/C, and don't overdo it. Don't be a victim!

The Iron Clad Wings

How to wear glasses with a motorcycle helmet

Retrieved from Motorbikewriter.com



If you wear sunglasses or prescription glasses you will know of the niggling problems caused by wearing them with a motorcycle helmet.

Some people wear contact lenses while riding, but be careful as they can dislodge in high winds and on bumpy roads. You could also get your eyes lasered.

But neither of these will protect your eyes from dust, grit, glare and harmful UV rays.

In which case you could install a tinted visor or wear goggles, some of which can even have prescription lenses fitted!

But if that doesn't solve your problems, we have a few tips:

Correct glasses

The best glasses are those with straight and thin arms, not arms that bend behind your ear or have thick sides.

These are not only difficult to get into the sides of your helmet, but they also can irritate on a long trip and cause headaches.

Motorcycle glasses with foam gaskets to keep out the wind and dust are great.

However, any good pair of close-fitting spectacles will be fine so long as they fit properly under your helmet.

Correct helmet

When trying on a helmet in a store — and we always recommend you try it on rather than buying online — make sure they have cutouts in the temples to fit glasses. Most do, but some don't.

Open-faced and flip-up helmets are easier for putting your glasses on than a full-face helmet.

Some open faced or flip-up helmets even allow you to put your glasses on before putting on your helmet.

Correct fit

Don't even bother taking off unless your sunglasses or spectacles are in the right position.

If they slide down your nose because they are too loose or pinch your nose because they are too tight, then they can become a dangerous distraction.

It's worth spending an extra few minutes wriggling them into the right position before closing your visor.



The Iron Clad Wings



Retrieved from facts.net

One of the greatest things in life is the ability to learn and gain knowledge. As we grow older we learn that we never really stop learning outside of school. While some did you know facts may be strange and seem a bit trivial, you never know when it might come in handy. Here a few “did you know” facts that are sure to get your brain itching for more information.

The blood of lobsters is colorless.

However, when their blood is exposed to oxygen, it becomes a blue color. This is mainly due to the copper that is found present in the blue hemocyanin molecule in their blood. Now that’s some cool scientific did you know facts

Australia is the only continent without an active volcano.

The nearest active volcanoes are located off the continent of Australia but are still within its territory. One is located on Head Island and the other on McDonald Islands. The reason why Australia does not have any active volcanoes located on the continent is that it isn’t on a plate boundary.

Honey never spoils.

Here’s one of our sweetest did you know facts about food. When honey is heated and strained and sealed properly, it will not be able to absorb moisture and therefore will stay as it is forever. The oldest jar of honey ever found is stated to be over 5500 years old today.

Ducks cannot walk without bobbing their heads.

Ducks often bob their heads to signify moods or emotions. At times, it may also be used to signify flirting during the mating season.

The Aztecs invented popcorn.

Originally, they used this as an ornament and was used in headdresses. This ornament would be used as a way to praise their god Tlaloc, the god of maize and fertility.

Only female mosquitoes bite you.

Need some insect did you know facts? No problem. Only female mosquitoes bite us because the required nutrition from their victim’s blood is needed to develop their eggs. Male mosquitoes feed on the nectar of flowers.

The thigh bones of humans are stronger than concrete.

The thigh bones support the weight of the entire body and are approximately eight times stronger than concrete. However, they are still prone to break when serious injury is inflicted on the bone.

The Iron Clad Wings

Word Search

Famous Cars

Manufacturers and models of famous cars



ALFA ROMEO
ASTON MARTIN
AVANTI
BMW
BUGATTI
CADILLAC
CAMARO
CHEVELLE
CONTINENTAL
CORSAIR
CORVETTE

DELOREAN
DESOTO
DEVILLE
EDSEL
HUDSON
IMPALA
JAGUAR
MERCEDES BENZ
MILITARY JEEP
MODEL A
MODEL T

MONTE CARLO
MUSTANG
NOVA
PACKARD
PORSCHE
ROADSTER
ROLLS ROYCE
STUDEBAKER
THUNDERBIRD
WOODY WAGON

You can find the words in the grid by looking Diagonal, Forward, Backward, Up, and Down.
Circle them with a pencil or use a marker to highlight the letters. But most of all HAVE FUN!!!

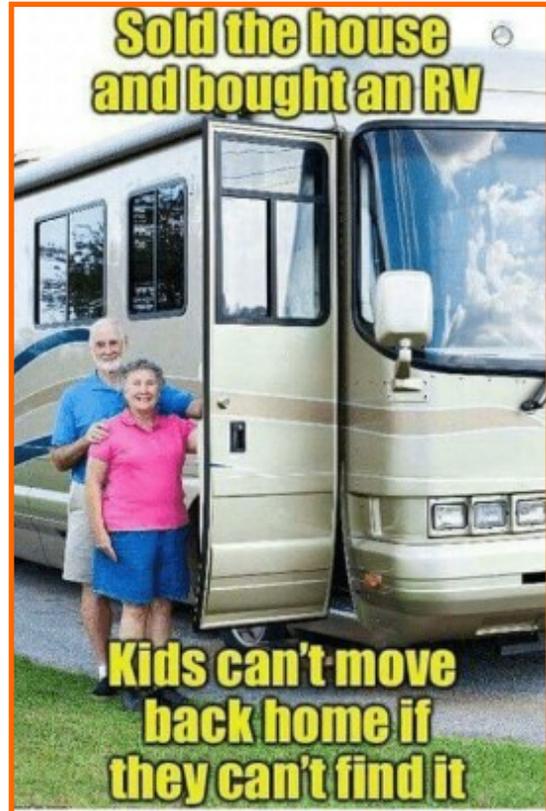
Retrieved from whenwewordsearch.com

The Iron Clad Wings

Chapter-L Funnies



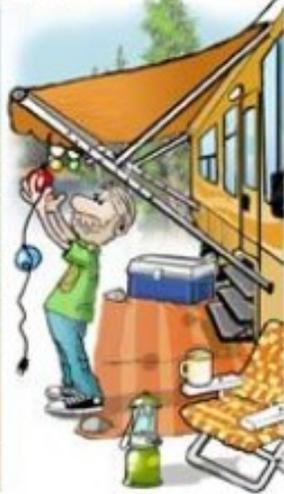
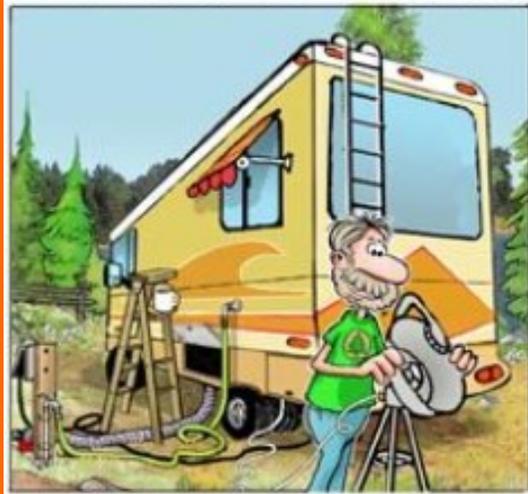
New for 40-somethings who don't want to look like geezers: motorcycle helmet-shaped reading glasses.



Motorhome RV same thing

WINDING ROADS® BY JOE SCHMIDT

WWW.JOESTOONS.COM



Hi, Stan. I'm still waiting in that open campsite while you drive the RV around to see if there's a better one. What's taking so long?



The Iron Clad Wings

Chapter Team Members

POSITION	NAME	EMAIL
CHAPTER DIRECTORS	DAN CLARK Dan cell: (757) 343-1783 LORRIE THOMAS Lorrie Cell: (954) 599-5178	wingernut93@aol.com lorriemthomas@aol.com
MEMBERSHIP ENHANCEMENT	DENNIS & PHYLISS EASTON	eastondm@cox.net
TREASURER	WILL CONRAD	will38@cox.net
RIDE COORDINATOR	DAN CLARK	wingernut93@aol.com
EVENT COORDINATOR	VACANT	
CHAPTER HISTORIAN SCRAP BOOK	VACANT	
NEWSLETTER EDITOR	KAREN BOTTONI	kbottoni@gmail.com
WEBMASTER	KAREN BOTTONI	kbottoni@gmail.com
SECRETARY	DEBBIE MANDIGO	dsteamn@gmail.com
SUNSHINE COMMITTEE	KARLA DOBBINS	karla_cowboys@yahoo.com



<https://gwrraval.org/>



The Iron Clad Wings

Virginia District Team

POSITION	NAME	PHONE	E-MAIL
District Director	Lorrie Thomas Dan Clark	954-599-5178 757-343-1783	lorriemthomas@aol.com wingernut93@aol.com
Asst. DD West	Wayne & Kathy Whitworth	540-875-8064	wayne69997@yahoo.com
Asst. DD North	Vacant		
District Couple of the Year	Dennis & Phyliss Easton	757-636-1023	eastondm@cox.net
District Educator	Vacant		
Asst. District Educator	Bob Beltz	757-869-8277	beltzb@cox.net
Asst. District Educator	Gordon Combs	540-840-0394	gorcom@msn.com
District University Coordinator	Vacant		
CPR/MFA Coordinator	Ken Taylor	703-819-6766	2012pearlwhiterider@comcast.net
Member Enhancement	Vacant		
Asst. Membership Enhancement	Ann Peterson	703-583-1655	nativepeterson12@gmail.com
District Web Master	Fritz Sassine	804-938-9183	fritz.sassine@gmail.com
District Event Photographer	Jim Peterson	703-583-1655	nativepeterson12@gmail.com
District Special Events Coord.	Vacant		
District Rally Vendor Coord.	Vacant		
District Treasurer	Roman Paryz	757-687-9282	roman.paryz@gmail.com
Newsletter Editor	Roman Paryz	757-687-9282	roman.paryz@gmail.com

Team GWRRA

Directors	Jere & Sherry Goodman	540-623-0447	director@gwrro.org
Director's Assistant	Tom & Renee Wasluck	570-239-2353	tom.renee11@gmail.com
Director of Membership Enhancement	Dan & Mary Costello	732-261-2883	mep.director.gwrro@gmail.com
Director Rider Education Program	Susan & St. George Huttman	828-368-2249	director-re@gwrro.org
Director of the University	Clara and Fred Boldt	319-240-4269	toledotriker@gmail.com



<https://www.gwrroavistrict.com/>

<http://gwrro.org/>



The Iron Clad Wings

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 Tnpg., 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

The Iron Clad Wings

1432 Greenbrier Parkway,
Chesapeake, VA 23320
(757) 502-8220
www.popsdinerco.com



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. The Villa at 846 Halstead Ave in Elizabeth City, NC



Come Join Us