

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

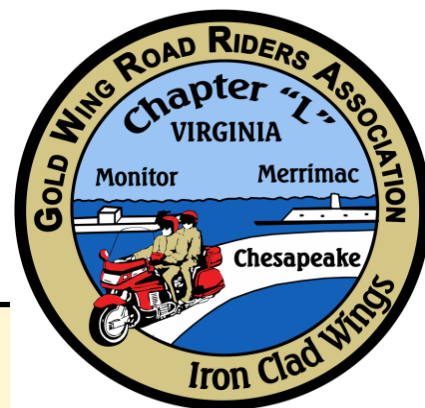
Ride & Grow with VA-L

We meet the 4th Tuesday of each month (except December) at Zino's Café, 850 George Washington Hwy N, Chesapeake, VA 23323. Our meet, greet and eat—begins at 6pm, our gathering begins at 7pm. We invite you to come out and have fun with us

2021 Road Warrior Awards



- January: Lorrie Thomas
- February: **Rolled Over**
- March: Paula Dignan
- April: Madonna Elliott
- May: Paul Bricker
- 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

- Ah-ah-ah-ah Staying Alert, Staying Alert
- Heat Index Chart
- **SNAPSHOTS**—a look at what Chapter L's been up to
- 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



The month of May was busy a one for the Chapter. We had something planned for each weekend except for Memorial Day weekend. At our last Gathering for those that were unable to attend, we had a member step up and assume the responsibility of the CSEA, Chapter Skills Enhancement Advisor. This position replaced the Chapter Educator position and we have not had one in this position since I took over as Chapter Director. We welcome Karen Bottoni to this position and know she will do a great job. If you have any questions about the levels or training, see Karen, Lorrie or myself.

Our Chapter sponsored our First annual Motorcycle Awareness and Safety event on May 15th. We had a lot of fun and the visiting Chapters enjoyed themselves as well. We had members from Chapters C and former W along with a couple of Harley groups that stopped in. We also had the Sons of Poseidon show up which are Navy retiree's and active members. Many of the attendee's enjoyed competing in the rodeo and watching the Virginia State Motorcycle Division ride the course that we had set up for the Bike Safety exercises. The Police even had a clown chasing them, maybe some of you will recognize who that could have been.

Have you considered going to Wing Ding this year? Lorrie and I will be attending as the University Directors and I will also be assisting with the Districts responsibilities as well. We have a few of our Chapter Members attending and will be going on an extended trip after Wing Ding to Montana and Bear Tooth Pass along with other sights. I am sure we will have plenty of pictures and commentary in upcoming issues of the Chapter newsletter.

By the time this issue is published, we will have had our first District ride. Our District MEC came up with this idea and had divided the state into sectors. Chapter L was grouped with Chapters C and D and we were to come up with a ride for the entire District to come join us on this ride. Each sector is doing the same and are welcoming all the other Chapters to come ride in their respective areas. Our ride was on June 5th and we departed from Surry House on Rolfe Hwy (Rt 10). We had approximately 35 people respond for this and we rode through the country roads to Courtland and back to Surry. Lunch was at the Surry Seafood. The Northeast sector's ride is on June 27th and the Southwest sector's is on August 7th. If you are able to attend either of these rides, let the Chapter Directors know for the areas. You can check out their flyers in this newsletter.

We look forward to having some great rides and events in the coming months. Check the ride calendar for rides as it is updated frequently. We hope to see you at one of the rides. Till then be safe, Ride safe and keep the shiny side up.

Dan Clark & Lorrie Thomas

Chapter Directors, Va-L

The Iron Clad Wings

Dennis & Phyliss Easton

Membership Enhancement Coordinators

eastondm@cox.net



Membership Enhancement



Hello Chapter L,

I am so happy to be able to report to you, I am doing much better. As most of you know, 12 months ago I was diagnosed with Rectal Cancer. With that shocking news came a strong leaning in my faith, friends, and family to support me mentally and physically.

My wife Phyliss was instrumental in my success in handling all the twist and turns that happens when you hear “You have Cancer”. Oh my god, what does that mean. It means time off, it means doctors’ visits, and it means, you must be your own best advocate. Fight, fight, fight and never give up.

Surgery in July, round 1 of Chemo was Sept through Oct, Radiation was at the same time. Month off then Chemo Heavy every 2 weeks for 6 months starting in November. Twelve 4-5-hour treatments that wore me out. I am proud to say, I have successfully completed all treatments and had a follow up Colonoscopy this week that found no abnormalities or issues. Next step is a CT scan on 6/5 to look at the entire abdomen area. Checking to see if it spread or not. I am optimistic it will be clear. If you feel like saying a prayer, I will gladly accept, thank you.



- | | | |
|--|---|---|
|  Pink...
Breast Cancer |  Black...
Melanoma |  Gold...
Childhood Cancers |
|  Teal...
Ovarian Cancer |  Dark Blue...
Colon Cancer |  Burgundy/Ivory...
Head & Neck Cancer |
|  Clear...
Lung Cancer |  Burgundy...
Multiple Myeloma |  Lime...
Lymphoma |
|  Purple...
Pancreatic &
Leiomyosarcoma |  Grey...
Brain Cancer |  Peach...
Uterine Cancer |
|  Orange...
Leukemia |  Blue...
Prostate Cancer |  Kelly Green...
Kidney Cancer |
|  Emerald Green...
Liver Cancer |  Teal/White...
Cervical Cancer |  Teal/Pink/Blue...
Thyroid Cancer |
|  Periwinkle Blue...
Esophageal &
Stomach Cancer |  Yellow...
Sarcoma/Bone/
Bladder Cancer |  Lavender...
All Cancers |

All our love and thanks for the kind words of encouragement.

Dennis and Phyliss Easton

Membership Enhancement

GWRRA Memberships

Rick and Madalena Buck Assistant District Directors, Florida. Membership Enhancement District Rally Coordinators

Recently we received an inquiry as to the type and cost of membership and thought this would be a good time to reviewing GWRRA Membership.

There are now only two types of memberships in GWRRA. The following is a breakdown of the two memberships:

- Individual Membership: For individual Members only. The Individual Membership fee is \$55 for 1 year (\$105 for 2 years, \$150 for 3 years).
- Family Membership: For families with two or more people in the same household. The Family Membership fee is \$65 for 1 year (\$125 for 2 years, \$180 for 3 years).

The above membership fees are for members that have completed up to 20 years in the association. For those individuals who have been a Member of GWRRA for 20 consecutive years they will pay a nominal annual membership fee of \$20 per year. This is considered the New Life Membership Program. The member receives Rescue Roadside Assistance as part of their membership.

Rescue provides up to 35 miles of free towing for the motorcycle owner. A GWRRA member also has the option to upgrade the Rescue to Motorcycle Plus, Rescue Plus or Rescue Plus Premium for extra charge. You can find more information on Rescue at [http:// roadridersrescue.com/](http://roadridersrescue.com/)

The Iron Clad Wings

Dan Clark

Ride Coordinator

wingernut93@aol.com



Ride Coordinator

Greetings Chapter. What a busy month we had for May. We didn't see a lot of rain during May, but the flowers still bloomed, and the lack of rain caused the yard to turn brown already.

We had some great rides and some great participation from Members, thank you for coming out. We have some more great rides coming up this month and look forward to seeing our Member's enjoying the rides.

As many may know, the District MEC came up with a District ride, dividing up the state into three sectors. Chapter's C, D and L were to come up with a ride and we will have gone on this ride prior to the publishing date of the Newsletter. As of this writing, we tentatively have 28 bikes with 40 members attending. I hope everyone who came out enjoyed the ride.

Listed below are the remaining rides for the month of June. Hopefully, some of you will be able to attend some of the rides now that all restrictions have been lifted for covid.

Anyone interested in taking a Road Captain Course, the District is tentatively scheduling a training for the 31st of July. If you are interested, please let me know and I will get the info to the district.

June 11 Ice Cream Ride to The Yard Milkshake bar 3229 Virginia Beach Blvd. Depart from Hardee's at 6:30 pm.

June 12 Adopt a Spot clean up. Meet at Walgreen's 201 Hanbury Rd Chesapeake, Va. Lunch afterward at Cohiba's Cuban Restaurant.

June 19 No Ride Scheduled.

June 24 to July 5 Traveling to Wing Ding Springfield, Missouri.

June 27 Northeast District Ride- See flyer for information.

We hope to see you on some rides and if not be safe, ride safe and keep the shiny side up.

Dan Clark

Ride Coordinator

The Iron Clad Wings

Karen Bottoni
CSEA
kbottoni@gmail.com



Chapter Skills Enhancement Advisor

The CSEA—What Exactly Does This Job mean?

At our Gathering last month, our CD's Dan Clark & Lorrie Thomas introduced me to the Chapter as the new Chapter Skills Enhancement Advisor (CSEA for short). It was a position I volunteered to do because we needed to fill this void for the good of the Chapter. I read over the job description and decided it was a good fit for me. So this being my first article, let me share what my role will be as CSEA.

My role is to proactively support Member/Participant by providing information to consider on ways to become skilled, prepared and safer riders and co-riders. The end goal is to provide you with the basic support needed to participate meaningfully and successfully in the GWRRA Rider Education Program at the Chapter level. I'll communicate directly with the District Educator but primary direction comes from the Chapter Director. I will advocate for classes and courses to serve any Chapter member with an interest in progressing in the levels program, becoming a more proficient rider and being better prepared to respond to emergency situations. And of course, based on member interest and weather permitting, I'll arrange days for on-bike skills with skills practice, bike games for riders and co-riders. And finally, my most important role—Lead by Example.

Each month there will be some sort of article featured in our newsletter as it relates to safety or rider education.

In the coming days, with the assistance of the District Educator, I'll be reviewing the levels status for our Chapter members who are currently enrolled. I will then reach out to you individually and provide an update on where you stand, what you might need to do to remain current or to progress in the levels. If any members are interested in enrolling in the levels program, please reach out to me anytime. It just starts with a personal commitment to participate in rider education:

<http://www.gwrroa.org/regional/ridered/levelsprogram.html>

“Safety is for Life”

Karen Bottoni
CSEA

The Iron Clad Wings

District

The Need to Connect

The first of three District rides will be in the books by the time you read this. From what we know at this time, there is going to be huge participation. We will report on this ride and the other two as soon as we get more details.

This feels good. This feels like the time, not so long ago, when Chapters all over Virginia made the time to gather, to ride together and attend each other's events. We wouldn't wait until Rally to be with our GWRRA friends, we did it all year long.

Back when we had over twice as many Chapters, we didn't have to ride too far to visit another Chapter. It is a little more of a challenge now that we are spaced so far apart, but that is the exact reason we should be making more of an effort to connect to our friends. This Association was founded around the belief of Friends for....

Randi and Dave Green have sent out the ARL's for the month. In celebration of the pandemic restrictions being removed or reduced, let's not only contact the Members we are expected to contact each month, but also contact those we haven't seen in a while and remind them when your next Gathering is, especially since some of you have changed locations. Might be nice to plan a 'welcome back, we missed you' ride, dinner, or picnic. Give the MEC's a hand in making those calls.

As a reminder, the Insight Newsletter, written especially for Team Members at the Chapter and District level, is sent to the Chapter Directors each month to distribute to their Team. The Insight is the most current information available about the Programs of GWRRA. If you are not receiving it from your CD, contact me and I will forward you a copy or you can get it on GWRRA.org under Officer Connections. By the way, any Member is welcome to read it.

"LOOK TWICE, SAVE A LIFE!" I was given a bunch of banners, yard signs and bumper stickers by Gary Ballou, Director Assistant of Motorist Awareness, for the Va-L MAP event. If you'd like them for yourself or Chapter, let me know and we will get them to you as soon as possible.

Speaking of connecting, please register for Rally. While humming the theme from *Love Boat*, you can register with a credit card or check. Application is included in the newsletter.

Dan and I will see you on the District Rides. We will be going to the Ohio Rally on June 17-19 then off to Wing Ding (with a stop in St Louis to see our son) from June 30-July 4.



Lorrie Thomas & Dan Clark
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LT: 954-599-5178 DC: 757-343-1783

Virginia District Directors

Lorrie Thomas & Dan Clark

The Iron Clad Wings

National

FOR IMMEDIATE RELEASE TO DISTRICT EDUCATORS, DISTRICT DIRECTORS AND MEMBERS

March 15, 2021

The GWRRA Rider Education Program Team continues to explore different ways we can better serve the Membership during our collective recovery from the unexpected challenges caused by Covid 19.

GWRRA Rider Education Program policy for any GWRRA Member in the Levels Program who's *last on-bike course was "Range Only"* requires their *next on-bike course* to be a "Full" course (with both a classroom and a range portion) to be eligible for level course fulfillment.

Due to the continued lack of classroom space available to accommodate Federal, State and Local distancing guidelines, temporarily, any Member with a rider course expiration on or after January 1, 2020 may renew their Level by participating in another Range Only class until December 31st, 2021.

Because many of us may be starting to ride again after a year or more, this decision was made to make it possible for more Members to participate in the valuable on-bike skill practice necessary to ride safely and proficiently.

We do encourage those Members able to attend a Full Rider Course when offered to do so in support of your District's Rider Education Program and the Instructors who teach them. These courses are proven to be beneficial for all riders regardless of individual riding experience.

The RE Team posts all GWRRA Rider Education events submitted by Districts including rider courses and MEDIC FIRST AID (MFA) on the Association's event page: <http://gwrro.org/events/> where you can perform a search to learn what is available in your area.

We also suggest Members contact their District Educator for more information about what will be available throughout the year. Please take advantage of any courses and classes available to you.

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.

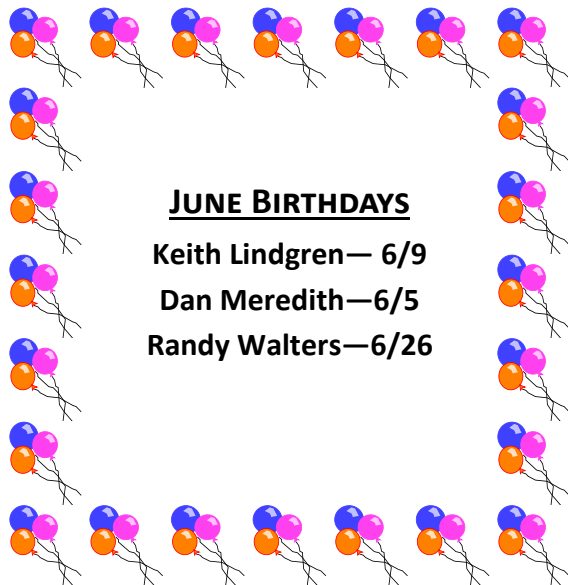
It takes everyone to make the Chapter successful. But what is the definition of **successful**? Successful means the Chapter is fun. Successful means the Chapter rides a multitude of routes with varying distances. Successful means people want the Chapter to thrive. Successful means people ask "what can 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



JUNE BIRTHDAYS

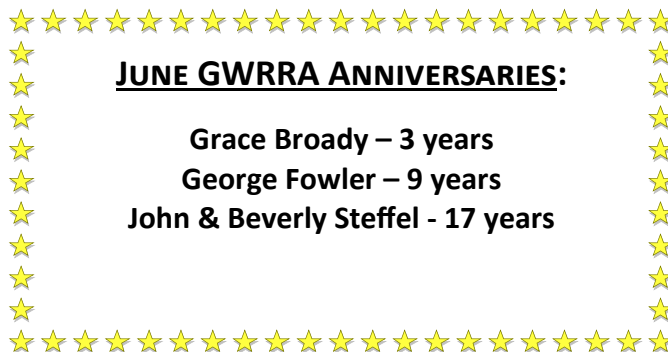
Keith Lindgren— 6/9
 Dan Meredith—6/5
 Randy Walters—6/26



JUNE ANNIVERSARIES:

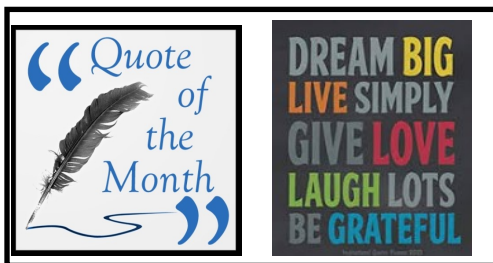


DENNIS & PHYLISS EASTON
 JERRY & DOROTHY HILDMAN
 TERRY & MADONNA ELLIOTT
 ERIK JORGENSEN



JUNE GWRRA ANNIVERSARIES:

Grace Broady – 3 years
 George Fowler – 9 years
 John & Beverly Steffel - 17 years



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



Date	Chapter	Event
Jun 11	L	Ice Cream Ride to The Yard Milkshake Bar, 3229 Virginia Beach Blvd. Depart from Hardee's at 6:30pm
Jun 12	L	Adopt-a-Spot clean-up & Lunch. Meet at Walgreen's located at 201 Hanbury Rd in Chesapeake at 9:30 am. Lunch afterward at Cohiba's Cuban Restaurant
Jun 27	VA	Virginia District Ride, Northern VA area, hosted by Chapters A, E, I,F,R. Depart 10:30am from Yoder's Country Market, 2105 S. Seminole Trail, Madison, VA. See flyer in newsletter
Jun 29-3 Jul	National	Wing Ding 42, Springfield, Missouri
Jul 31	VA	Road Captain Course, location TBD
Aug 7	VA	Virginia District Ride—South Western VA Area—Hosted by Chapter H, K, V, X—Details are TBD
Aug 21	A	VA-A Poker Run—MotoMember Manassas 9105 Mathis Ave Manassas, VA
Sep 11	C	VA-C Fall Sprawl Extravaganza, 485 Simmons Lane. White Stone, VA
Oct 14-16	VA	Virginia District Rally in the Valley, "Cruisin in Grand Style", Lynchburg Grand Hotel, Lynchburg, VA

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

The Iron Clad Wings

GWRRA's Northern Virginia District Ride

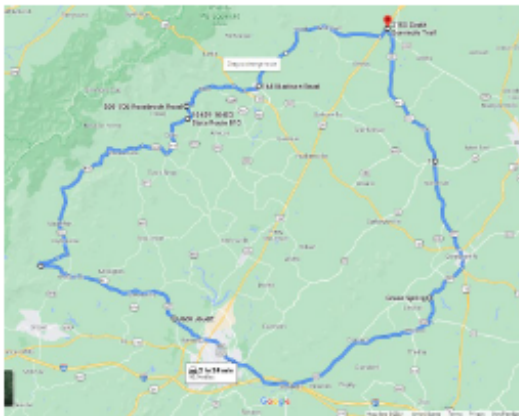
Chapters of A, E, I, F, R would like you to join us for a ride.

Date: **Sunday, June 27th, 2021** RSVP by **June 24th, 2021**

Gathering time: **10:00 am**, Road Safety briefing: **10:15 am**, KSU: **10:30 am**

Start and End at: **Yoder's Country Market - 2105 S Seminole Trail, Madison, VA 22727**

Length of ride: **93 miles 2.50 hours** – 3 hours with a bathroom break



Get with your chapters and ride in a group to Yoders. This should be a fun filled day of riding.

If severe weather is expected, we will cancel using:

JOIN NOW - Facebook page – <https://sv-se.facebook.com/groups/466359964075363/>

Website – GWRRAVAL.ORG

Email – We will contact you via email if provided.

RSVP Contact info:

David & Robin Hotaling – Chapter I Directors

Call or text too: 646-406-1200

Email: davidsgoldwing02@gmail.com

We look forward to seeing you.

The Iron Clad Wings



June 29 – July 3, 2021 | Springfield Expo Center in Springfield, Missouri

<https://www.wing-ding.org/>

Wing Ding is the ultimate Honda Gold Wing & Touring Bike convention! Hosted by GWRRA at different locations across the United States every year, the rides to Wing Ding as well as unique atmospheres are unforgettable. Come join us for a motorcycle convention unlike any other, where you can enjoy the company of friends with live entertainment in a beautiful location, learn more about motorcycle safety, discover all the latest products for your bike, and even test drive a new one.

The Iron Clad Wings



GWRRA
wing-ding.org



Wing Ding 42

Springfield, Missouri, June 29 - July 3, 2021

Springfield Expo Center, 635 St. Louis Street, Springfield, MO 65806

REGISTER TODAY! SIMPLY MAIL OR FAX YOUR COMPLETED FORM

Contact Member Services at 1-800-843-9460 with any questions.

Please visit www.wing-ding.org & click "REGISTRATION" at the top of page.

TRADE SHOW OPENS JUNE 30, SEE EVENT SCHEDULE FOR MORE INFO!

RIDER'S NAME: _____ GWRRA MEMBER # _____

CO-RIDER'S NAME: _____ GWRRA MEMBER # _____

MAILING ADDRESS: _____

CITY/ST/ZIP: _____ COUNTRY: _____

HOME PHONE: _____ ALTERNATE PHONE: _____

E-MAIL ADDRESS: _____

YES! I would like to opt-in for mobile text alerts! Cell: _____

PREREGISTRATION: (Postmarked before May 25, 2021)

Number of Life Members _____ x \$20 = \$ _____

Number of Members _____ x \$40 = \$ _____

Number of Non-Members _____ x \$50 = \$ _____

LATE: (Postmarked May 25 - June 8, 2021)

Number of Life Members _____ x \$22 = \$ _____

Number of Members _____ x \$45 = \$ _____

Number of Non-Members _____ x \$55 = \$ _____

Children 15 and under at the time of the event are admitted free. Cancellations in writing must be received at the Home Office on or before June 8, 2021, and are subject to a \$15 processing fee. No refunds for meal functions, Grand Prize Tickets, 50/20-15-10-5 Tickets, Poker Run, Bike Show, T-shirts or Polos will be given after June 8, 2021. No telephone or verbal cancellations will be accepted.

Please note, only registered delegates may participate in Wing Ding functions, activities and events! You will receive a confirmation via email 24-48 hours after your registration is processed. Please visit our website for hotel and camping information. Armbands, tickets, T-shirts or any other items purchased will be available for pickup beginning the day prior to Wing Ding in the registration area (see website for hours and location).

Day Pass: (sold on-site only) \$22 per person, \$15 GWRRA Members

Day pass fee includes the following:

- One-day pass to indoor Trade Show
- One-day access to Demo Rides on all participating manufacturers' bikes (subject to availability)

Full registration includes:

- Access to 'Pre-Event Day' activities!
Tuesday 6/29
- Wing Ding Welcome Party - **Tuesday 6/29**
- 4-day pass to indoor Trade Show - **Opens 6/30**
- 4-day pass to Demo Rides on all participating manufacturers' bikes (subject to availability)
- Access to Seminars and Parades
- Access to Opening and Closing Ceremonies
- Access to free Evening Entertainment Event
- Optional dinner and priority seating prior to free Entertainment Event
- Souvenir Event Pin and Pocket Guide
- Exclusive opportunities for tours, dinners and other ticketed events
- Numbered armband for chance at thousands of dollars in great prizes!
- Precision Drill Team Exhibitions and other performances
- Optional Rider Education Safety Courses, CPR Classes and more

FAX or MAIL this form to:

GWRRA Member Services
P.O. Box 42450, Phoenix, AZ 85080-2450
1.800.843.9460 or 623.581.2500 (Local)
Fax: 877.348.9416
Register on-line at: www.wing-ding.org

Text WingDing to 555-888 for all the latest news, updates, and special offers! Like us on 

The Iron Clad Wings

RIDER EDUCATION COURSES

The number and availability of courses is dependent upon the number of participants. You will be notified of your class time and location as soon as possible. **Note: Certification cost is per bike!**

ARC: Experience advanced techniques in turning, maximum braking, and swerving plus mental and situational strategies in GWRRA's own Advanced Rider Course. Co-Riders welcome. 8 hours (class and range)

ARC (Recertification): The GWRRA ARC for those who have PREVIOUSLY COMPLETED the ARC. Includes discussions at the beginning of the course and between exercises. 5 hours (range only)

SIDECAR: Experience advanced techniques of riding with a sidecar as well as situation strategies and accident avoidance tactics. 8 hours (3 classroom/5 range).

TRAILERING: Learn advanced trailering techniques and strategies for safe and enjoyable travel. Motorcycles only--no trikes or sidecars please. 8 hours (3 classroom/5 range)

TRIKE: This course teaches advanced riding skills for the trike rider such as maximum braking, swerving and turning. 8 hours (3 class/5 range)

TRIKE/TRAILER: This course combines the Trike Rider Course (TRC) with some guided practice in backing a trailer. 8 hours (3 class/5 range)

TRC-R (Recertification): The GWRRA TRC for those who have PREVIOUSLY COMPLETED the TRC. Includes discussions at the beginning of the course and between exercises. 5 1/2 hours (range only)

Vanguard Rider Course: A performance based course to be used in conjunction with a 2 1/2 hour seminar to be taken separately.

AORC (Add-On Kit Rider Course): A Rider Course designed for the motorcycle with a 2-Wheel Add-on Kit installed.

CPR/First-Aid: This course is designed to teach and certify you in the basic principles of CPR and First Aid. 4 hours

CLASS	#OF PEOPLE	TOTAL
ARC _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
ARC (Recert.) _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
Sidecar _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
Trailering _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
Trike _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
Trike/Trailer _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
TRC-R (Recertification) _____	\$50 per bike = _____	
Name _____	Name _____	
Vanguard Rider Course _____	\$50 per person = _____	
Name _____	Name _____	
AORC _____	\$50 per bike = _____	
Rider _____	Co-Rider _____	
CPR/First-Aid _____	\$50 per person = _____	
Name _____	Name _____	

*\$20 refund after course completion
Rider Education Total _____

GRAND PRIZE - Must be present to win! Drawing held at Closing Ceremonies

_____ 5 Tickets = \$15 _____ 10 Tickets = \$20
 _____ 20 Tickets = \$30 _____ 40 Tickets = \$50
 Total _____

GRAND 50/20-15-10-5 (4 Winners!) Must be present to win!

1 Yard (18 Tickets) = \$10 3 Yards (54 Tickets) = \$20
 7 Yards (126 Tickets) = \$40 Drawing held at Closing Ceremonies
 Total _____

GWRRA DINNER AND ENTERTAINMENT EVENT!

Thursday, July 1, 2021

Includes Dinner and Entertainment!

Pulled pork, Potato salad, BBQ sauce, Baked beans, Kaiser roll, Plated brownie, Tea and Water. (Seating is limited, while supplies last).

Number of people _____ x \$24 = _____

CORPORATE SPONSOR EVENING EVENT!

Wednesday, June 30, 2021

Includes Dinner and Entertainment with Tossed salad w/ 2 dressings, Grilled chicken w/ signature sauce, Roasted potato, Green beans, Plated cookie, Tea and Water. (Seating is limited, while supplies last).

Number of people _____ x \$24 = _____

PEOPLE'S CHOICE BIKE SHOW! - Includes a souvenir pin.

Number of bikes _____ x \$10 = _____

SOUVENIR T-SHIRT (Place quantity next to size.)

_____ Small x \$15 = _____ _____ 2XL x \$17 = _____
 _____ Medium x \$15 = _____ _____ 3XL x \$17 = _____
 _____ Large x \$15 = _____ _____ 4XL x \$20 = _____
 _____ XL x \$15 = _____

Embroidered Polo Shirt (moisture wicking performance material)

Small - XL (\$30 ea.) 2XL (\$35 ea.) 3XL (\$37) 4XL (\$40)

Total _____

GRAND TOTAL: \$ _____

ENCLOSED: Check Money Order

Please send check or money order in equivalent U.S. funds. All others will be returned to sender for adjustment. Please do not send cash.

CHARGE MY: M/C VISA AmEx Discover

Number: _____

Exp. _____ Signature: _____

In accordance with federal regulations, some prizes may be subject to up to 25% federal withholdings payable prior to receipt.

The Iron Clad Wings

2021 WEST VIRGINIA GWRRA DISTRICT TOURING WEEKEND

July 15, 16 and 17, 2021
Summersville, West Virginia
Quality Inn

GUIDED RIDES – 3 DIFFERENT RIDING STYLES EACH DAY (FRIDAY AND SATURDAY)

50/25/15

GAMES

MOUNTAIN MAN

CRAFT - MASKS

(3) THIRTY-ONE BAGS WITH GOODIES – CARD SALES

PIZZA PARTY (THURSDAY EVENING)

"FREE" PARTY WITH ICE CREAM AND MUSIC PROVIDED BY THE CITY, WITH BIKE SHOW (PEOPLES CHOICE) AND LIGHT SHOW (FRIDAY)

MARDI GRAS, MASKS MURDER MYSTERY (SATURDAY)

MEMORIAL CEREMONY (SATURDAY EVENING)

BRING A LAWN CHAIR AS MOST IF NOT ALL ACTIVITIES WILL BE OUTSIDE

LIABILITY RELEASE

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

Rider _____

Co-Rider _____

Please Send Check or Money Order Payable To:

WV GWRRA/
MAIL ENTIRE FORM TO:
Bruce and Terri Stanley
251 Greenbrier Avenue
Williamstown, WV 26187

The Iron Clad Wings

July 15, 16, 17, 2021 REGISTRATION Please Print Clearly

Rider _____
 State _____ Chapter _____
 GWRRA Membership No: _____ Exp. Date _____
 Position _____
 Email _____

Co-Rider _____
 State _____ Chapter _____
 GWRRA Membership No _____ Exp. Date _____
 Position _____
 Email _____
 Address _____
 City _____
 State _____ Zip _____

GWRRA Member \$20 x ____ = \$ _____
Non-Member \$25 x ____ = \$ _____
Day Passes \$10 x ____ = \$ _____
12 & under _____ = \$ FREE _____
Shirt Order Total \$ _____
GRAND TOTAL \$ _____

All Pre-Registration forms with shirt order must be received by
JULY 1, 2021
SHIRT ORDER FORM

T-Shirt: Short Sleeved
 S, M, L, XL - \$ 20.00

Qty: _____ Size: _____ \$ _____

Qty: _____ Size: _____ \$ _____

T-Shirt: Long Sleeved
 S, M, L, XL - \$ 25.00

Qty: _____ Size: _____ \$ _____

Qty: _____ Size: _____ \$ _____

T-Shirt: Short Sleeved
 2XL TO 4XL - \$25.00

Qty: _____ Size: _____ \$ _____

Qty: _____ Size: _____ \$ _____

T-Shirt: Long Sleeved
 S, M, L, XL - \$ 25.00

Qty: _____ Size: _____ \$ _____

Qty: _____ Size: _____ \$ _____

The Iron Clad Wings

YOU'RE INVITED



District Ride - Southwest

Virginia Southwest - District Ride-in

AUGUST 7th, 2021 - 10:00 AM to 4:00 PM

Lunch at Shoney's Wytheville, VA - arrive 12:30 - 1:00

120 Malin Drive, Wytheville 24382 (276-228-5667)

Note: Room at Shoney's under Susan Miller's name.

Chapter's: H - Abingdon, K - Roanoke, V - Bedford, X - Salem

Roanoke Area: Meet-up/KSU 10:00 - Lakeside Kroger, Salem

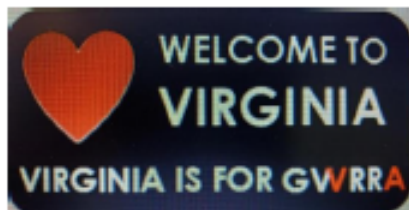
Kroger Lakeside 161 S. Electric Road, Salem, VA 24153

(Meet-up parking lot close to fuel)

We will Ride Rt 11/Lee Hwy which is scenic route through: Salem - Christiansburg - Radford - Pulaski - Wytheville around 75 miles (2 hours) - Rain or Shine

RSVP: Susan Miller - Membership Enhancement - Chapter K

RSVP or Questions - Susan 540-312-6090 or email milrtyme@cox.net



The Iron Clad Wings



Fall Sprawl

September 11, 2021
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



The first 100 steaks are guaranteed.

If you register by August 31st you will be entered into a drawing for \$50.

Pre-Registration Deadline - August 31st

Cost:
\$18 per person pre-registered, \$23 after August 31st
(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 Well ___ Well Done ___ Raw (uncooked)

Please make check payable to GWRRA VAC and mail to:
GWRRA VAC
PO Box: 1267
Yorktown, VA 23692

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Organization: _____ Chapter: _____

I/we agree to confirm & comply with the ideas governing this event, and I/we further agree to hold harmless GWRRA 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



**LYNCHBURG, VA
OCTOBER 14-16, 2021**

Lynchburg Grand Hotel

601 Main Street, Lynchburg Virginia 24504

We will be **Cruising in Grand Style!** for a new and unique experience in beautiful Lynchburg. Lynchburg is rich in history on land and sea (river) waiting to be explored. The traditions remain in the Rally of-ferings but have we got some new stuff for you!

Get your Tropical attire ready for the Costume Con-
test (Tropical, Tacky Tourist, Best Coconut Bra!)

Hope to "SEA" You in Lynchburg!

Room rate includes breakfast.

Reserve by September 28, 2021. After that date, reservations will be taken on a space available ba-
sis. Price remains the same, \$110.00 per night.

Call hotel reservations at **434-528-2500** and ask for the special "GOLD WING ROAD RIDERS"

Rally Shirts				
	Size	Price	Qty	Total
Short Sleeve T-Shirt	S	\$15		
	M	\$15		
	L	\$15		
	XL	\$15		
	2X	\$18		
Long Sleeve T-Shirt	3X	\$18		
	4X	\$20		
	S	\$17		
	M	\$17		
	L	\$17		
Short Sleeve Polo	XL	\$17		
	2X	\$20		
	3X	\$20		
	4X	\$22		
	S	\$21		
Total	M	\$21		
	L	\$21		
	XL	\$21		
	2X	\$24		
	3X	\$24		
	4X	\$26		

Shirts are pre-order ONLY

Rider Education			
Course	Price	Qty	Total
ARC	\$50		
TRC	\$50		
MFA	\$30		

Pre-Purchase Saturday 50/50 Tickets			
Tx	Price	Qty	Total
25	\$10		
60	\$20		
100	\$30		

MUST BE PRESENT TO WIN

Circle Answers				
Arriving On	W	T	F	S
First Time Rally	Y		N	
Current or Former COY	Y		N	



Come Cruisin' with us at The Lynchburg Grand Hotel for the 33rd Annual Rally in the Valley!

- Modules & Seminars
 - Muster Fun & Games
 - Pizza Party Thursday Night
 - Bon Voyage Ice Cream Social
 - Love & Marriage Game Show
 - Door Prizes
 - Hospitality Room & Crafts
 - Wingo, Wingo, Wingo
 - Rides / Excursions
 - Flea Market
 - Daily 50 / 50
 - DJ & Dancing
 - The "Quest"
 - ARC / TRC On-Bike Courses*
 - MFA/CPR Course *
 - Master's Breakfast *
 - Captain's Dinner *
 - ◊ Wear your best Tropical Attire
 - And Much, Much More!
- * Additional charges apply

ARC (Advanced Rider Course) and TRC (Trike Rider Course) (Must be pre-registered) Classroom portion will be **THURSDAY, October 14 at 12:00-4:00**. Range portion will be **FRIDAY, October 15 at 8:00-12:00**. 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.

CPR/MFA Class (Must be pre-registered)
The CPR/Medic First-Aid class will be on **Saturday, October 16 at 8:00-12:00**. The cost for the course is **\$30** per person.

MAXIMUM OF TWELVE PER ARC / TRC / MFA CLASS
NO REFUNDS UNLESS CLASS IS CANCELED BY INSTRUCTOR

Master's Breakfast (Must be pre-registered)
Be recognized for your achievements at the Master's Breakfast on Saturday morning, **October 16 at 7:30-9:00**. **\$15** per person. There will be a guest speaker, gifts and door prizes.

Captain's Dinner (Must be pre-registered)
Put on your best tropical attire and join the Captain for your **Cruisin' Feast on Saturday, October 16 at 5:30-7:00**. The cost of the dinner is **\$20** per person.



PRINT	Full Name	GWRRRA #	Dist / Chap	Position
Rider				
Co-Rider				
Address				
Email		Phone		

Registration Prices	Mailed Before	Member	Non-Member	Child 6 - 12
Early	Sep 1	\$50	\$60	\$10
Regular /On Site	-	\$60	\$70	\$10
Day Passes	-	\$25	\$30	\$10
Master's Breakfast	-	\$15	-	-
Captain's Dinner	-	\$20	-	-

Registration	Price	Qty	Total
Member: Adult			
Non-Member: Adult			
Child: 6 - 12			
TOTAL			

Refunds incur \$5 fee. No refunds after 1 Oct

Mail registration with check payable to:
GWRRRA Virginia District
Roman Paryz
331 Paine St.
Newport News, VA 23608

Preferred Easy Pay Option
Secure Online Credit Card
<https://gwrrava.square.site>

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

I/We agree to hold harmless GWRRRA, 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: _____

Co-Rider Signature: _____ Date: _____

The Iron Clad Wings

How To Stay Awake and Alert During Long Motorcycle Trips Long-Haul Motorcycle Touring—Tips for Staying Awake

By Sabrina Giacomini
<https://www.rideapart.com>

Since we are into nice weather and riding season now, thought this was a great article to share regarding tips on staying alert and awake on long-haul motorcycle trips.

Karen Bottoni, VA-L CSEA

While traveling outside of the U.S. is limited at the moment, we thankfully have 3.8M square miles of land to explore without requiring a passport. The other good news is that this is the perfect occasion to take a motorcycle trip somewhere you haven't been yet, as riding is one of the best ways to travel away from the crowds.

Compared to a car road trip, traveling by motorcycle puts you in the middle of the action. You see the sights, you smell the smells, you hear the sounds—there's no cockpit sheltering (and isolating) you from the environment. Part of the thrill is actually being on the road; however, long rides can also be tiring, especially when you spend hours on end in the saddle. How do you shake things up a little bit when you start losing attention or worse when you're getting sleepy?

After all, we all hit that wall at some point in our day, especially after lunch when the body is busier digesting than focusing on the tasks at hand. The most obvious answer to the "how-to" question is "take a break" and, if possible, throw a power nap in there for good measure. According to NASA, even just a 26-minute doze is enough to significantly restore your alertness and energy levels.

When traveling by motorcycle, however, finding a remotely comfortable and quiet spot to nap can be a challenge. On top of that, if you're on a time crunch or you want to make it to your destination ASAP (for instance, when the weather is miserable), every break creates a dent in your tight schedule. What are the other options to limit the number of breaks? Here are a few more suggestions of things you can do. What are your tips for staying alert in the saddle?

When traveling by motorcycle, however, finding a remotely comfortable and quiet spot to nap can be a challenge. On top of that, if you're on a time crunch or you want to make it to your destination ASAP (for instance, when the weather is miserable), every break creates a dent in your tight schedule. What are the other options to limit the number of breaks? Here are a few more suggestions of things you can do. What are your tips for staying alert in the saddle?

Open Your Shield

After the break (which might or might not involve some form of caffeine intake), simply opening your visor to let the 60mph wind shake you up is the second most obvious course of action against a loss of alertness. It's not foolproof and if you're reached the stage of drowsiness, it might be a bit too late.

However, if you feel yourself slipping into split-second, semi-conscious states, then flip that visor up—that'll get your attention!

Continued on next page



The Iron Clad Wings

Stay Hydrated

There's a possibility that you're getting sleepy because you're dehydrated—especially if you're riding in full gear in the summer heat. Sleepiness is one of the many symptoms of dehydration which is something you should keep in mind.

Fair, I'm aware that motorcycles (normally) don't have cup holders for a reason—drinking while riding with a helmet on while doing speeds of up to 70 mph, unless you have a hydration pack, is a bit of a feat. Of course, you'll need to stop and have a sip or two or take a pee break along the way—but those are much shorter pit stops than taking a nap.

The good news is that you can also “pre-hydrate”. According to FortNine, this is a technique used by firefighters (and athletes, according to my research) that involves drinking 3 mL of water per pound of bodyweight four hours before the ride.

Drinking when you're already thirsty is like putting a Band-Aid on a gaping wound. You apparently can't drink water fast enough to make up for the quantity you lose. The solution, get a head start on your hydration.



Leave Early

Granted, for some people, early mornings are the worst possible time to travel, and the energy required to drag themselves out of bed might outweigh the advantages.

That being said, starting earlier better aligns your ride with your circadian rhythm (your body's internal clock). Even though getting up was a chore verging on torture, making the ride your first task of the day makes you more alert now than you'd be late at night. It also means that your day doesn't end so late as to drag on

past darkness, at a time when your brain naturally wants to shut down.

Stretch Out

Your ability to perform a few stretches will depend on the type of motorcycle you're on but pretty much any touring, sport-touring or adventure-touring model will allow you to cycle through this Richard Simmons-worthy routine.

Here's your saddle yoga routine: stretch your legs by standing in the foot pegs, stretch your arms, shoulders, and back by switching between the rider and the passenger saddle, and stretch your thighs by perching your feet on the passenger foot pegs and opening the knees outward.

These are the kind of motions that are easy to go through, especially while you're cruising on a long, straight, and boring stretch of road.

Continued on next page

The Iron Clad Wings

Consider Healthy Snacks

I'm not here to tell you what and what not to eat but specialists do recommend that you avoid loading up on high-sugar and carbs snacks. Those Swedish berries and chocolate bars look like easy on-the-go snacks but they will cause your sugar levels to spike before crashing down, causing your energy levels to drop as well. Bottom line, you'll find yourself in the same place you started—or even worse off—sooner than you think.

Certain fruits, veggies, and nuts don't contain as much sugar and even contain slow-release carbs which avoid that spike-and-crash effect.

Music and Noise

Having a bit of easy-to-listen-to music in your ears can help with alertness. Not everyone might agree with this one, especially if you're the type to listen to music at maximum volume, you might want to skip this step. Music can help keep your level of alertness high—as long as you keep the volume low enough to be able to hear what's happening around you.



The Iron Clad Wings

This is very good information to know as we start venturing out on rides especially long-hauls. It also applies to outside activities outside of riding. Be smart—Be safe.

HEAT INDEX CHART

Temperature (°F)	Relative Humidity %													
	40%	45%	50%	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%	
110°	136													
108°	130	137												
106°	124	130	137											
104°	119	124	131	137										
102°	114	119	124	130	137									
100°	109	114	118	124	129	136								
98°	105	109	113	117	123	128	134							
96°	101	104	108	112	116	121	126	132						
94°	97	100	102	106	110	114	119	124	129	135				
92°	94	96	99	101	105	108	112	116	121	126	131			
90°	91	93	95	97	100	103	106	109	113	117	122	127	132	
88°	88	89	91	93	95	98	100	103	106	110	113	117	121	
86°	85	87	88	89	91	93	95	97	100	102	105	108	112	
84°	83	84	85	86	88	89	90	92	94	96	98	100	103	
82°	81	82	83	84	84	85	86	88	89	90	91	93	95	
80°	80	80	81	81	82	82	83	84	84	85	86	86	87	

Chart provided by the National Weather Service

YELLOW – Caution – Fatigue possible

ORANGE – Extreme Caution – Sunstroke, muscle cramps and/or heat exhaustion possible

BURNT ORANGE – Danger – Sunstroke, muscle cramps and/or heat exhaustion likely

RED – Extreme Danger – Heat Stroke or Sunstroke likely

Heat Index is the temperature the body feels when heat and humidity are combined. The chart shows the Heat Index that corresponds to the actual air temperature and relative humidity. This chart is based upon shady, light wind conditions. Exposure to direct sunlight can increase the Heat Index by up to 15 degrees Fahrenheit.

Approximately 400 people die each year from exposure to heat, according to the Centers for Disease Control and Prevention. Our bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands, and as a last resort, by panting, when blood is heated above 98.6 degrees Fahrenheit. Sweating cools the body through evaporation. However, high relative humidity retards evaporation, robbing the body of its ability to cool itself. When heat gain exceeds the level the body can remove, body temperature begins to rise, and heat-related illnesses and disorders may develop.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. (*Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.*)
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

The Iron Clad Wings



SNAPSHOTS

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

Chapter L Rodeo & Safety Event May 15, 2021



Every Rodeo has a Clown



Virginia State Police Motorcycle Division



Skills Challenge Winners—Chapter C



Paula Dignan chatting it up with the Sons of Poseidon Club

The Iron Clad Wings



SNAPSHOTS

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

Lunch Ride to Deadwood

May 22, 2021



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SNAPSHOTS

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

Chapter Gathering May 25, 2021



Dan Clark, CD, welcoming Chapter members



Joe Daniel receives his levels II & III awards
Congratulations Joe



The Iron Clad Wings



SNAPSHOTS

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

Chapter Gathering May 25, 2021

Paul Bricker won RIDE POT, VAL, and DOOR PRIZE

B
R
I
C
K
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R



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A



Keith Lindgren won 50/50

The Iron Clad Wings

Chapter-L Funnies



RVtravel.com

"I just spent a ton of money on accessories for my RV. So, I'd like to order some water and 10 baskets of your free bread."



"You were right. Maybe I should've checked to see if the GPS was working before we left, because this doesn't look like the Florida Keys."



The right way to use an electric lawn mower.



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
CHAPTER SKILLS ENHANCEMENT ADVISOR (CSEA)	KAREN BOTTONI	kbottoni@gmail.com
EVENT COORDINATOR	VACANT	
CHAPTER HISTORIAN SCRAP BOOK	VACANT	
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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	954-599-5178	lorriemthomas@aol.com
	Dan Clark	757-343-1783	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	Vacant		
District Membership Enhancement	Dave & Randi Green	757-870-7282	davenrand@cox.net
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.	Dave Hotaling		davidsgoldwing02@gmail.com
	Robin Hotaling	646-406-1200	rah889195@yahoo.com
District Rally Vendor Coord.	Linda Carlyle	804-652-9520	lindaredwing05@verizon.net
District Treasurer	Roman Paryz	757-687-9282	roman.paryz@gmail.com
Newsletter Editor	Roman Paryz	757-687-9282	roman.paryz@gmail.com

Team GWRRA

Jere and Sherry Goodman	Directors of GWRRA	JereGood@aol.com
Bob and Nan Shrader	Director's Assistant	floridadd@msn.com
Tom and Renee Wasluck	Director's Assistant	tom.renee11@gmail.com
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Lorrie Thomas and Dan Clark	Director of the University	lorriemthomas@aol.com
Dan and Mary Costello	Directors of Membership Enhancement	mep.director.gwrra@gmail.com
James & Freida Clayson	Directors of Motorist Awareness	james.clayson@gmail.com
Randall and Janet Drake	Director of Finance	financedirector@gwrra.org
Susan & George Huttman	Directors of Rider Ed	director-re@gwrra.org
Allesandro Boveri & Mariarosa Bruzzone	Directors Overseas	alboveri@gmail.com



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

<http://gwrra.org/>



The Iron Clad Wings

Virginia Chapters

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 Location to be Announced
VA-C	Hampton/Newport News,	John & Lynn Floyd (01/21)	757-838-0607 crayonjohnfloyd@gmail.com myluckymnm@yahoo.com	2nd Sun. 4:pm eat / 5pm meet 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 eat / 7pm meet 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 eat / 7pm meet Basilico Italian Deli 7013 Harrison Rd, Fredericksburg, VA 22407
VA-F	Winchester	Stephanie Davis (08/14)	540-664-6430 davis.stephanie80@yahoo.com	4th Sun. 8:30am eat / 9am meet Stephens City Diner 5460 Main St, Stephens City, VA 22655
VA-H	Abingdon	Paul & Dorothy Baker (11/01)	276-628-6047 09nellie@comcast.net	2nd Tue. 6:30pm Turf Pros 827 Cummings St, Abingdon (temporary, check before going)
VA-I	Manassas	David & Robin Hotaling (1/20)	646-406-1200 Rah889195@yahoo.com davidsgoldwing02@gmail.com	2nd Sun. 9:am eat / 10am meet Manassas National Battlefield Park, William Centre Blvd, (off Groveton Rd)
VA-K	Roanoke	Jim Dailey & Susan Stuppiello (6/19)	540-230-0511 DaileyENT@yahoo.com susantuppiello@gmail.com	2nd Mon. 6:pm eat / 7pm meet 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 eat / 7pm meet Zino's Italian Café & Tavern 850 Old George Washington Hwy N, Chesapeake
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-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

Zino's Café & Tavern

850 Old George Washington Hwy N,
Chesapeake, VA 23323

(757) 485-1468

www.zinoscafe.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 NC-E2-Elizabeth City, NC:** 3rd Thursday each month, 7pm. The Villa at 846 Halstead Ave in Elizabeth City, NC

