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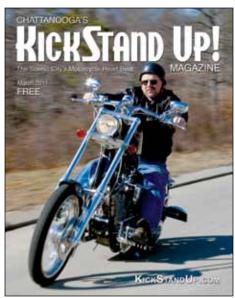
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Cover: March, 2011 Location: Cleveland, TN Rider: Eddie Flowers

**Photographer:** Gregory Cook www.gregorycookphotography.com



# EDITOR'S GARAGE

s I sit writing this, it is snowing .... AGAIN! And to think that I was almost convinced of global warming! The good news is that it is supposed to be in the 50's all next week, which will validate the famous rodent's 2011 prediction. Even though we may get a few more cold days, we are over the worst of this winter. The K bike will be getting some real exercise, real soon and I will be getting back in form to participate in my inaugural track day this spring. I'm gunning for you "Cooler."

The first official Groundhog Day was celebrated on February 2, 1886 in Punxsutawney, Pennsylvania, 80 miles northeast of Pittsburgh. Phil's full name is actually "Punxsutawney Phil, Weather Prophet Extraordinary." It was so proclaimed by the "Punxsutawney Groundhog Club" in 1887, the same year they declared Punxsutawney to be the weather capital of the world. According to his statistics, however, Punxsutawney Phil has only been correct a dismal 39% of the time. I'm betting that this year the big rat is going to be right on the money and we will have an early spring. Besides, he needs a few correct predictions to help his average.

We have a great issue in store for you this month, which includes a new column entitled "Back Seat Driver" which is written from a passenger's perspective. I may be in for a rough ride with this series since it will be written by my wife, Julie. She will be ratting me out in future issues and telling some of my most embarrassing moments. We are encouraging other passengers to submit their short stories about their tales from the back

seat. I know you ladies have a lot to say and we are going to give you the opportunity to spill the beans on your favorite driver/rider/husband/boyfriend. If you get to hear about my faux pas' then I should get to hear about yours. It's only fair. Don't let me down ladies.

In case you're not aware, we have a very active Facebook page and we encourage you to come visit and share your ideas, criticisms, and experiences with us. You can interact with our staff and get to know us better. We want to know what you think about our magazine and how you think we can improve it. We are also soliciting suggestions of people to feature In the Headlight and ideas for future stories.

On March 26th we are having a KSU group ride to Mike's Seafood in Blairsville, GA. Most of our staff will be attending and it seems we already have 50 riders planning on riding with us. Not to worry though, Mike's seats over 200 and he will be ready and waiting for us with extra staff and anything else we need. Mike's has the best seafood this side of Florida and he now serves adult beverages for any adults that we may have in the crowd. You can check out pics of Mike's place on our FaceBook page. It should be a fun day, so come join us if you can. We'll more than likely have three different groups based on riding styles. That should keep everyone in their comfort zone and make it easier to navigate the Ocoee and other crowded areas. Until next month.



LTRAKB, Ronnie "Rock" Land Ronnie@kickstandup.com

s I sit down to write yet another 30 seconds, I think about all the upcoming events and how I wish I could clone myself and have a supersonic body that could endure all the fun, riding, and inspiring times without having to take a week to recover. Until that happens, I am constantly faced with time management for family, work, body and spirit.

The motorcycle community has raised me for the past eleven years and I am so much the better for it. When I hear a motorcycle my heart jumps a beat with instant adrenaline and longing for the seat. I long to go to every event, ride, and party! A lot has happened since I first endeavored to co-create a magazine in 2001. Since then I've loved and learned a lot. One thing I have learned in particular and that is to surround yourself with good people, who see things in a positive light and have the same vision as you do, then let them do their job. That's exactly what KSU has done. You'll see my "clones" out there documenting the Chattanooga's motorcycle heart beat along with me. So make sure to smile for the camera and know you're loved by me and KickStand Up! Magazine, as a rider who knows the wind in their hair and the feeling of freedom that riding brings.

As KSU continues to grow, we strive to be a magazine filled with a variety of riding styles, adventure, and inspiration. We LOVE hearing from you and finding out about people in the community that share the passion of riding. We LOVE your photos, flyers, and input on facebook too – so keep them coming. We THANK YOU for picking up our magazine and sharing it with your family and friends, and for going the extra mile by visiting our advertisers whose support allows us to bring you KSU.

#### Love & Light To You All, Kim "HippyChicKim" Teems kim@kickstandup.com



"It's so true it can happen to you all; there, Knock and it will open wide, And it only takes time 'Til love comes to everyone."

George Harrison Love Comes To Everyone





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# CHATTANOOGA'S KICKSTAND UP The Scenic City's Motorcycle Heart Beat MAGAZINE

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## YOG'S BRIEF ABATE UPDATE

The Tennessee 2011 legislative season has begun and with it comes proposed new laws for better or worse.

t this time there are two bills that have been written and if they are passed into law would affect many of us.

The first is House Bill 0153/Senate Bill 0074 written by Representative Bob Ramsey and Senator Doug Overby. THIS BILL WOULD MAKE IT ILLEGAL FOR CHILDREN FIVE AND UNDER TO RIDE AS A PASSENGER ON A MOTORCYCLE. This type of bill has been brought up twice. The first time, the age limit was 13 then it dropped to 10 now it's down to 5. Why this bill keeps coming up, I don't know. Last research I heard stated that there have been only three deaths of children in the last ten years who were passengers on a motorcycle.

I do know that as a community of bikers and motorcyclists, we do a pretty good job policing ourselves. It should be the parents deciding at what age to take our children out for a ride not the government.

The second bill HB 0081 written by Representative G.A. Hardaway, would MAKE IT ILLEGAL FOR CHILDREN UNDER 18 TO RIDE AN OFF-ROAD VEHICLE WITHOUT A HELMET ON PRIVATE PROPERTY. This bill has so many legal issues I don't have the space to write about it.

I urge all riders to write or call their representatives and senators and let them know what you think. They need to hear from you.

To find your state representatives and senators log onto **www.capitol.tn.gov** or call the voter registration office. If you know your representative and senator you can toll free **1-800-449-8366** then the last five digits of the office.

Remember every ride is an adventure!

Mark "Yog" Moore CMT/ABATE TN Valley Charter Director

## Facebook: KickStand Up! Magazine wonders what you're riding?



Eddie Thorne: This is the only way to go to Bikeweek!



Edwin Lee
Jemison: This
is my new
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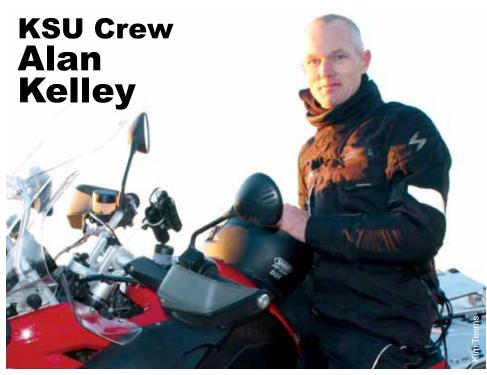
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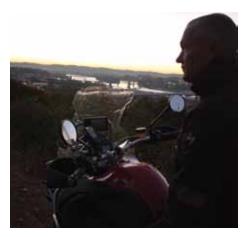
ello everyone my name is Alan Kelley. I grew up on Signal Mountain in the Walden community. I attended Red Bank High and graduated from the University of Tennessee. I married my childhood sweet heart Jenny Karam sixteen years ago. Ten years ago we built a home on our family farm that is located half way between Dunlap and Pikeville. The farm has been in our family for about sixty years and we feel very fortunate to have it. Jenny and I have six dogs and an African grey parrot. Jenny has managed Sequatchie Valley Wine and Spirits located in Dunlap, since we opened the store in July 09. My brother Wes and I are partners in Mountain City Landscape for the last twenty years. My favorite job is helping Kickstand Up in sales.

I have no problem admitting that I am a motorcycle addict. I love them all, dirt, cruiser, sport, adventure, touring, and have tried to buy one of every kind. I am always trading for the latest and greatest, again I have a real problem. I really like to explain it this way. Bikes are like shoes, we all have different shoes for different activities, I don't wear my work boots to church. Same thing with bikes, I know that most KickStand Up! readers already know this, I just wanted to plug that in for Jenny. In the last four or five years I have really enjoyed doing

some long distance touring. I have seen Yellowstone, Bear Tooth Pass, the Tetons, and even did Alaska this past summer. Traveling by motorcycle is just a wonderful experience and I hope to continue. I am planning on riding all fifty states, I need to double check, but I think I am about half way there.

For KickStand Up! to continue to be a success, we must grow our advertising base. The advertising rates are very reasonable and we are in the hands of thousands every month. If you know anyone that might consider advertising in KickStand Up! Magazine please ask them to contact me or any other member of our staff. Spread the word, KickStand Up! is great advertising for any business.

## Alan Kelley alan@kickstandup.com



# Invite

#### First Official KickStand Up! Ride to Dine

n March 26, 2011, you are cordially invited to join the KickStand Up! staff at 9:00 AM at the BP station on Snow Hill Road in Ooltewah, TN. We will ride towards one of our favorite eateries, Mikes Seafood and Grill in Blairsville, GA. We will be taking a circuitous route that will wind through Vogel State Park and end up eating lunch around 1:00.

We are anxious to meet and greet you and to ride together, many for the very first time. Please let us [Gary Boyd] know by email [gboyd1800@yahoo.com] facebook, phone [423-718-6807], or just send up smoke signals if you can attend. RSVP is not mandatory but it will give us a chance to give Mike a heads up and he can be properly prepared for our group. Even if you decide last minute or decide to bring a friend, please come. We look forward to seeing you and riding with you. **DINE AND DONATE:** 

Chattanooga Community Kitchen is in dire need of men's belts and shoes in good condition, as well as new boxer shorts. KSU has asked Community Kitchen to have a representative at our meeting place to accept donations. So take a minute to go through your old things and share the love by helping others in need, then we'll hop on our bikes and enjoy a great day of friendship, food, and twisty roads!

**KSU Staff** 



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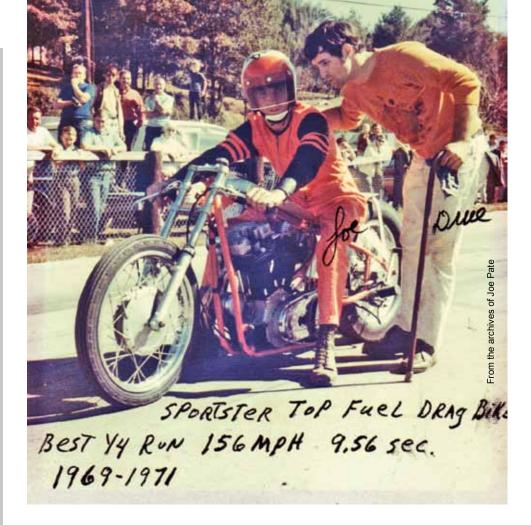
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## CURVES AND CRASHES HOW TO WRECK YOUR BIKE

he first TCHOG chapter ride of the year was totally delightful, beautiful weather, a great turnout, open roads and curves, what more could you ask for? The riders did an excellent job adhering to group riding principles and the road captains were magnificent in managing such a large group. I was most impressed and proud to be riding with such a group.

As we rode through the curves, I could not help but notice that some of us were working hard in the curves by not letting the bike do 90% of the work. I think that leaning in the curves is a term that is misunderstood. The rider is supposed to sit straight up and let the bike lean to negotiate the curve. If you and the bike both lean as a unit and at the same angle, a certain feeling of instability is felt. This is because you do not have maximum pressure of weight on the pavement and could cause you to feel uncertain and in some cases to panic. This is never good. Look at it as a lever principle, you have a lever trying to raise an object; one end of the lever is on the pavement and the other is in your hand, the more you pull up, the more weight is transferred to the ground making for more stability. In our case, the lever is the motorcycle, which is a gyroscope which when in motion fights to stay upright. The object is the rider sitting straight up at 90 degrees to the road. As you start around a curve the principles of steering are still in effect. Push down on

the left handlebar, the motorcycle goes left- push down on the right handlebar, the motorcycle goes right. Now this is where the leaning comes in; on a left curve, lock your right leg against the bike and like riding a horse, push with your right leg, then push down on the left handle bar and lean the bike in that direction while you continue to sit straight up until you are through the curve. The opposite is true of a right curve: down on the right handlebar. push with your left leg and lean the bike to the right. If you have never done this, try it and you will get a feeling of more stability than you have ever felt before. As long as you use this technique, the bike will lean all the way to the foot boards under your control.

When riding curves always look ahead, size up the curve, put yourself in position, reduce speed and follow through, increasing speed as you exit. Remember to take note of the yellow with black letters information sign present at most curves. If the speed is exceptionally low, you may rest assured that this a changing radius curve; one in which the curve gets tighter and tighter as you get into it. BE AWARE AND ADJUST ACCORDINGLY. If you are caught in one of these for any reason, don't panic, just apply the rear brake gently with whatever pressure it takes to pull you back into lane. You may have to slightly reduce speed, the key word is gently. DO NOT USE THE FRONT BRAKE.

Crashes are a difficult subject to talk about but we all know as motorcycle riders that we are vulnerable. Our vehicle is smaller and the motoring (cars) public do not seem to pay attention so it becomes our task to be better than the average driver. First, **PLAN YOUR CRASHES**. I know that sounds crazy but the truth is, planned crashes almost never occur because you are planning for it so it does

not come as a surprise and in general you will see a dangerous situation forming and will avoid it.

More than 70% of all motorcycle crashes occur at intersections (an intersection is any road, street or driveway that intersects with the road you're traveling on), so this should capture your attention. Prevention is the key element to avoid crashes. You have advantages that automobiles don't. First: instant response to all controls. Second; the ability to use front or rear brakes independently. Third; maneuverability. A good self defense technique is to observe the left front wheel or front wheel of any vehicle stopped or approaching an intersection with the road you are traveling on. If the wheel fails to stop or begins to roll, be prepared to take some sort of action. If a vehicle is approaching you going in the opposite direction and the front wheel starts to move out of a straight line, be prepared to take action.

If a crash is eminent and cannot be avoided, put the motorcycle on the ground between you and the object, preferably wheels first. To accomplish this, try to lock the rear brake, turning the handlebars to the left immediately while pulling the bike down with right hand on the right handle bar. Stay with the bike by holding on the right handlebar, elbows pulled to your side and both legs tight against the bike. If you cannot stay with the bike, do not try to catch yourself; keep elbows and hands out of the way against your body with your hands under your chin. Relax, roll and tumble until you come to a stop. If you are sliding, try to make yourself roll. This spreads the impact over a large area and reduces the possibility of serious injury.

PS. If you have any questions about anything concerning safety, please feel free to ask me. I am always at your service.

Ride Safe Lee J. Hicks Retired Chattanooga Motorcycle Squad Ljhicksjr@aol.com





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# In the Headlight UNFORGOTTEN

RA (Riding Association) and our motto is WRFTWL - We ride for those we've lost. What does Unforgotten mean? Unforgotten relates to those that have gone on before us that we still hold closely in our hearts and minds. Most of you can recall someone special's face and a memory just by hearing these few words. The smaller patches on our vests represent someone special to us. The patch over our heart is of an eternal flame representing our

loved ones memories will be carried for eternity.

We have hosted two annual fundraisers and hope to continue these in the future: Rally Across America for Brain Injured Children [www. cabiatn.org], which is the 2nd Saturday in April and Roll for a Cure in October which benefits MaryEllen Locher Breast Center [www.memorial. org/MaryEllenLocher]. Several URA members are also Elk members and we were asked to represent the states of TN/GA for the April benefit last year due

to our affiliation as Elks and our motto statement. This year's rally preparations are underway and we hope you can stop by. This event was started by Cranford, NJ Elks and they are approaching their tenth year with this project. They strive to have people in every state ride or rally on the same day for the same cause; hence the name Rally Across America for Brain Injured Children. Our members have been involved with the MaryEllen Locher Breast Center [MELBC] for a couple of years as they were also attracted to our motto. They were familiar with motorcyclists through another group hosting an event for them. We have been honored with the success of two fundraisers and are planning our third. Some of us had the opportunity to meet motorcyclists or their family members who are cancer survivors and hear their stories. MELBC provides services to many cancer patients at the Chattanooga and Ooltewah locations. This past fall, we were able to participate in their

ground breaking ceremony at the Ooltewah location. Our fundraising efforts for CABIA (Chattanooga Area Brain Injury Association) was able to provide literature and assistance to a special toddler you have been hearing about in the news lately. We hope that he continues to improve!

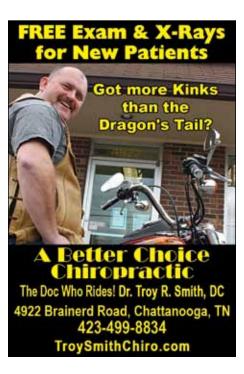
We are predominately a motorcycling group, but would love to get to know anyone that supports our mission. So, the next time you see one of us, whether it be on

a motorcycle, 4-wheeler, auto, standing alone, or in a crowd; you know what it means to be Unforgotten!

Unforgotten RA email: wrftwl@charter.net www.facebook.com/unforgotten.wrftwl









# Leading The Pack ROAD CAPTAINS

f you've ever ridden with a large group of motorcycles, you know it isn't as easy as it might look. What happens if you're passing a traffic light and it suddenly changes? Is it best to ride staggered, single file or double file? How do you avoid the "rubber band" effect when riding?

There is something deeply satisfying about riding the wind alone. And riding with a small group of friends is my favorite way to ride. But riding with a larger group has its own feel. The group takes on an energy all its own. A leader, or lack of one, can make or break this experience. I'm an active member of the Thunder Creek Harley Owner's Group [TCHOG], whose Road Captains [RC] set a great example of experienced, qualified group leadership.

Road Captains go through in depth training to gain their position. It is a huge responsibility, keeping a 'flock' safe and navigating the ride without seeming bossy or overly controlling. This year's Head Road Captain, Paul Daugherty [pictured bottom right], balances strong leadership with good people skills. "I have no desire to give anybody orders. Nobody wants to do that. But I take the safety part of this job very seriously." He says "Riding with people you know all the time is not so hard. But when you ride with people you don't know, who

are of different skill levels and riding different types of bike, you have to know what is needed to lead everyone safely. We try to put out ride info five days before a ride with details of the route. especially if interstate riding is involved. Some people aren't comfortable riding on the interstate. The primary tasks of a RC are to organize the rides, oversee the safety of the rides and route, and to work as a team. "We work in teams and each RC is required to have a CB radio to communicate with the RC team. One RC serves as the lead rider in charge, there is a sweep rider in back and a RC in the middle." This comes in especially handy if the group gets separated at a light. "Never run a red light, obey all traffic laws." Paul advises. "Yellow lights require a split second decision. If you stop, can the person behind you stop too?" If the group has to break apart to pass through a light, the shotgun RC takes over and catches the group back up. If too much separation occurs, the lead group pulls over in the first safest area to wait.

A Road Captain has to think ahead of the group, planning as much as 10 miles ahead to navigate a turn, 20 miles ahead for a gas stop. Every decision made is for the group. Hand signal used by TCHOG are basically those of the Motorcycle Safety Foundation [MSF]. HOG groups ride staggered on good roads. Riders stay one second behind the bike to the left or right, two seconds behind the bike in front. If the road is curvy, or in a rural or scenic area, Paul leads the group single file. RCs wear bright green vests for visibility.

There are currently 24 RCs with two probates, both women. When Paul became a RC nine years ago, requirements were loose. Now probates are required to take the MSF Experienced Riders' Course, an accident scene mgmt course, CPR and first aid classes. They must complete at least four rides during their probate year as a working RC, riding shotgun, middle or sweep. A dependable working motorcycle is necessary and whether leading or riding elsewhere, responsible riding is a must for an RC. "You are asking people to follow your lead, so you have to be someone people respect. Paul says there is no teacher like experience, so current RCs no longer have to repeat the riders course every two years.

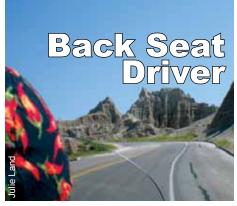
Some HOG rides are closed to members only, not to be exclusive, but because HOG groups are H-D sponsored, so there are liability issues. Some rides are open to everyone, regardless of make of bike or HOG membership, but riders must sign a waiver to ride with the group.

I've met some of the nicest people
I know on HOG rides. If you are
interested in learning more about the
TCHOG group, visit the Thunder Creek
H-D website at www.thundercreekharley.
com. The group meets the second
Monday of every month at Country
Place Restaurant on Shallowford Road,
6 pm for dinner, meeting at 7.

Kathy Kile kathy@kickstandup.com







written by motorcycle "drivers," but this column will be about the view from the back seat of the motorcycle. Yes, the "rider" has a few things to say about the wind in your hair and the thrill of the ride. I have been a rider since the early 70's starting on a Honda 350 to a Honda 500, on up the ranks to Harley Sportster, Bad Boy, Road King, Electra Glide and my favorite, the Gold Wing.

I would say that the rider has a lot to say about the different bikes and the comfort level of each. Trust me, I have plenty of stories related to each bike, but I won't go into that now.

The rider has a responsibility to the driver other than just to be eye candy. Some of my responsibilities are

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unwrapping and feeding candy to the driver so he can keep his hands on the handlebars. Sometimes, I hang on to the drink and give him a sip when he needs refreshed. Another responsibility is to help watch for traffic and tell my sweet husband things like "Stop Sign," "Red Light," "Cop," or even occasionally "Slow Down!"

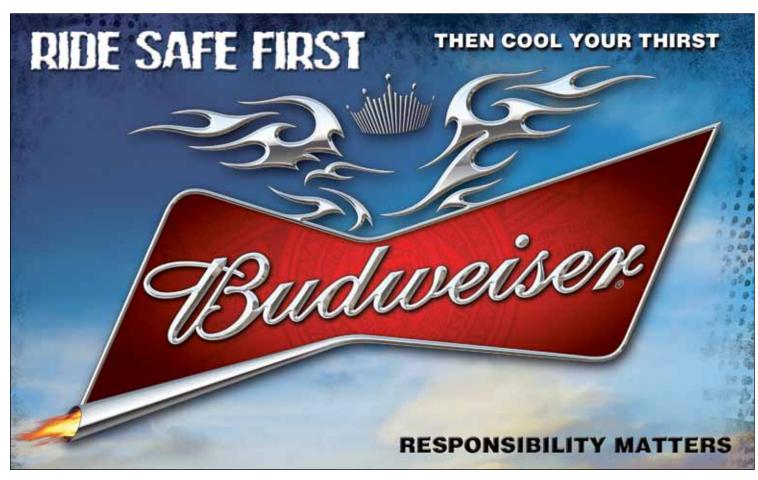
My favorite time of day to ride is in the morning when the dew is still on the ground or at dusk when it is damp. That's when you can really smell the flowers or trees. When we were in Glacier National Park in Montana a year ago, we were riding in the morning and I told Ronnie that it smelled like Christmas. You could smell the wonderful fragrance of the evergreen trees and it put the scented candles to shame.

Yes, I have traveled over three hundred thousand miles on the back seat in the past 17 years, and I can honestly say that I have enjoyed every minute. (Well, riding in the rain is not much fun, but it makes the ride an adventure.)

#### Julie "Pebbles" Land

Do you have a Back Seat Experience? Send us your story in 300 words or less to info@kickstandup.com.









# Smoked Sausage Cheese Puffs

ometimes you just need a good finger food when you're watching a game, race or just enjoying some time with friends. Here is a great recipe I did for Don Welch on his show This and That seen on Channel 9 weekdays. After the show aired I had several people email me for the recipe, so I thought I would share it with our riding buddies.

It was for Super Sunday parties but it would be good just about any time. And of course you can choose any stuffing mix you want. You can use bratwursts, different cheeses, and different veggies whatever you like. Ally and I have included chopped spinach, crab and cream cheese for a change of pace.

#### **Smoked Sausage Puffs**

2 -3 cans canned crescents
2 cooked Smoked sausages crumbled
1/2 cup chopped onions
1/2 cup chopped peppers
1/2 cup cheddar cheese shredded
1/2 cup mozzarella cheese shredded
1/4 cup mustard
Minced garlic

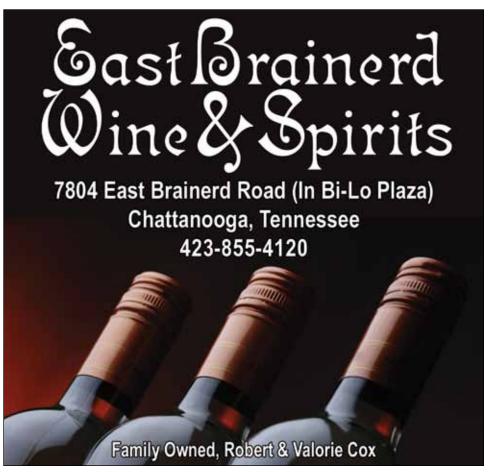
Cook your smoked sausage and crumble. Mix all in a large bowl. Use a mini muffin pan with non stick spray. Break dough into small pieces and spread pieces on a plate to stretch. Place into muffin pan, spoon filling in and fold edges over. Pinch to seal. Bake at 350 degrees until golden. You can sauté the veggies before, if desired.

Kent Whitaker is a Cookbook author and culinary writer with eight books. He is also member of, and an AUXCHEF trainer for the United States Coast Guard Aux. He and his wife Ally consider themselves as recreational riders and live in East Tennessee. Kent's books are available at any book store or online at www.thedeckchef.com

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# **EVENT LISTINGS**

**WEDNESDAY - SUNDAY, MARCH 2-6** 

Hixson, TN TEAM IMPACT Dallas Bay Baptist Church 423-842-9299 www.dbbc.org

FRIDAY - SUNDAY, MARCH 4 - 13

Daytona Beach, FL DAYTONA BIKE WEEK www.officialbikeweek.com

**SATURDAY, MARCH 5** 

Chattanooga, TN (PROFESSIONAL HARLEY-DAVIDSON) SEMINAR Thunder Creek Harley-Davidson, 2:00 PM 423-892-4888

www.thundercreekharley.com

(PROFESSIONAL HARLEY-DAVIDSON) SEMINAR Mountain Creek Harley-Davidson, 2:00 PM

706-370-7433 www.mountaincreekharley.com

Monteagle, TN

"MUSIC ON THE MOUNTAIN W/ THE BEST OF NASHVILLE" Jim Oliver's Smoke House 850 W. Main St., 7:30 PM www.TheSmokeHouse.com

**SATURDAY, MARCH 12** 

Monteagle, TN

"MUSIC ON THE MOUNTAIN W/ THE BEST OF NASHVILLE" Jim Oliver's Smoke House 850 W. Main St., 7:30 PM www.TheSmokeHouse.com

SATURDAY & SUNDAY, MARCH 12 & 13

Blairsville, GA SOUTHEASTERN TRIALS RIDERS ASSOC. ROUNDS 1 & 2 Trackrock, 12 est. Saturday, 10 est. Sunday Jamie Gourley, 770-788-0937 setrialsriders.org

FRIDAY, MARCH 18

Monteagle, TN

"MUSIC ON THE MOUNTAIN W/ THE BEST OF NASHVILLE" Jim Oliver's Smoke House 850 W. Main St., 7:30 PM www.TheSmokeHouse.com

**SATURDAY, MARCH 19** 

Rossville, GA

JARRETT LITTLE MEMORIAL POKER RUN

City Park Salem Rd Phillip Shankles 423-726-0133 rmcrossville@gmail.com

Chattanooga, TN

ST. PATTY'S PARTY & BIKE SHOW @ THUNDER CREEK H-D Thunder Creek Harley-Davidson, Noon

423-892-4888

www.thundercreekharley.com

**SATURDAY, MARCH 19** 

Dalton, GA

ST. PATTY'S PARTY & BIKE SHOW @ MOUNTAIN CREEK H-D

Mountain Creek Harley-Davidson, Noon 706-370-7433

www.mountaincreekharley.com

Monteagle, TN

"MUSIC ON THE MOUNTAIN W/ THE BEST OF NASHVILLE" Jim Oliver's Smoke House 850 W. Main St., 7:30 PM www.TheSmokeHouse.com

**SATURDAY, MARCH 26** 

FIRST OFFICIAL KICKSTAND UP! RIDE TO EAT

BP station on Snow Hill Rd., 9 AM 423-718-6807 / gboyd1800@yahoo.com

Monteagle, TN

"MUSIC ON THE MOUNTAIN W/ THE BEST OF NASHVILLE" Jim Oliver's Smoke House 850 W. Main St., 7:30 PM

www.TheSmokeHouse.com

**TUESDAY, MARCH 29** 

Chattanooga, TN WOMEN'S GARAGE PARTY

Thunder Creek Harley-Davidson, 6:30 PM 423-892-4888

www.thundercreekharley.com

WOMEN'S GARAGE PARTY

Mountain Creek Harley-Davidson, 6:30 PM 706-370-7433

www.mountaincreekharley.com

**SATURDAY, APRIL 2** 

Chattanooga, TN (PROFESSIONAL HARLEY-DAVIDSON) SEMINAR

Thunder Creek Harley-Davidson, 2:00 PM 423-892-4888

www.thundercreekharley.com

(PROFESSIONAL HARLEY-DAVIDSON) SEMINAR

Mountain Creek Harley-Davidson, 2:00 PM 706-370-7433

www.mountaincreekharley.com

**SATURDAY, APRIL 9** 

Chattanooga TN

CMA RIDE: DEVIL'S TRIANGLE Sportsman's Warehouse - Lee Hwy., 9 AM

www.cmachattanooga.com

Chattanooga, TN

RALLY ACROSS AMERICA FOR BRAIN INJURED CHILDREN

Place-TBA, Time: 3 PM -11 PM Gary McCullough @ 423-304-8417

www.facebook.com/unforgotten.wrftwl

SATURDAY, APRIL 16

Chattanooga, TN
FREEDOM RIDERS MAKE-A-WISH POKER RUN

Thunder Creek Harley-Davidson, 10:00 AM

Shelbyville,Tn AUT 2 B KIDS RIDE FOR AUTISM

Celebration Pavilion, Celebration Dr., 9 AM Ronnie D Curtis Cell (931)224-3208

Rain date April 30th

Chattanooga, TN ZACH NICHOLS MEMORIAL RIDE

Spectaters Sports Bar, 8021 East Brainerd Rd., 1 PM

SATURDAY & SUNDAY, APRIL 16 & 17

Carrolton, GA SOUTHEASTERN TRIALS RIDERS ASSOC. ROUNDS 3 & 4 Schoenbeck Ranch. 12 est. Saturday, 10 est. Sunday Jamie Gourley, 770-788-0937

setrialsriders.org

**MONDAY APRIL 18** 

Dalton, GA

CUSTOMER DEALER RIDE WITH MOUNTAIN CREEK H-D Ride to Lake Guntersville with lunch @ Triple BBQ

KSU - 9:00 AM 706-370-7433

www.mountaincreekharley.com

SATURDAY, APRIL 20

Calhoun, GA

**FALLEN SOLDIERS MEMORIAL POKER RUN** 

American Legion Post 47, Calhoun, GA

www.108thmemorial.com

SATURDAY, APRIL 23

Chattanooga, TN BLESSING OF THE BIKES

TN Riverpark 10 AM - 2 PM, Free lunch

Gary Scruggs-President, 423-991-0962

**SUNDAY, APRIL 24** 

Chattanooga, TN
EASTER SUNRISE SERVICE

Chickamauga Dam Boat Ramp at 7AM Gary Scruggs-President,423-991-0962

SATURDAY, APRIL 30

Chattanooga, TN
AMERICAN MOTORCYCLES SPRING SWAP MEET & PARTY

American MC, 3208 Rossville Blvd. 423-698-2500

www.americancyclesinc.com

### **ENTER YOUR EVENTS AT** WWW.KICKSTANDUP.COM

#### MARCH BAND LINE UP

Fri., March 4 - BOUNTY HUNTER

Sat., March 5 - GUVMENT CHEESE

Fri., March 11 - BLACKWATER STEELE

Sat., March 12 - COMMON GROUND Thurs., March 17 - St. Patty's Day

(Matt Foster & Zack Cooper) Fri., March 18 - TIMBERWOLF

Sat., March 19 - CHICKAMAUGA RODEO

Fri., March 25-RANDY JOHNSON & DAVID BROWN Sat., March 26 - CHANNING WILSON

# Village Sports Bar & Grill

Monday - 50 Cent Wings and \$1 Draft **Tuesday - Songwriter Night** Wednesday - Open Mike

Thursday - BIKE NIGHT with DJ

Friday & Saturday - LIVE BANDS Mon. - Thurs. 4 pm - Midnight / Friday 11 am - 1 am

> Saturday 11 - Midnight / Closed Sundays 706-375-1165



Off Hwy 27 South Between Chickamauga & Rock Spring: 96 Fieldstone Village Drive - Rock Spring, GA, 30739

## **ODDS & ENDS**

Thunder Creek and Mountain Creek H-D announce PHD (Professional Harley-Davidson) Seminars in March and April.

oin Harley-Davidson master technicians for tips and techniques on your bike. They will give a step-by-step demonstration and will answer any questions that you may have. Nobody knows your Harley like we know your Harley!

Admission is free – all you have to do is show up. For more information check out the KSU event listings, or call Thunder Creek at 423-892-4888 and Mountain Creek at 706-370-7433.

#### Chrome Diggers a Website for the Woman Motorcycle Enthusiast!

Started by Tami McCain, the Chrome Diggers portfolio of websites is specifically tailored for Women Motorcycle enthusiasts. We're committed to bringing you the best in entertainment and fun through 'How To" articles, blogs, interviews, product reviews, community and charity support, pictures, videos & unique products that interest Women bikers and riders. We focus on safety first but mainly the most fun womanly possible!

Chrome Diggers will be turning the table on our male counterparts and searching the world over for our 'Mr. Chrome' models through our 'Mr. Chrome' contests at major bike rallies and events throughout 2011, the first of which is scheduled to take place at The Boardwalk Beach Resort in Panama City, FL. Saturday April 30th, 2011 as part of the Panama City Bike Rally. Then again July 16th, 2011 at the 'Curves for Chrome' benefit for Bikers Battling Breast Cancer. Visit them at bikersforboobs.org.

Come on ladies let's have some FUN! Become a part of our 'Chrome Crew' and visit our site chromediggers. com for all the latest info. Also find us on Facebook, Twitter, You Tube and Bikers or Not.

Thanks! Tami 'Chrome Chic' McCain tami@chromediggers.com

## **AUTOMOTO BABY**



een any weird looking three wheeled scooter like vehicles around Chattanooga lately? Part trike, part scooter, the attraction grabbing Automoto has made its entrance into Chattanooga and can be found exclusively at Chatt Town Scooters. With a 150 cc single cylinder 4 stroke engine, a cool "roof" and accessories like an integrated stereo system, a bike rack, Plexiglas side panels, a golf bag holder, this feisty vehicle is a surefire hit.

Thanks to 3 wheel Posi Traction, when navigating a turn or curve, the upper half of the Automoto leans like a motorcycle while the rear wheels stick snugly to the ground. Safe and comfortable for two riders, the Automoto comes with standard features like a large lockable trunk, MP3

connection with speakers, ABS, Windshield Wipers with sprayer, alarm and too many others to list here. It also comes in a rainbow of bright colors. Max speed tops out at a comfortable 55 mph. Did we mention it gets 83 mpg? With a 2.1 gallon tank, you can spend your time cruising around instead of filling up. An electric model is slated for 2011. Retail price is around \$4,000 with shipping and assembly. Be sure to check out Automoto's award winning commercial,

which took first place this year in the Best Daytona 500 Commercial competition as UPS NASCAR driver David Ragan showed the world what this revolutionary vehicle could do. Who knew UPS drove such cool vehicles?

Chatt-Town Scooters is locally owned and operated. They assemble all the fun, eco-friendly scooters they sell at their 324 North Market Street location on the NorthShore in Chattanooga. For more information on the Automoto contact Carter or Peyton at (423) 752-9195, visit www.chatt-townscooters.com or go to www.theautomoto.com.

Kathy Kile kathy@kickstandup.com



# **BACK ROADS**

### **The Long Way There**

ast weekend the weather turned warm and most of us ventured out. On Saturday we travelled across the snow covered Cherohola Skyway. It was an adventure. Broken body parts and broken bikes are the gist of that story.

Sunday afternoon, Frank Hutsell on his brand new Honda VFR and his son, Zack, on board his Yamaha R-6 joined me on a little ride to eat. I told them about the ribs at Steve's Landing and off we went.

Now we could ride out on Rt 153 over the bridge to Rt. 27 and then to Hixson Pike in Soddy-Daisy. But what would be the fun in that?

We started out from the BP station in Ooltewah. We needed to get to Birchwood Pike, or 312, off of Hwy 58. I prefer to ride 58 out to Harrison Bay and take Harrison Bay to Birchwood Pike.

- Leaving Ooltewah we turned right out of the back of the BP station onto Mountain View Rd.
- At the first stoplight turn left on Snow Hill Rd.
- Left on Greenwood Rd. to Hwy 58
- Right on Hwy. 58 to Birchwood Pike

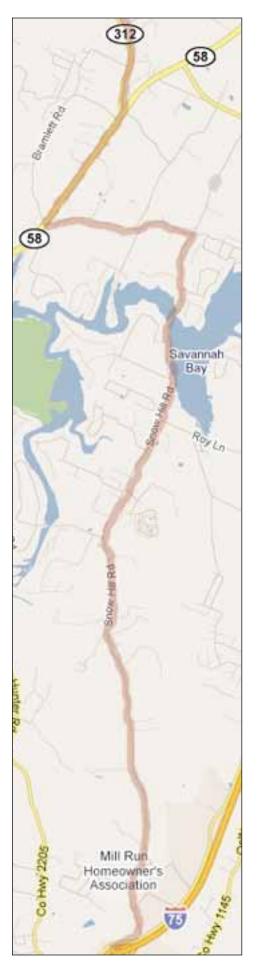
- · Left on Birchwood Pike to Rt. 60
- Left on Rt. 60
- Left on Dean Corvin Lane. You will take that a short distance and bear left and then you will come to Black Oak Ridge Rd.
- Left on Black Oak Ridge Rd. which becomes Aslinger Circle. Stay on Aslinger Circle until you get to Providence Rd.
- Left on Providence Rd. to Daughtery-Ferry Road
- Left on Daughtery-Ferry Rd.
- Right on May Rd.
- Left on Lee Pike
- Left on Armstrong Rd.
- Armstrong Rd. to Hixson Pike. Turn right to Steve's Landing.

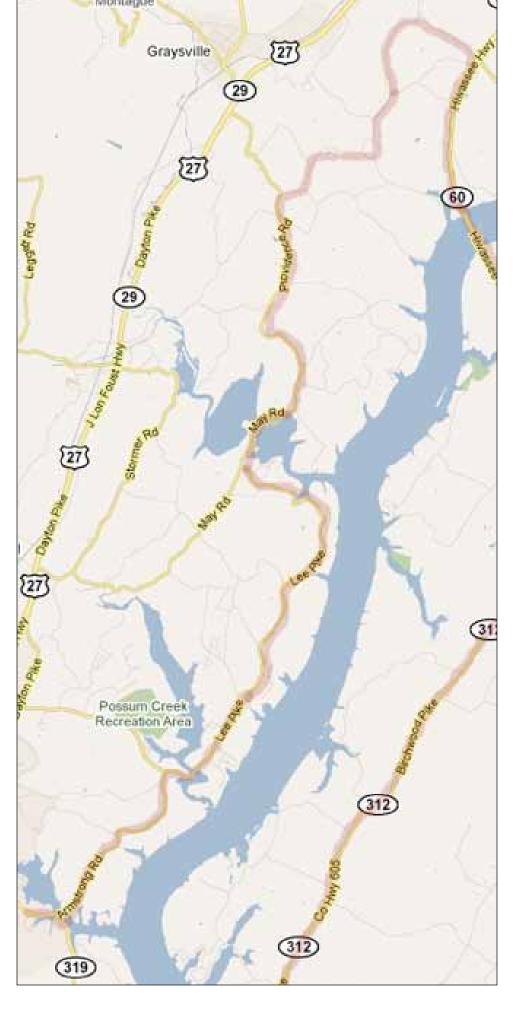
As for the food at Steve's Landing, most of you already know, awesome! A great place and great food.

CAUTION: Do not take this route if you do not like curvy, twisty, scenic routes.

Gary Boyd gboyd1800@yahoo.com







We pick up your bike & take it anywhere, anytime.
423-580-3967
Eddie Thorne





State Farm Indomnity Company + Bloomington, IL.

# Improve Enduro Riding Skills PANDORA'S ADVENTURE TRAINING PARK OPENING SOON

"Experience keeps a dear school, but fools will learn in no other."

-Ben Franklin

andora's Adventure Training Park will be opening soon, and has been made possible by the collaboration and support of some top notch people and a very talented instructor named Rick Trimble. All street legal Enduro bikes are welcome. These programs are meant to teach riders how to handle a 'big bike' in the dirt as well as a variety of other terrains and conditions. These programs will promote safety and control, and be beneficial to Enduro riders of all skill levels. The Open Park time is designed to let riders practice and reinforce on their own time.

Pandora's Adventure Training Park is meant to improve riding skills in the face of unexpected challenges when you are riding in the back country. This is also an alternative for those that do not have the time to get to the back country and would like the opportunity to hit a variety of different terrains and conditions in a short

window. It can be easier to get permission from the Mrs for a two hour ride in the Adventure Training Park than it can be for a half day ride.

## The Intro Adventure Training Class (3 hours) include:

- Obstacle avoidance
- Balance techniques
- How to ride 'shot rock'
- · How to recover from a stall on a steep hill
- · Body position for effective off-road riding
- Log crossing
- Steering from the pegs
- General overview of top mistakes people make on the dirt
- Written test concerning encompassing topics
- Riding testCost: \$110 per bike

## The Advanced Adventure Training Class (3 hours) include:

- Review of fundamentals taught in Intro Class
- · How to ride in sand
- Proper techniques for riding two up in the dirt

- How to make a turn fully loaded on a steep hill
- Water crossing
- Riding test

Cost: \$110 per bike

## Pandora's Adventure Training Park Open Sessions:

- Practice the techniques taught in the Training Classes
- Master the sand pit
- · Lose weight
- Gain strength
- Feel younger and more confident on your Enduro machine
- Get away for an hour and ride like you are in the back country!
- GS Training ground for the Pandora's GS Adventure Team

If you would like to practice in the park outside of Open Session hours please call the shop to arrange access 423-468-4104. Only riders who have completed and passed the Pandora's Intro Adventure Training Class are permitted to run their machines in the park for Open Session. Annual Membership fees: \$25 a month or \$275 one time annual fee (one free training class included). General access for Open Session time is \$30



# Pandora's European Motorsports

4784 Highway 58 Chattanooga 423-468-4104

pandorasmotorsports.com

Become a Fan of Pandora's on Facebook for updates on riding events & in Store Specials

BMW Motorrad

Authorized



# DUEL SPORT WARM-UP

ooking for a Dual Sport Ride that won't take all day, or one that you could do after work any time you have a couple of hours of daylight left? Well, here it is....

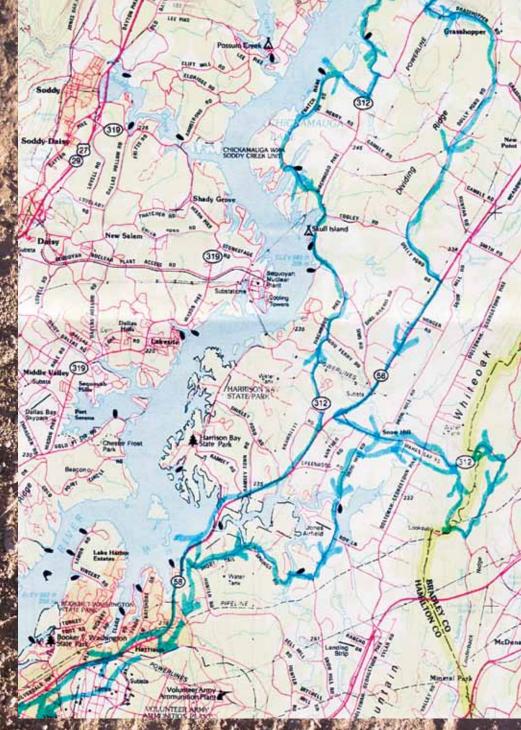
Conveniently located northeast of Chattanooga, between the Tennessee River and Interstate 75, are roads that offer an amazing variety of sweepers, twisties, and even moderately difficult dirt road challenges. This is a great area to sharpen rusty skills that have diminished over the winter, or to bring a friend or spouse new to riding dual sports and let them see what it's like without getting beaten up.

#### Route qualities that are attractive:

- · It's quick...takes only two hours
- It's close...convenient to Chattanooga and Cleveland
- It increases in difficulty as you progress through the ride
- There's good food at the Countryside Café
- There's a car wash at Harrison after the dirt section
- It's easy to make the ride longer or shorter

#### **Route Description and Features:**

- From Pandora's European Motorsports head NE [right] on 58 about 10 miles
- Left (west) on Hwy. 312 (Birchwood Pike) for about 5 miles of paved sweeping 2 lane curves
- Left on Thatch Rd. for four miles of good twisties
- Left back on to Birchwood Pike for ½ mile, then left again on Eldridge Rd. for 5 miles of really tight gravel chip-n-seal. This section can be very challenging.
- Right back onto Birchwood Pike for ½
  mile, then left on Grasshopper Rd., and
  after a couple of miles right on Dolly
  Pond Rd. for a relaxing couple of miles
  until it dead ends at Hwy. 58
- Right (south) on 58 for two or three miles and then left (east) on Hwy.
   312 (Mahan Gap Rd.). After a couple of miles, you'll cross Ooltewah-Georgetown Rd. and start over White Oak Mountain.
- As you come down the mountain, make a sharp right on Owl Hollow Rd. This is a real treat...a tight, twisty two-lane following the creek up into the hollow.
- After two miles, turn right on Fire Tower Rd. and climb steeply for ½ mile where the pavement ends and a dirt road and a dirt drive are on the right.
- Take the dirt road with a large puddle across it. This is where the fun starts! Although this section is only a mile and a half long, it's got a little bit of everything...shallow puddles with solid bottoms, small rock ledges, a little log to go over, ruts to negotiate and some



fairly smooth dirt sections as well. The road becomes paved just before it turns out on Hwy. 312, so if you want some more of the dirt section, turn around and do it again; it won't take too long and it's a different ride going in the opposite direction.

- Come back to Hwy. 312, turn left and go to the Countryside Café for lunch. It's just past the 4-way stop at Mahan Gap Rd..
- After lunch, continue west on 312 for about a mile and turn Left on Snow Hill Rd. for two or three miles of scenic sweepers.
- Right at the convenience store on

to Short Tail Springs Rd. This twisty residential road dead-ends at Hunter Rd.

 Right on Hwy. 58 going south back toward Pandora's. If you need to wash the mud off your bike, there's a car wash in Harrison on your right.

If you're feeling good after this two hour warm-up ride, you should be ready to take on the good Forest Service Roads in the Cherokee and Chattahoochee National Forests...Enjoy!

#### **Doug Graydon**



is father gave him a 1958 Harley-Davidson Sportster in 1963 when he was 16 so that he could get back and forth to school in the farm country of northern Illinois. He gave him the bike because he thought that Jim would be careless with a car and didn't want him to get hurt. Jim rode it year round because, well, because he was 16 and his father gave him a Harley.

He rode that bike until one day going down the only blacktop road in the area, one of the two springs that served as the suspension system broke. Jim, with foot caught between the shifter and the foot peg, ended up sliding with the bike until he stopped abruptly against the sign that warned of the bridge ahead. The bike hit the concrete bridge and then careened straight into the creek. He discovered road rash that day and yet escaped serious injury and certain infertility when the seat and gas tank collapsed together taking a chunk out of his leg just below the groin.

Her parents told her stay away from motorcycles even though her father had owned an Indian Chief. Her mother wanted her to stay away from motorcycles. Her father wanted her to stay away from the guys who rode them. So she did. Her father was right.

Jim and Beverly Rambo, no relation to the movie action figure, are pretty much synonymous with Chapter V of the Gold Wing Road Riders Association in Chattanooga. They served for two years as assistant chapter directors of our chapter and since the very first day have invested great amounts of time and work into making this one of the very best Gold Wing chapters in the country.

Their attitude and their smiles are infectious and no one enters a chapter meeting without Jim saying hello. Jim is also one of the co-ride coordinators who help plan and map out various rides that

the chapter takes through the year.

And they certainly ride. Jim, after his harrowing experience on that old Harley, got right back on the bike after it was fished out of the creek. Although the handlebars were parallel to the bike as opposed to being perpendicular, Jim managed to ride that Harley until he got out of high school. His next bike was a 70's era CB450 from Honda, which he rode until the birth of his first child, Jim Rambo Jr. or Jimmie as he is referred to by most of us.

Thirty some years later, Jimmie showed up at his house with a brand new 2004 Honda Magna 750. Jim decided that he needed a bike and went to eBay and purchased a 1984 Kawasaki 550 LTD. Jim throws nickels around like manhole covers and was not about to throw money at a new bike. Yet.

He then practiced in his driveway, a long driveway with a roundabout at the house, and slowly built up the courage to take it to the street. Beverly, remembering her parent's advice, decided that since she was married to Jim it would be hard to stay away from him at this point. But she stayed off of that bike. Jimmie then decided that he wanted a Honda VTX 1300 and gave his father the Magna, because he didn't feel that the Kawasaki was mechanically safe enough for his father to ride.

Beverly threw caution to the wind and climbed on the back of the Magna and rode with Jim a few times and discovered what we all know, there is great freedom and adventure in riding on two wheels. As Beverly put it, "I think that deep down, everyone wants to be able to ride a motorcycle. Who am I to argue with that?"

Jimmie then decided he wanted a Honda ST1300 in 2006 and took his father with him. His father traded in the Magna for the ST1300 and he got the Honda VTX 1300 for himself. Soon after that Beverly bought her own Honda Silver Wing scooter.

The Rambos were hooked. They happily rode that VTX for quite a while. They decided to go to the Honda Hoot in Knoxville, TN. Their fate was changed forever when they took a test ride on a GL1800 Gold Wing. Jim could not believe just how powerful and nimble a Gold Wing could be. Beverly couldn't believe how comfortable it could be. They were both right.

A later trip to Southern
Powersports with Beverly sitting on all of
the different colored trikes checking out
which color was more comfortable, they
decided to buy a Gold Wing Trike. As you
can tell by the pictures, purple is the most
comfortable color. [They actually chose the
trike with the best suspension system for
their needs.]

After buying the trike, Beverly decided that her scooter days were over and she was right where she wanted to be, on the back of the Wing. So they sold the scooter and spent all of the remaining money on accessories for their Wing.

This time, it was Jimmie's turn to be impressed and soon he was riding a brand new GL1800 Wing. And most of the time he either has his wife, Meredith, or his son, Jeffery, on the back of his bike. They are all part of our GWRRA family now and often ride with us. Jim and his son, Jimmie, have even taken a trip to the Outer Banks together as you can see in some of the pictures.

As for Beverly's father? Well, I am not sure what he thinks of Jim, but he sure looks like he is enjoying himself sitting on the back of Jim's trike after going for a ride at age 89.

Gary Boyd gboyd1800@yahoo.com

eet Mike Caron, owner of American Motorcycles of Chattanooga [AMC] and American Alternator, Starter, & Battery, at 3208 Rossville Blvd. Mike has motors in his blood. Born and raised in Montreal, Canada, he's been riding and working on motorcycles since he was 13. Mike later migrated to Atlanta where he worked as an Echlin sales rep, then as a national trainer for years specializing in fuel injection and computerized engine controls. Finally, the entrepreneur inside him broke free and he decided he wanted his own business. Mike longed to have his own bike shop, but as fate would have it, American Alternators, Starters, & Battery [AAS&B] in Chattanooga, a company he had his eye on, was for sale and close to family - so to Chattanooga he went.

But Mike's passion for motorcycles continued to sing in his blood and eventually he went for his dream and opened American Motorcycles of Chattanooga, in the building beside AAS&B.

Since that fateful day, American Motorcycles has been rocking "The Boulevard" with super deals on all types of motorcycles, parts and Harley-Davidson Certified service.

AMC believes in supporting the community and hosts a variety of events throughout the season. Among this year's events will be the annual AMC Swap Meet & Party, on April 30th, as well as the

Motorcycle Olympics for Kids & Parents on Saturday, May 21. A day of motorcycle related family-friendly games, contests, food, and fun.

AMC also welcomes charities, clubs, and causes to host their event at the shop. Mike says, "I like to help people. We've got a great big parking lot with plenty of room for bikes, a band, vendors, and more.'

Regardless of what type of bike you ride, you'll find fast, friendly service at American Motorcycles, where they go the extra mile to make sure you're happy. Mike says, "I like to take good care of my customers, and I like to keep them coming back. American Motorcycles will beat anyone's price on tires and service. I

guarantee it." American Motorcycles of Chattanooga carries Dyna Beads, tire pressure monitoring valve caps, a nitrogen fill station, all makes of new parts and a great selection of barely used seats, fenders, pipes and more. His showroom is filled with Harleys to Hondas, choppers to dirt bikes, as well as a classic 1968 red convertible Mustang Shelby Clone [Mike's baby and not for sale]. Drop on by and see for yourself, why American MC is known as one of the friendliest shops around. Check out their ad on page 7.

Kim Teems kim@kickstandup.com

Right Photo: Mike on his 1970 750 Honda chopper with Amen Savior frame.

# **American Motorcycles** *Advertiser*

In The Headlight



## Fuel - Food - Clean Bathrooms - Riders Welcome!

JONES GAP RD. EXIT OFF HWY 111

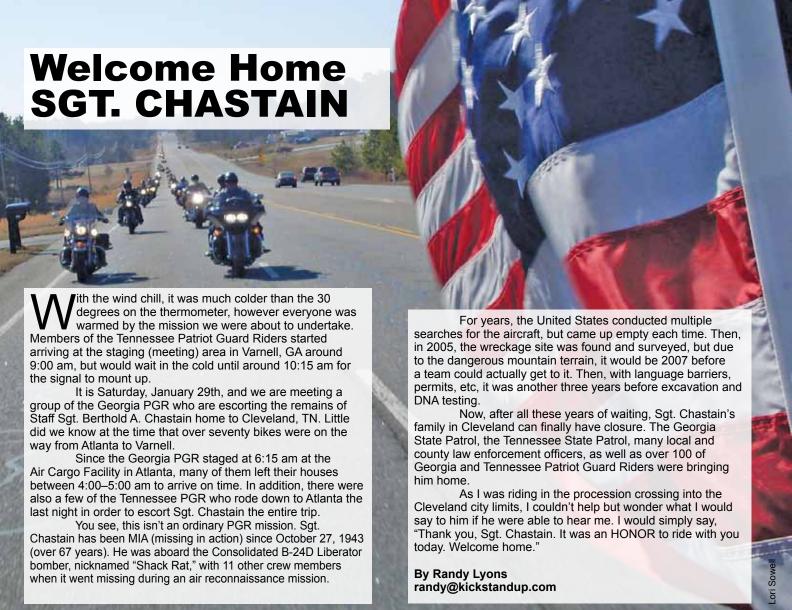
Monday thru Saturday 6 am - 10 pm Sunday 8 am - 10 pm

[423] 332-3360

Also Located Ime

Dayton, Harrison, Cleveland, Benton, & Georgetown All Stores Locally Owned & Operated

American Trading Post





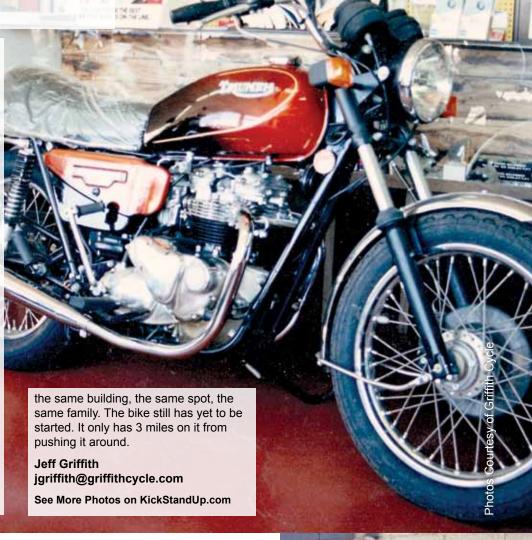


## In The Rearview Mirror 1982 Triumph Bonneville 750 Electro

n 1982 Triumph was on the verge of going out of business when a group of workers bought out the name to try to keep Triumph alive. To their dismay, Triumph barely made it into 1983 before going bankrupt.

This Triumph Bonneville 750 was the very last bike to be shipped to Griffith Cycle from England. It featured Electro electric start and disk rear brakes! When the bike arrived at the shop, Don Griffith took it out of the crate, never serviced it, and rolled it onto the showroom floor and there it sat for many years. Through the '90's and into the 2000's the bike stood as a relic from the past to many in the Chattanooga area. Triumph was out of business and Don only had Honda and did very well until 2004 when he decided to retire and sold Griffith Cycles and the Bonneville along with it. Five years passed without any thought to what happened to the bike, until 2009 when Garry Griffith, Don's son [Garry & Don pictured bottom right], bought the bike back from the dealership he sold it to. He cleaned it up and gave it to Don for his birthday in January of 2010 and no one has ever seen Don smile so much.

It now sits in its rightful place in the showroom of Garry Griffith Cycle,



## STREET LEGAL SPECIALS

Motorcycle Variety Store - Inventory Changes Daily!

2007 Kawasaki ZX14, custom paint, extended swingarm, chrome wheels - \$9579

2007 Yamaha Royal Star midnight tour deluxe...

Like new. Only 7000 miles - \$7979

2003 Honda VTX1800S red w/ windshield b.rest & carrier, saddlebags 10,000 miles - \$5979

2009 Honda CBR600RR 2100 miles, Two Brothers exhaust - \$6979

2005 Yamaha V-Star Silverado 650 - \$3979

2005 Honda Shadow Spirit 750 w/flames.

Like new. 2100 miles - \$3979

2007 Suzuki 800 BLVD, 10,000 miles - \$3979

2004 Suzuki Marauder 800, 9000 miles - \$3979

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# QUALIFYING FOR Loretta Lynn's Amateur Motocross Championship

ualifying for the biggest amateur motocross event in the south is a dream come true for even the most skilled amateur riders from across the United States, and some from other countries.

Loretta Lynn built her ranch in 1974 in Hurricane Mills, TN. About thirty years ago, Paul Schegel, Dave Coombs, and Dave Jordan had a vision to organize this event that now allows amateur riders to call themselves champions. They did not know that they were creating an event that would cause tears of joy, tears of pain, and tears of dismay for so many riders.

Riders go through a grueling process to even get to Loretta's.
Qualifying starts in late February. Then there are 52 qualifiers that any racer can enter into. The riders have a choice of which class to enter into according to what size bike they ride, riding experience, age, etc. In other words,

you will not see A-Class 22 year olds racing against 10 year olds on 65cc two strokes (though at some qualifiers they do have "pit bike" races for fun). Supposing that you finish well enough to qualify, the rider then goes to one of 12 Regional Championships scattered across the south. Here the competition gets steeper, but finish well enough, and you find yourself among the top 40 amateur riders in your class, and you make it to Loretta's.

Being at Loretta's is more than going to a race, and coming back home. You stay there for the whole week with friends that you met along the way. You can attend dances, concerts, unveiling of new products, and more. Sometimes you will see past champions who made it big at Loretta's come in and ride, riders like Ricky Carmichael, Ryan Dungey, Jeff Emig, and Jeremy McGrath.

Instead of your usual two motos at a regular amateur race, you have three motos to prove you belong among the top riders in the nation. Some will crash; some will get hurt; and some will have a bad day, but for those who win, their dreams have come true, and they have







# **GOT SAG?**

Today in the exciting black magic world of suspension tuning, we will be attempting to convey what SAG is. **Yes S.A.G. - sag.** 

No, not screen actors guild. No, not what your grandparents body parts are doing. But sag, how far the back end of your bike needs to "sag" in order to get optimum performance. What we are actually doing is positioning the rear shocks piston in its most optimum position to absorb and "rebound" to terrain changes. Yes folks, this is so exciting I'm about to explode. We know that a dirt bike has 12 inches of travel, and it can absorb a lot, but what we forget, (probably never knew) is that a bike's suspension has to be able to rebound or extend into pot holes, variances in the terrain in order to give "you" the rider a great ride.

If you don't care to learn about adjusting sag, by the time you finish this article you will understand it's importance. Just ask Steven Brady, pro arena cross racer. He just spent \$6,000.00 getting a well-known California Speed shop to build his engine and suspension. They told him not to adjust anything, that it was already set. (Feel free to slap me stupid if I ever tell a rider that his sag is correct from 3000 miles away from Graceland.)



He was having issues getting over the jumps and turning. We adjusted his sag, it was a very minute adjustment of 20mm that made major changes in how the bike performed and handled. He was ecstatic with excitement when he rode in from the track. He was much happier with the performance that he was able to get out of his bike.

So leave the S.A.G. to SoPro where we can make your bike work better!

Phillip Graham sopro@comcast.net

# Stacev Birl

## **GET A GRIP**

he need for *GRIP TRAINING* is probably the most recognized physical problem inherent to MX and off-road riding. The forearms pump up when they ride and it becomes difficult to hold on, causing further fatigue and other possible injuries. The problem has been labeled as ARM PUMP.

ARM PUMP is caused by the lack of the proper training and attention given to the lower arms, wrist, and hands. The lack of training causes muscle strain, which in turns causes, decreased blood circulation to this area causing an ischemic reaction (cramp). The condition is identified by reduction of strength in regards to grip, sometimes associated with a tingling sensation in the hands and wrist, to severe pain in the forearms. It may differentiate from other conditions like Carpel Tunnel Syndrome by its quick resolution. However, if you experience this condition you should have a health care provider take a look at it for proper determination.

A good start to help prevent this is to use a Tennis Ball (found at most sport good stores). You simply squeeze the ball with high reps.

REVERSE BARBELLS

**CURLS** are another excellent choice. Take an overhand grip on a barbell and curl upward. Lower slowly and repeat for 3 sets of 10. Weight is determined by what you can handle.

wrist curls are still another choice. Grip the Barbell with palms up, while resting your arms on your thighs, let the barbell roll out to the end of hands, then bring it back to contracted position. Again repeat slowly and perform 3 sets of 10.

Remember the exercise can be performed together in a circuit and should be part of your training program.

Dr. Danny Thompson wthom25852@aol.com



## **SUPERCROSS UPDATE**

e're well into the 2011 season, but it's still anybody's race for the points lead. Stewart and Villopoto are still back and forth pushing their machines and their bodies to the limit vying to be this year's Supercross Champion.

In the past, James Stewart was one of the fastest riders the sport has ever seen, but always had problems keeping it on two wheels, especially when under pressure. It seems that this season he still has that problem to a degree, but he is doing much better than we have seen him in the past. At Anaheim 2 he finally got his first consistent ride in, and he did nothing short of dominate, solidifying his points lead over Ryan Villopoto. If he keeps it up in upcoming races, he will be 2011 Supercross Champion if Ryan Villopoto doesn't have anything to say about it.

Villopoto really stepped it up this season at Anaheim 1 and continues to be strong. He's always been fast, but this season he has really gained some maturity on the track with only a hiccup here and there. To win this championship though, he has to beat Stewart. To do that he has to either start in front of Stewart, or use Stewart's weakness against him by putting pressure on him and making him make a mistake. Most importantly, he can't let Stewart get out front unaccompanied because it takes some work to run down Stewart. It looked like he was going to in Pheonix until he went down.

Ryan Dungey, last year's champion, just can't seem to get it right. He may not even find himself in the top three. We've heard that he's had some bike setup issues, which can make the difference between 1st and 5th, and his chain falling off at Anaheim 2 can definitely attest to that. If he doesn't get it right, third place will go to Chad Reed or Trey Canard, both of whom are on Hondas and putting on an impressive show this year.

I usually just stick to talking about the Supercross class, but another rider who has been very

impressive has been Ken Roczen. He is 16 years old and has a factory ride with KTM and is challenging the top riders in his class. He got a solid third at Anaheim 2, and looked like he was headed towards second, but made a mistake here and there and didn't make it. Rumor has it at this point (and it may come to fruition before this is published) that he will be on the KTM 350cc racing in the 450 class in the West.

With every rider already pushing it to the limit, the pressure is only rising as this season progresses. Riders are still fighting for their chance to become Supercross champion and as pressure rises, riders will go down. With the two main riders in contingency for the points lead just now conquering their consistency issues, the points lead will ultimately go to the rider that can handle the pressure, be smooth, and keep it on two wheels. All we can do is watch and see if anything changes for our riders in upcoming races.

Jeff Griffith jgriffith@ griffithcycle.com















# **BIKERS' DOZEN**

BY EDDIE RAHM
CHATTANOOGA, TENNESSEE AND SURROUNDING AREA
BikersDozen.com













## **Suches Loop**

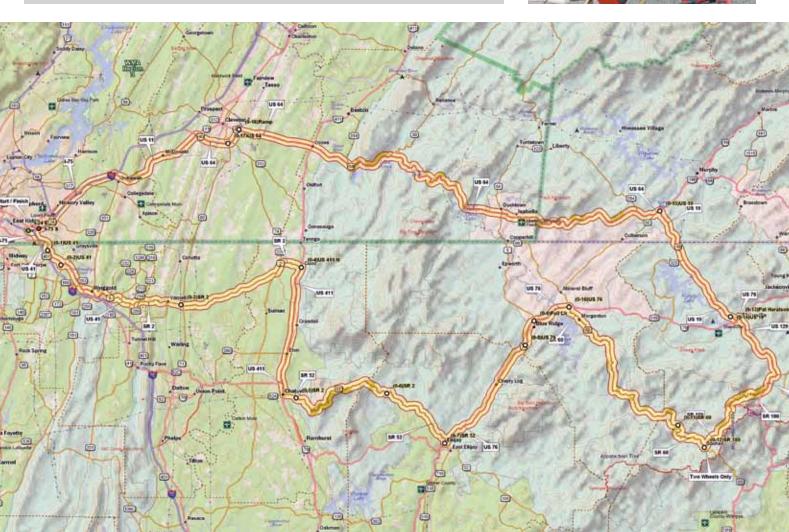
oday's route was one of those trips that many cycle riders will only dream of riding. The day of riding provided a combination of beautiful scenery, quaint small towns, curvy mountain roads, interesting local shops, great local restaurants, and a motorcycle-only resort to top it all off. This route takes about eight hours, including stops along the way, thus it should be set aside as one of the all-day trips. On your ride I recommend stopping at the TWO (Two Wheels Only) Resort for a time of fellowship and sharing with other cyclists from all over the eastern part of our country. Well let's hit the road on paper as I take you on my ride that I hope kindles your desire to hit the road on two wheels!

Starting point: Cracker Barrel Restaurant

Route Length: 231 Miles Elevation variance: 672' to 3297'

Fatigue factor: High





#### Facebook.com/KickStandUp

#### **Loop 3 - Partial Description:**

Since today's ride will feed me to many mountain curves, my weapon of choice to fight back is my Aprilia Tuono, a bike made for curves. After the typical great Cracker Barrel breakfast on US 41 in East Ridge (pop. 20,640), I turn left (east) on US 41 and continue for about 11 miles, crossing over the Georgia state line and passing through the town of Ringgold (pop 2422). Cruising along US 41 riders can see remnants of old motels that now serve as lower end apartments, reminding those of us from the boomer generation of the days when this highway was the main route to Florida until the completion of I-75. Even though the evil interstates are quite frequently bad-mouthed by motorcyclists, they are actually one of our best friends. After all, they are the corridors that have removed the masses of traffic from our now beloved back roads highways.

On the south side of Ringgold, I pass under the railroad track that was used in the Great Locomotive Chase in the Civil War. When the General (locomotive) was commandeered by the Union army unit Andrew's Raiders, the Texan locomotive loaded with Confederate soldiers gave chase and eventually overtook the General just a few miles north of Ringgold. The Andrew's Raiders are now buried in Chattanooga's National Cemetery, so you can probably guess their fate after being captured. About a mile past the railroad crossing the route turns left on two-lane Georgia SR 2 and continues for 22 miles of hills and curves. I'm already seeing significantly less traffic than I experienced just a few miles back and my relaxation level has increased greatly. While on SR 2 the loop passes through the small community of Varnell and then crosses over SR 71 before pulling up to US 411 (SR 2). The route turns right on US 411 and I continue cruising on the straight and

relatively flat terrain for my last taste of this type riding until I top Fort Mountain. After about 13 miles on US 411 I reach the town of Chattsworth (pop. 3531) where the loop makes a left on SR 52, and the beginning of the end of cruising for a while. According to a popular legend, the town of Chatsworth received its name after a road sign with the word "Chatsworth" fell off a passing freight train nearby. Someone put the sign on a post, and the name stuck.

I now start my curvy 24-mile ascent up Fort Mountain on SR 52. While riding on Fort Mountain, I pass the Fort Mountain State Park. Fort Mountain derives its name from an ancient 855' wall, which stands on the highest point of the mountain. The mysterious wall is thought to have been built by Indians as fortification against other more hostile tribes or for ancient ceremonies. After riding on the mountain for a bit, I eventually pull up to the quaint town of Ellijay (pop. 1584), regionally known for its apple production and related festivals. Ellijay is the perfect destination...

See the Chattanooga Convention & Visitors Bureau web site, www.chattanoogafun. com, for the complete route description, with maps, directions, and photos.

...after my stop at the overlook area I am back into high-speed cruising mode on the divided four-lane section of US 64, which extends between Ocoee and the city of Cleveland (pop. 37,192). Cleveland is the home of the M & M candy manufacturing plant. After a total of 33 miles on US 64 from Ducktown, I make a short stop at the Sonic just prior to the time I exit to the Cleveland By-Pass. Those Sonic Fudge Sundaes are hard to beat for the price and its nice to have the option of tables outside to enjoy my treat. After leaving Sonic the route exits to the Cleveland Bypass (still US 64) and continues for another five miles until exiting on US 11 (Lee Highway). The route turns left on US

11 and for 10 miles returns to a somewhat remote two-lane highway. Highway US 11 is another classic example of a once busy two-lane highway until the advent of I-75, converting it to a highway now reserved for motorcycles (I wish). The loop stays on US 11 until reaching I-75, where it jumps on the Interstate heading south for about 11 miles until reaching the point where the loop began.

This has been a longer day than my previous riding days and I'm a little on the tired side, plus my Tuono is not quite as comfortable as my Magna on longer rides. I'll take a little nap back at the motel, consume a rack of ribs at the fantastic Sticky Fingers Restaurant, and get a good night's sleep. Tomorrow I'll probably pick one of the shorter routes and use my Magna, but we'll see.

## Eddie Rahm eddie@kickstandup.com

As I rode along the Ocoee River Gorge I couldn't help but admire the beauty of the Lord's creation. I can only wonder how anyone would believe this beautiful creation the Lord gave us to enjoy is a result of some type "big boom." And what keeps the extremely critical timing of the Earth's orbit and the Sun's position exactly right on, a series of touch-up "booms?" Guess again!

The Bikers' Dozen is a thirteen part series highlighting thirteen scenic rides in the Chattanooga and surrounding area. The complete package can be found on the Chattanooga Convention and Visitors Bureau web site, www.chattconvention.org. The accompanying article is a brief summary of Loop 3.



# Getting Ready for **Daytona**

ith the off season coming to a close, preparation for the Daytona 200 and the remainder of upcoming season is beginning to take place. The bike is being pulled apart, with the frame to be cleaned, new bearings, and motor refreshed. With the bike living at 10,000 to 15,000 RPM, it gets a new top end every 600 race miles as preventive maintenance. It will get a new clutch, fresh valve springs and everything else will be inspected for wear. On a road race bike the brakes are the most important system on the bike, they are serviced every weekend getting new fluid and pads on the front with the calipers coming apart and cleaned as well. We will re service the forks with an oil change and Daytona specific springs. The bike will be put back together with correct gearing and set up for Daytona to be sure we're not chasing our tails all weekend trying to set up the bike.

Meanwhile, whenever I am not at the shop, I am more than likely either riding on a motocross track somewhere or in the gym.

My training regiment has been considerably altered. I try to keep my

heart rate around 180 for 45 minutes at a time, while concentrating on controlling my breathing the whole time. If I can keep my body used to having that high of a heart rate for an anomalous amount of time, I should be able to do a complete 40+ minute race and still have the ability to make my last lap just as fast as my first, or make that end of the race charge. I also believe that the harder you work over the winter, not only does it aid with your fitness and endurance, but your confidence as well. It seems like the harder I work, the more I feel like I deserve and belong up front.

Something else that has kept my focus over the off season break is motocross. I have always enjoyed riding in the dirt, mostly for the jumping aspect of it. But when I got a bike towards the end of last year and began riding almost every weekend, I started to become intrigued with learning how to corner faster and smoother. I find that I am determined to be the fastest person at the track wherever I go. I found it a bit harder to have fun whenever someone was faster than me.

At the end of every year, resumes go flying through the email boxes to an abounding variety. Getting a reply is difficult enough, but actually receiving support seems impossible. A few companies will send proposals or offers with good intentions, but they are not always the best

option to accept. Doing this every year reminds me just how lucky I am to have the sponsors I already have. Arai has been a monumental company to have behind me, giving me several thousand dollars worth of helmets each year. Without that I do not know what I would have done on multiple occasions.

Another person who has helped me a lot is a locally headquartered business, MJ Moto Gear. Mike Senff sells a great variety of products used on my bike, such as stands, rear sets, tire warmers, body work and just about anything else you would need. Mr. Senff started helping me and Team Turner's Cycle Racing financially towards the beginning of the season last year and has decided to continue doing so this year. Financial support is a big help in getting everything drawn together at the end of the weekend.

The full list of sponsors for the 2011 season are so far Turner's Cycle, Arai, MJ Moto Gear, Sidi (Moto Nation), Vortex and Pit Bull Stands.

Kris Turner turner38flew@yahoo.com





# JUMPING INTO THE WORLD OF GPS

here is no denying it or getting around it. GPS on a bike is here to stay and is an extremely useful accessory.



particularly for Adventure riders. There still are and always will be 'map guys,' I myself fall into this category. There's nothing like pulling over to the side of the road or stopping on the trail to pull the map out of the tank bag and get your bearings. However GPS is the new technology that is going to help you get in and out of places without getting lost.

At the shop we generally sell a unit with every Adventure bike that rolls out the door, either that or we transfer the customers' existing hardware onto their new machine. So what are the best units out there? You don't want something that is going to become obsolete and you're going to have to replace in a matter of weeks or months, and you don't want to use a car NAV that will have more limited routing functionality than the motorcycle units. Below is a quick feature list of our top selling GPS System, the **BMW NAV IV**.

- Four button mount cradle
- Bright 4.3 inch wide screen
- Waterproof
- Configurable fields and display
- Stereo Bluetooth for hands-free calling, turn by turn directions, and lane assist
- Trip computer and compass page
- Trip planning with included MapSource software, saving routes directly from your computer to your NAV IV unit
- Three year Warranty

There are many more features that support our faith in this product. Everyone in the shop has personally run the NAV IV on our demo bikes, both on and off road. We have also had the pleasure of selling units to people who said, "I am not a GPS person," only to call us a week later and say, "I don't know how I lived without a GPS on a bike before."

The BMW NAV IV not only has logic to map out street rides, but it will get you



#### **MICHELIN PILOT ROAD 3**

Harley-Davidson: Three Pocket Fairing Pouch

This is convenient storage at your fingertips! It's designed for H-D wind deflectors and windshields, and is perfect for toting cell phones, sunglasses and other small items. They have magnetic closures to keep your items within easy reach. The far left pouch can be easily removed for using your fairing-mounted GPS unit. Handsome Harley-Davidson script on front and back.

Available at Thunder Creek Harley-Davidson and Mountain Creek Harley-Davidson [Back Cover]

# In The Headlight Product Reviews

Michelin Pilot Road 3
Newly created, the Pilot Road 3 sporttouring tire has incorporated elements to
outperform the Pilot Road 2. Better wet
grip, superior wear and longer life are the
highlights of this tire. It uses a new tread
pattern with its twin-compound technology.
The center of the tire, which utilizes
a harder compound, is more narrow,
allowing for more secure lean angles
on wider, softer shoulder compounds.
Currently available at Pandora's European
Motorsports [pg. 20]



#### AT YOUR FINGERTIPS

through off-road trails as well. If you are interested in a GPS and would like to check one out, feel free to come down to the shop and have Terry go through some of the features on one of our test units.

As the level of technology that goes into the engineering of our motorcycles progresses, navigation will become more and more a part of our daily ride, with some of the new BMW motorcycles

coming equipped with data exchange between the motorcycle and the NAV unit. For example on the new BMW bikes, when your fuel level starts to get low, the NAV unit will automatically begin to recommend closest fuel stations.

#### **Justin Prann**

justin.prann@pandorasmotorsports.com



## The Broken Spoke

#### Time to Ride

am a lover of the change of seasons. The white blanket of snow that greeted the Chattanooga area early Christmas morning highlighted what our Rockwellian images of Christmas should be. After all, from Thanksgiving until Christmas we all sing of dreaming of a white Christmas. On January 1st it was nearly 60 degrees. But it rained all day, with over 2 inches of rain falling in our area. So much for our annual Gold Wing Road Riders Association's New Years' Day ride. We did get to meet for lunch and football and I was forced to watch grown-ups eat collard greens and black-eyed peas. When Sherman marched through the south he left the black-eved peas. It wasn't an accident. He figured that if Southerners could survive eating blackeyed peas, they could survive anything. And he was right. Southerners are tough. And although we did not have an official ride that day, a few cars got stuck in the yard and we had a "My Cousin Vinnie's" Alabama mud car scene.

On January 10th, we received 10 inches of snow to extend winter break and to ruin any and all opportunities to ride again for a couple of days. It made for a fun time as my daughter and granddaughters were home bound with us for the entire week. Our snow removal equipment and snowmobiles, sleds, saucers, and toboggans, were all sold or given away when we left the Chicago

area. Do you know what it is like to have a house full of young children and every child in the neighborhood is out on sleds and saucers and all you can do is tell your grandchildren how much fun it actually is? My wife finally gave all of them 9 x 13 cake pans and down the hill they went. I wanted to spray wax on the bottom of them but my wife had seen Christmas Vacation just enough to remember the slick spray on the saucer scene. She is no fun. Those kids would have flown down the hill.

Now the birds are singing and the sun is shining and the winter doldrums are behind us. We hope that those wacky Canadians can keep their cold air masses up there, where they belong, thank you very much. We are ready for spring to be here. We are ready for the trees to bud and blossom and for the earth to turn it's colors up full blast with the lavenders and greens and blues and pinks of spring. It is time for the Cubs to give their fans that false sense of hope that springs eternal in each of our hearts. We are ready for sneezing and coughing and allergies to be part of our existence.

It is also time in the heart of every young person, no matter how old to dream of love. It is a time when our hearts and thoughts are fired up with feelings that we can no longer ignore, a call from the wild, and nature's truest call.

That's right, it's time to ride. It's time to swallow bugs and burn gas. It's time to disconnect the battery tender and fire that baby up. Change the oil, air up the tires, gas up and get going. It's time to fight allergies and sneeze in your full-faced helmet. It's time to bust your budget

and make your dealers money. March is here and it's about time. I, for one, am not happy that it took so long to get here.

I am not a patient person by design. I often prayed for God to give me patience but it always took too long. When on snowmobile vacations, I would wake up at 3:00 in the morning look out the window and let my wife know that it had indeed snowed and that it was time to start getting ready. At 5:00 in the morning I would be outside, knocking on the cabin door, begging her to let me back in, promising not to wake her up that early again. I kept my promise. I waited until 3:30 the next morning.

Age has slowed me down a little. But mentally I am still the same guy, anxiously waiting for that time to ride and often not caring if the weather is perfect or not. I love to ride. We have that in common, don't we? You may be on a cruiser or a dirt bike but the love is the same. You may belong to a club or just by yourself, but your passion is the same. I love black leather but I ride with neon colored, armor plated, textile, riding suits. I wear safety crocks while insecure riders have to wear riding boots.

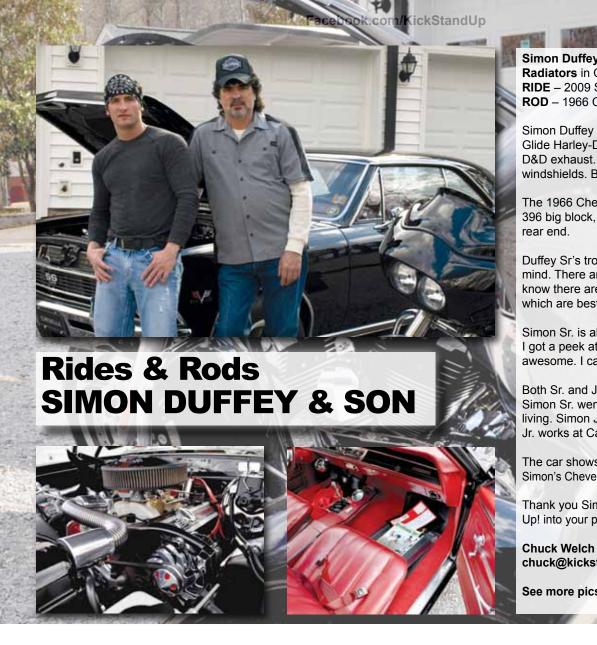
The point is that we all love this thing called motorcycling in whatever form we choose. So it's spring and you need to go out and find your own true love. Have a great ride.

Gary Boyd gboyd1800@yahoo.com









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**TECHNIQUE A** requires that the patient check into a hospital. The doctor is only to be seen again for a serious reoccurrence.

**TECHNIQUE B** requires ergonomic management, exercise management, and a life-time commitment to aspects of technique B to be well managed. The doctor will be seen, less and less often as time passes......

TECHNIQUE A has a two to fifteen percent satisfaction outcome five years later. technique B has a 90 percent satisfaction outcome five years later.

**TECHNIQUE** A takes about one to ten weeks to normally reach maximum recovery. Reoccurring problems are common and usually more difficult to manage.

TECHNIQUE B has to be used throughout life to some extent. Reoccurrences are common, but, barring the unexpected problems become easier to manage and less difficult to control.

TECHNIQUE A patient instructions involve the proper taking of regular doses of drugs and exercises.

TECHNIQUE B doesn't treat symptoms....it uses the most effective method of treating the condition and uses all methods except using drugs......and lastly, technique A can cost thousands of times more than technique B......

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# "Oh No! Where's My Bike?"

Iright, you have parked your scooter at the mall and you're going in for a triple-espresso. You may decide to browse the music store or major department store. You come out with a couple of bags or just a caffeine rush when you notice your bike isn't where you parked it.

Automatically your heart goes into your throat along with a tightening of your jaw and fists. You run to the area where you know you left your scooter and there's nothing. Is it a communist plot? Are your brothers messing with you, or did you get ripped off? It doesn't matter because 'she is gone'. You grab your cell and dial 911. "I'm sorry, thefts of this sort are rarely solved" the officer informs you as he fills out his report. Helpless. Powerless. The feelings set in (along with other accompanying emotions and verbal adjectives).

The FIND IT NOW tracking system can ease this situation in only minutes. With an install time of an hour this unit can keep track of your bike. It's software and virtual odometer will also notify you of the maintenance schedule. The FIND IT NOW unit will alert the owner when the bike is moved via text messages and an email alert. The unit will locate the stolen bike and notify you, along with the police, of your scooter's location.

There are a ton of features piled into this unit. It can let you know when you are going over the speed-limit and has the capability to 'set boundaries', which if entered or exited will send out an alert. While in 'sleep mode' it's 1-mA power draw will not be a battery drain. On top of the low power usage, the FIND IT NOW unit also has it's own backup power supply which sends out an alert if the battery or cable is cut or tampered with.

I cannot say if this unit will be a plus for your insurance or not, but check with your individual company and see (some offer up to 20% discount). If you find it does discount your rates, please let me know so that I can pass that information along to other readers.

The unit's price tag is around \$699, but for someone who has his/her scooter's interest at heart and considering the features that are jam-packed here, it is worth considering. For info on the Find It Now tracking system, email 'Ray@ FindItNowUSA.com' or myself.

Ride free, ride safe!
Rocky
rocky@kickstandup.com

The only good view of a thunderstorm is in your rearview mirror.



#### **POKER RALLY SHORTHAND**

any folks are anticipated for the upcoming FACES Ride 4 Smiles Poker Rally. I say rally, for we will be borrowing from the sports car world for this event. A rally is run one entrant at a time, leaving a minute or so apart. This is different from a "run" in that each entrant will have instructions to follow to make it through the rally and will be traversing the course individually or groups. The instructions may or may not be the same for separate entrants/groups. So you follow your own instructions with no regard to other entrants/groups...some may go straight at an intersection while your instructions have you turning left or right. For the sake of simplicity we will be using some shorthand instructions. "L" would obviously mean "left," while "R" would mean "right." So an instruction could read "L at 3rd light," which would mean to take a left turn at the third stop light. Caution lights do not count, only complete "red, yellow, green" lights. "Y" would mean that the road splits like a y. The instruction could read "R at Y," which would mean to bear right at the Y. "T" stands for an intersection that demands you turn either left or right... you cannot go straight. An instruction then could read "R at T," which would mean to take a right at the T. There would be some reference points for you to verify you are on the correct path. "POR" means "press

on regardless." This is used when you may think you are on the wrong road or have missed a turn and are losing confidence. It reassures you that all is well! "SR" means "sign reading." An instruction could read: L at SR Bill's Mart (left at sign reading Bill's Mart). When you see the sign you would turn left. "SRIP" would mean "sign reading in part." If Bill's sign actually read "Bill's Mart and Grocery," the instruction could read "R at SRIP "Bill's Mart" instead of quoting the entire sign. There is no speed requirement to this rally, so you would stay

below all posted speed limits. These, then,

are the shorthand elements we will use: L,

Facebook.com/KickStandUp

# R, T, Y, SR, SRIP and POR. Sandy Hodges adhfinance@comcast.net

















Honda's Ruckus is the scooter built to take what life—and city streets—can dish out. Its no-nonsense rugged good looks are just part of its appeal. It's a ton of fun to ride too. But best of all, when you're riding Ruckus-style you're getting up to 114 miles per gallon; which means your hard-earned dollar stretches a lot further for the more preferred things in life.

## **HONDA OF CHATTANOOGA**

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