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The Scenic City's Motorcycle Heart Beat

NOVEMBER 2011

FREE

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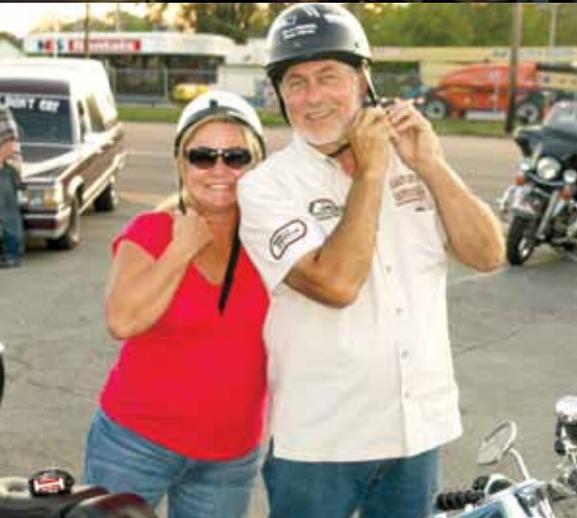
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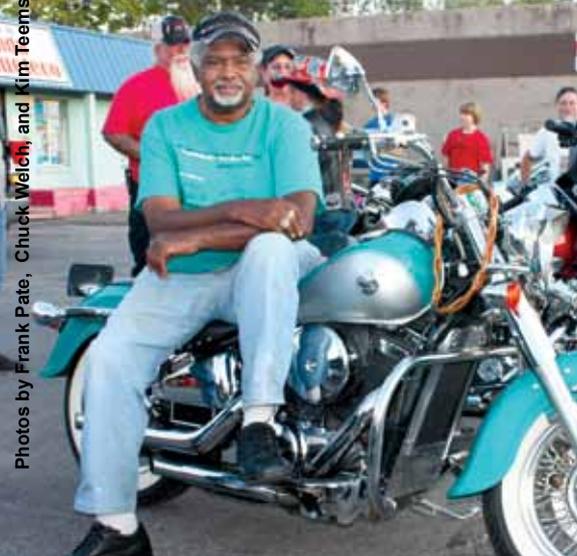
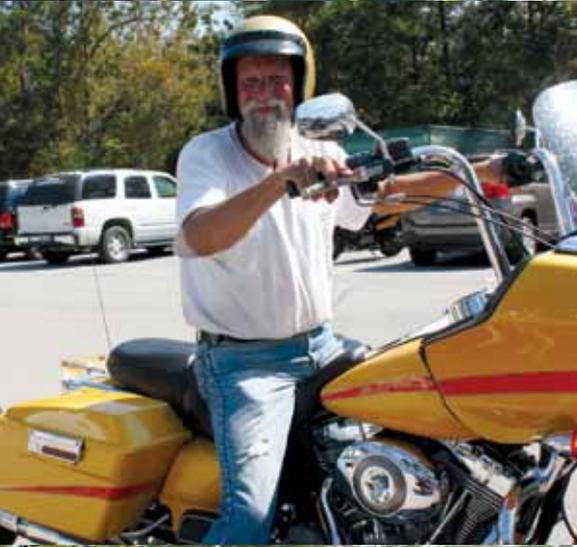
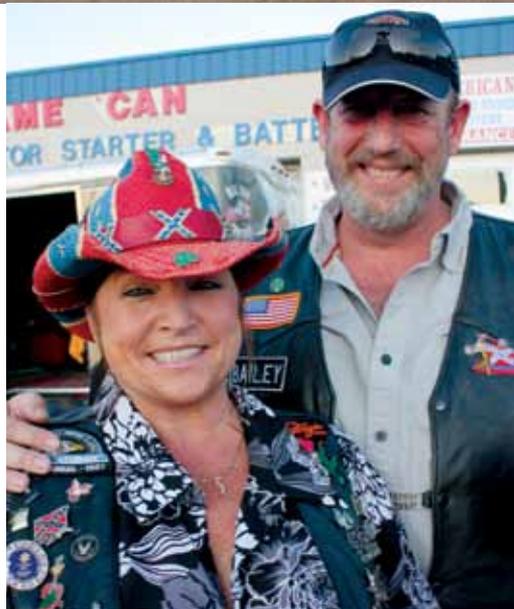
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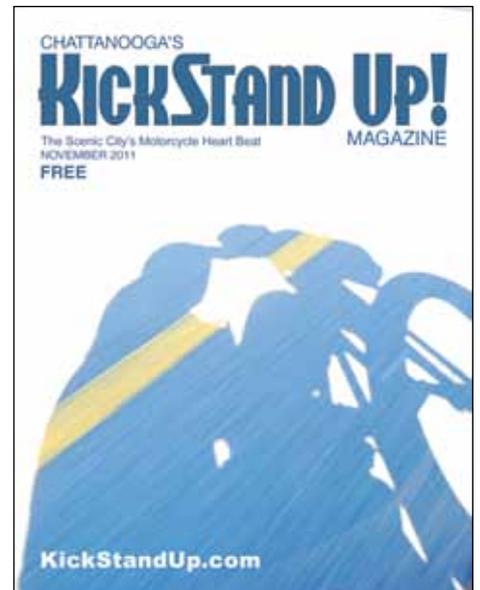
Photos by Frank Pate, Chuck Welch, and Kim Teems



ROAD MAP

Road Map Photo: In The Line of Duty
 Photographer: Kim Teems
www.KickStandUp.com

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Cover: November, 2011
 Photographer: Michael Lewis
www.gear-driven.blogspot.com



FROM THE EDITORS

It's hard to believe that this is our 12th issue of KickStand Up! Magazine. The year has flown by and we are getting more new readers and positive comments each and every month. We even have readers that don't currently ride motorcycles. If they keep reading I'm sure we'll win them over eventually. We appreciate all your emails of encouragement and comments on our Facebook page. We are looking forward to our second year of publishing the best local motorcycle magazine anywhere.

Our yearly western trip was aborted this year, due to unexpected weather changes and a problem with our motel reservations. My best advice to all of you is to never use Priceline . . . ever. The savings are minimal at best and the cancellation policies are much stricter than the hotels themselves offer. Instead of being able to cancel a room up until 4 p.m. the day of arrival, some Priceline reservations must be cancelled two or three days in advance. This simply does not work when you are on a motorcycle trip, and you are riding instead of trailering. Many times I've had to change the route to keep from riding in a full day of rain. This year, because of Priceline, this was not possible.

In addition to the strict cancellation policy, you will only be able to speak with foreigners acting as customer service agents. William Shatner is probably the only American associated with Priceline and of course he's just a paid hack convincing suckers like me to use their company. I spoke to customer service in India, Mexico, and the Philippines, but never an American. When I asked to speak to an American, I was told that there weren't any. Was I mad? Let's just say that these foreigners heard words that probably weren't in their English lessons. Using foreigners for customer service is reason enough to never use Priceline. I refuse to do business with companies that job their customer service out to boiler rooms outside the U.S. We need to keep our jobs right here at home instead of hiring foreign idiots that follow a script instead of actually helping you work out your problem.

Anyway, we still took the week off, did a few day trips and relaxed. It was a great week and Julie and I both enjoyed it. We will more than likely try a fall trip out west again next year, but you can bet I will be making my reservations directly with the hotels instead of using Priceline. Then if I need to make route changes due to weather, I won't end up paying for a few rooms that won't be used. I'll chalk it up to a learning experience, you should never get too old to learn something new. This lesson cost me a few hundred bucks.

**Until next month,
LTRANUP,
Ronnie "Rock" Land
Ronnie@kickstandup.com**

Networking is just another word for helping each other out, and that's what it's all about.

I've been part of a networking group called ABL that meets weekly to learn about each other's business and then keep our ears open for good business leads to send them. Educate each other - then network for each other. It's a great way to advertise yourself with a small investment, and you meet other professionals that enhance your business as well.

KickStand Up! Magazine is like my networking group, in fact that's exactly what KSU is: A big network of people, who work in all sorts of fields, have all kinds of hobbies, and in one way or another, love the feel of wind in their face. My goal is to join these networks of people, from advertisers to readers, so that we can all help each other. You'll get a chance to learn a little about two of our advertisers in their 30 Seconds, on page 10.

I would like to take a sec to tell you about my experience at SkyZoo, page 37. I had a huge, steak and potato there and they gave me a butter knife to cut it. Ha! I was pleasantly surprised when it cut through the thick steak like butter, and the taste was superb! I hear the rest of their menu is just as good. Be sure to check out their coupon in their ad and go see for yourself!

Last month I took a few days to visit Alabama, starting at Rick's Cycle Parts, then hanging with my good sistah Kelley Jo for the night, and then riding the Alabama back roads with her the next day. We put out a lot of magazines and had a great time. Alabama is a beautiful state, although a lot of it is hidden. I plan on doing a Back Roads about our day soon and you'll see what I mean. A day later I rode down to Barber's Vintage Festival [page 30] to check it out for the first time. Wow, I think it's going to take several years to fully explore all the stuff going on during the festival. I only got as far as the swap meet, auction, some racing, and a lot of checking out all the cool vintage bikes. I saw some familiar faces, Stan Obal, from Scenic City Scooters, was selling those sparkly helmets I've got a thing for. Chuck with Panhead City and his friends had a booth with parts and whipped chocolate on pretzels. Ricky Lewis was there with his son Michael, swapping parts and selling bikes. I met some great folks across the way who kept me thoroughly entertained as well as fed...and I can't wait to go again next year, though I will bring tent poles.

Thanks for picking up the November issue of KSU. I can't wait to hear from you!

**Now let's go ride!
Kim "HippyChicKim" Teems
kim@kickstandup.com**



Frank Pate

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KICKSTAND UP!

The Scenic City's Motorcycle Heart Beat

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Each month we are giving KSU gear to the first person to pull the new issue out of our 24/7 rack. The magazines hit the rack around the 27th of every month. When the new issue arrives the KSU flag will be flying above our rack in front of the Quick Tees building at 3472 Brainerd Road. Be the first person to get the new issue and win a prize along with getting your photo in next month's magazine.

Sorry, I wasn't quick enough to get the pic of the first person to pick up a magazine from our rack last month. I know he works for Chattanooga Public Works and picks up a stack for all the guys at his shop each and every month. I'll be waiting with camera in hand for him this month. - Rock

KSU Community

SNAPSHOTS



Kim Teems

Danny & Tina White tied the knot at the Thunder Beach Rally in Panama City, April 30, 2011, then came back to share it with friends and family, June 25. A lot of fun was had!



"...become one with your surroundings." KSU facebook winner Rhonda Hilton won a KSU t-shirt with her clever comment about this photo

Introducing **KSU Community Snapshots**...A place for you to share your two and three wheel triumphs, thoughts, and memories. Submit your comments and photos [try to keep it to 100 words or less with optional one photo - including photographers name - per comment] to KSU by email to kim@kickstandup.com or snail mail to:

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Kim Teems

JUST ONE MORE THANG!

I don't recall Sara Jo ever sharing, that there wasn't, "Just one more thang." Whether it was an ABATE meeting, riding around on our motorcycles, belly dancing, or a family dinner.

Our beloved friend, Sara Jo Bodkin, recently left us. She left us with love and kindness and an unbelievable faith that we cannot all understand. Though she had many years of struggle when Dawg left her too soon, she was able to complete her final chapter with Bruce, Carmen, and a family that loved her and took care of her in her last moments. She was able to enjoy her last chapter with family and loved ones doing the things she loved best: Talladega racing, and working on motorcycles. Bruce swears, "IF she wore perfume it would have been dirt and grease. What a girl!" Sara Jo enjoyed being the best "Mom," "Granny," and "God-Mother" that she could possibly be. Bless her...There could be "Just one more thang!"

~Friends of Sara Jo



Killboy.com



Gregory

KSU Crew Jeff Griffith

Hey Kickers! I'm Jeff Griffith, a Chattanooga native. I got my first bike (PW 50) at the age of three and have been riding ever since.

I spent my younger years riding off-road. I participated in my first motocross race at four years old at Tunnel Hill (R.I.P.). I remember being terrified because some of the dirt wads were as big around as the wheels on my PW50. I barely made it to the first turn before the mud finally swallowed my front end. I still took the checkered flag in second place.

After that, I kept riding off and on, but it slowly became less important to me. That is until I turned 14, and could finally ride on the street. I got a GZ250 (technically illegal for a 14 year old). It wasn't much, but I was proud of it and rode it everywhere. I moved from there to a GS500, then to an '03 Honda VFR800.

My dad, Garry Griffith, has an identical VFR800. That allowed me to (try to) mimic his exact movements when we were riding together, which really helped me develop some skill on the street. One of the biggest things we

got to do together was Jamie James Championship riding school at Barber Motorsports. I was just 16 years old, and it was my first time on a track. We got to be the first people to ride a fleet of Yamaha R6's. When I got through a set of tires, I just hopped on another one. There were two days of intervals of riding and class time. It was great getting to know Scott Russell and Rich Oliver over the weekend.

When Garry Griffith Cycle started up again, I decided that I was going to get back into the motocross world. Now that I can drive myself to the track, it is much easier to go when I want to. Just a few races, and I was hooked. It was an every weekend event until I broke my collar bone in five pieces a few months ago. I'm getting back out there now, but not near as often as I would like to.

One thing keeping me from it is my brand new Beta 520RS supermoto. At just 245lbs (dry), it's a blast to take through the twisties. It was especially fun making all the sport bikes mad at the dragon recently. [See photo inset above]

Other than that, I love going out on an ATV or Side by Side when we have a demo here at the shop. I've ridden just about everything there is, and I'm proud to be part of the powersports community. I'm especially proud to be a part of KickStand Up! Magazine.

Jeff Griffith
jgriffith@griffithcycle.com

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In The Headlight Viet Nam Vets / Legacy Vets Motorcycle Club



The Viet Nam Vets / Legacy Vets Motorcycle Club is a non-profit international organization. We are the oldest veteran MC in the world with members internationally and in all 50 of the United States.

The VNV/LV MC is made up of veterans from Viet Nam forward including presently serving active duty. We are bonded by history, and united by principles to form a proud and unique Biker Brotherhood. We have pledged to contribute our energy, time and resources to build a better future for all veterans and their families.

MEMBERSHIP REQUIREMENTS:

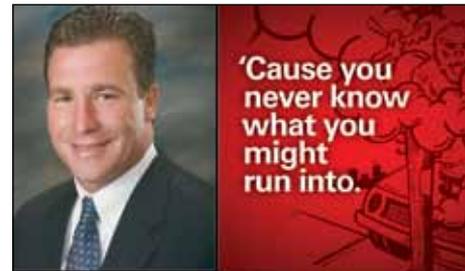
- A. Have received other than a Dishonorable Discharge from the United States Military or be currently on active duty, including National Guard or Reserves.
- B. Have a valid Motorcycle License.
- D. Active participation in the club.
- E. Have a 600 cc motorcycle or larger.

Our prime directive is to do everything within our power to bring our POW/MIA Brothers home, and to insist that our government provide accountability for each of those patriots. We often sponsor awareness events within our communities to help bring to light the plight of often forgotten veterans.

Members of the VNV/LV MC continue to honor our solemn oath to defend and protect the Constitution of the United States against all enemies both foreign and domestic.

Our Brothers share a strict set of codes, ethics and values. We do feel strongly about government infringement on personal liberties and civil rights, and will speak up and take action as appropriate. We strive to respect the freedom of the wind and the road.

The process of becoming a member of the VNV/LV MC and our unique Brotherhood is best explained in person. Feel free to contact Spur at 423-284-9423 and ask.



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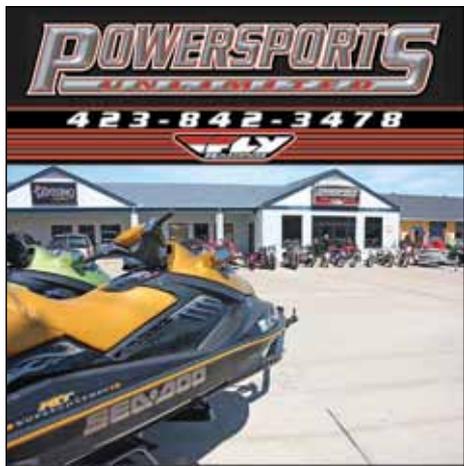
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The ORIGINAL
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Bob "HAWK" Bradshaw, on a 1942 Indian. The picture was taken in 1956 when he was 18 years old. In 1963 he married Judi Pink, and on November 16, 2011, they will celebrate 48 years of marriage.

Happy Anniversary Mom and Dad!! We love you! ~ Jimmy and Lori



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Saturday, October 8, the Black Angels Motorcycle Club (BAMC) took to the streets to support Breast Cancer Awareness Month. The Black Angels Chattanooga Chapter was established in 2000 by Chicago members Butch and Cream. The Mother chapter was established in 1968 in Chicago, Illinois. This event marked the Second Annual Breast Cancer Awareness Ride done by the BAMC. The club was approached by the secretary of the Chattanooga chapter, Sunshine, about collaborating with the Sister's Network

Incorporated. The Sister's Network are a group of dedicated women who bring awareness to communities about breast cancer. Sunshine asked the BAMC to ride for the cause, and the president of the chapter T-Bone and the rest of the chapter voted to support the Sister's Network Inc. in spreading awareness. The participants all gathered at the Federal Order of The Police on Holtzclaw Avenue and ended at the Village Apartment Complex located on the west side of Chattanooga. The BAMC provided donuts and coffee to start off the ride and

the Sister's Network Inc. ended the ride with food, music, health supplies, and a breast cancer mobile. Also this year the members made one of the Sister's Network Inc. an honorary member. Pink Ice was introduced to the club and given honorary membership earlier this year. BAMC plans on continuing to support and ride for worthy causes in the future.

**Victoria "PuertoRock" Tullock
(Associate Member of BAMC)**

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EVENTS

October 1, 2011 dawned cool, crisp and clear. A beautiful day greeted us as we gathered together for our 23rd time to honor our fallen brother, John Crum. Many familiar faces and several new faces shared hugs and handshakes. Excitement was in the air as we prepared to spend this special day together. With our Dalton Police escort, we left for the short ride to the cemetery, where we would gather around John Crum's stunning headstone and remember him and what he stood for. We spoke of his dedication to motorcyclists and his desire to preserve the freedom of the road. We spoke of his efforts to introduce the local riders to ABATE of Georgia and to gain support for the politically motivated organization. We spoke of our desire to keep his efforts alive and to honor his memory by never forgetting the importance of sharing ABATE's message.

After our time at the cemetery, we had a lovely country ride and reveled in the beauty of the day. We enjoyed seeing folks we hadn't seen since last year and we welcomed those who were new to our ride. We had nearly 60 bikes on the ride. Not as many as past years, but still an impressive lot snaking down the road. We ended our ride at Lee and Tracie Malone's home at the foot of the mountain in Chatsworth. We had a wonderful meal and enjoyed some bike events, a lively auction and gave away tons of door prizes. It was a wonderful day and we can't wait to do it all again next year!!

Tami Culver



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23rd Annual John Crum Memorial

See more photos at KickStandUp.com
or Scan QR code with your smart phone

Photos by Donna Woods, and Kim Teems



ODDS & ENDS

Annual Hamilton County Toy Run Motorcycle Event

Chattanooga, TN – You can help put a toy in the hands of a child this holiday season by participating in the upcoming Hamilton County Toy Run, a free motorcycle ride to collect holiday toys for children affected by domestic violence and homelessness. The event will benefit children served by the Partnership. The ride will begin at 11 a.m. on Saturday, December 10, at KMART, located at 4801 Highway 58 in Chattanooga.

The toy run will leave KMART at 11 a.m. and will conclude at Charlie's Restaurant and Lounge, located at 8504 Dayton Pike in Soddy Daisy. Non-riders are welcome to bring donations of unwrapped toys to Charlie's Restaurant and Lounge until 2:00 p.m. that day.

Supporters can also drop off toys before the run at one of 15 locations around Chattanooga. Locations will accept toys from November 4th until December 2nd. For drop off locations, please visit the Toy Run's facebook page at <http://www.facebook.com/hamiltoncounty.toyrun>.

The event collected a trailer load of toys last year, providing presents to dozens of children in shelter. Event Organizer, Joe Guffey says, ***“Many people have a misconception about motorcyclists and associate bad behavior with them. However, they can be just as soft-hearted and generous as the next person, and at the end of the day, this event is really just all about the kids.”***

No registration is required to participate. All riders are asked to bring a donation of an unwrapped toy for any age child. Participants should be at KMART no later than 10:45 to line up.

For more information on the Hamilton County Toy Run, you may contact event organizer Joe Guffey at 423-227-5682 or hamiltoncountytoryun@yahoo.com or <http://www.facebook.com/hamiltoncounty.toyrun>.



ABOUT PARTNERSHIP'S FAMILY VIOLENCE CENTER:

The Partnership's Family Violence Center provided crisis intervention services, emergency hotlines, counseling, shelter, advocacy and referral services to more than 5,000 individuals in our community affected by family violence. Many of these services are staffed 24 hours a day and are available to assist a victim in a moment's notice. The Partnership is a nonprofit agency that has been empowering people to build better lives through counseling, crisis intervention, prevention and education programs for 134 years. The Partnership is a United Way Member Agency and is accredited by the National Council on Accreditation.



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Kent Whitaker

KENT'S APPLE BUTTER, PORK DOUBLE COLA & PECANS

There are some things that just seem to go together. Pork, apple butter, pecans and Double Cola are some of those things. The flavors mix well, it's perfect for a fall recipe and the ingredients are easy to come by. In fact, you may have everything in your kitchen right now.

This recipe is very easy and only requires a short time for the marinade and minimal stove top skills for the reduced Double Cola and pecan topping. And yes, you can substitute the Double Cola if needed.

Grab some nice, thick pork chops or pork steaks and coat them with apple butter, cover and chill. For the sauce, dice up some apples into small pieces. Then grab some chopped or crushed pecans, a Double Cola, or your favorite cola – not diet, pecans, a splash of hot sauce and a spoon full of butter. While the chops are cooking on the grill use your side burner, or cook inside, to heat the butter in a skillet.

Add in the pecans and apples to brown a bit. Then add in the coke careful not to burn yourself. It will foam up. Add a few dashes of hot sauce and allow the mix to reduce by a third before topping your chops. Be careful to not over reduce the sauce as the sugars in the sugar may turn bitter.

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 or on twitter at www.twitter.com/theKentWhitaker

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SUNDAY, NOVEMBER 6
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TRAIL OF TEARS Rolls By Jim Oliver's Smoke House

Jimmy Cornett

On September 16, Jimmy and I headed up to Jim Oliver's Smoke House, in Monteagle, TN, to enjoy the Trail of Tears Kick Off Party on the mountain. When we arrived, we checked in and were pleasantly surprised at how nice our room was. Previously we had stayed in the cabins, so this was a first time to stay in the motel.

The food at The Smoke House is incredible, to say the least. Everything is home-made. They have a delicious buffet or you can order from a full menu. Believe me - if you leave there hungry, it's your own fault! Did I mention the homemade ice cream and fried pies?

The Smokehouse offers live Nashville entertainment every Saturday night, with no cover charge. The Kick Off Party had The Flat River Band on stage...they were fantastic! The atmosphere was full of excitement and anticipation for the Trail of Tears Ride that would pass by in the morning.

The morning of the ride, you could just feel the mounting excitement all through Monteagle, as hundreds of motorcycles converged to catch the ride as it passed by. For all those (like myself) taking pictures, we were not let down. The rumble of thousands and thousands of motorcycles of all makes, sizes, and colors, is almost too much to put into words. Really, all I can say is thank you, Bill Cason, for one of the most amazing things any person can witness. It truly was an honor to be a part of this ride.

So, I'll finish by saying...Between the pristine amenities, the delicious food, the awesome entertainment, and the old-time gift shop.. that a person could literally spend hours and hours in JD Oliver's Smoke House. We were treated like royalty and had a blast.

Lori Wade
lori@kickstandup.com





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2011 Trail of Tears Remembrance Ride

TENNESSEE TO OKLAHOMA



The 18th annual Trail of Tears ride is in the books. What a great year. The ride left **Chattanooga** on a crisp September morning with approximately 15 miles worth of motorcycles. By the time the ride reached **Florence** it had grown. This year was interesting in that we had to stop, in Cowen for a train, this is the first time this has occurred on the Saturday portion of the ride. The city of **Fayetteville** welcomed us with a wonderful lunch stop again this year where the **First Nations Pow Wow** took place during the stop. In **Florence** the ride was greeted with a large supply of vendors along with the **Native American**

festival. The Saturday ride was enjoyed by many. Fans watched along the way and a tragedy in history was remembered.

On Sunday morning a group left the Harley-Davidson dealership in **Tuscumbia** and headed for **Oklahoma**. This group was approximately one hundred strong. The farther West we traveled the more it looked like rain, however it seemed that each turn we made caused a part in the sky's and the rain never materialized. The support from law enforcement across the states we traveled was wonderful. They did a great job. At the end of the first hard day, approximately four hundred miles, we found

ourselves in Hot Springs, Arkansas. Just as the group pulled in for the evening the rain began and lasted through the night giving way to a beautiful morning on Monday.

As we pulled out of **Hot Springs** and began the trek to **Talequah, OK**, the conditions were great and the group rode well together without incident. At lunch we pulled into the usual stop in **Heavener, OK**, where everyone fueled both their tank on the bike and their tank on themselves. We then departed for the last leg of the journey. We pulled into Talequah around 2:30 pm c.s.t. and were greeted by the staff of the **Cherokee Heritage Center**.

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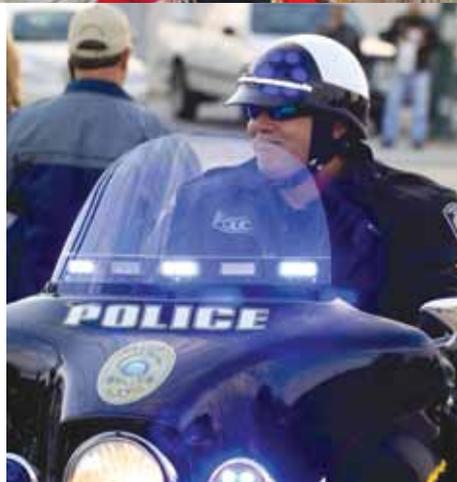


We had a wonderful welcome. The riders had a traditional meal and toured the museum. The scholarship was presented to **Northeast State University** and a **Trail of Tears Remembrance Association Flag** signed by the riders was presented to the museum.

Another wonderful ride and another wonderful TOT Remembrance.

Jim Dunn

See more photos from TOT at KickStandUp.com



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MX FLEXIBILITY

Most Motocross racers train for increased cardio performance and weight train to build strength and maintenance. However, there are four equally important components that should be in all racers training program: Cardio Conditioning, Muscular Endurance Training, Flexibility, and training of the Mind.

Unfortunately, probably the two most neglected elements of MX training are conditioning the mind and increasing flexibility. Yeah, you may see some racers stretching before their start. They'll bend down and touch their toes, stretch each arm behind them, and so on. The question is, are they really benefiting from that kind of stretching? Answer, probably not.

The lack of a strong warm-up and stretching routine (key word routine) can cost great dividends. Greater Flexibility will help you with:

- 1) Reduction in muscle tension
- 2) Prevent serious injuries
- 3) Attain a better level of physical and mental relaxation.
- 4) Increased Range of Motion (ROM) and improved Posture while on the bike.

Every workout should begin with a warm-up and stretching, in that order. Warming up is defined by raising your core body temperature. Stretching, which is self-explanatory is not warming up!

Think of warm-ups being in two phases.

- 1) The Primary Stage should consist of light aerobic work. Activity that will cause body temperature to rise, thus causing increased circulation of blood in and around the muscles. Think of yourself warming up the your engine, causing oil to splash around in the cases bathing the gears and other parts. Then think of yourself not warming your engine, and just cranking it and blasting off.
- 2) The Second Stage should involve two types of stretching Static and Dynamic Stretching. Static involves you just stretching the muscles, like you reaching for your toes. Dynamic involves moving the muscle being stretched actively through the entire ROM.

Remember, to avoid a common mistake used in stretching, NO BOUNCING at the endpoint. Bouncing actually will shorten the muscle. Also remember that keyword Routine. Routine is key, meaning the more you do it the better the results. It's just that simple.

Dr. Danny Thompson
Riverpark Chiropractic

2011 SUMMER THROWDOWN SHOWDOWN OVERALL POINTS STANDING

51cc Stock 4-6 Yrs Stock

Pos.#	District ID	Name (attended)	Points
1.	16	Karleigh Dempsey (6)	112

51 Stock 7-8 Yrs Stock

Pos.#	District ID	Name (attended)	Points
1.	7	Jacob Pina (6)	127

65cc 7-9 Yrs

Pos.#	District ID	Name (attended)	Points
1.	35	Ezra Parker (7)	170
2.	77	Chloe Gionti (6)	123
3.	7	Jacob Pina (6)	105

Unlimited 65cc 7-11yrs

Pos.#	District ID	Name (attended)	Points
1.	35	Ezra Parker (7)	160

85cc D Beginner 9-15 Yrs

Pos.#	District ID	Name (attended)	Points
1.	24	C.j. Bowman (8)	180
2.	98	Brett Hinrichs (7)	108

85cc 9-13 Yrs

Pos.#	District ID	Name (attended)	Points
1.	630	Blake Dempsey (7)	161
2.	79	Gage Mcbee (6)	117

Supermini 12-16 Yrs

Pos.#	District ID	Name (attended)	Points
1.	316	Darren Hicks (7)	139

250 D (beginner 122cc-250cc)

Pos.#	District ID	Name (attended)	Points
1.	4	Logan Brady (7)	145

450 C (122cc-open)

Pos.#	District ID	Name (attended)	Points
1.	99	Nick Scoggins (6)	116

+40

Pos.#	District ID	Name (attended)	Points
1.	117	Gary Knotts (6)	133

Girls

Pos.#	District ID	Name (attended)	Points
1.	77	Chloe Gionti (6)	150

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In The Headlight Mack

Dear KickStand Up! Magazine,

I think my son Mack would make a good feature in your "In The Headlight" section of your magazine.

Last fall my son moved up from the 50cc class to the 65cc class a year early due to his size. I wasn't sure how he would adapt to the new bike, but he took to it right away and won a regional championship in the Arenacross Tour Series in the 65cc 7-9 class and finished in 2nd overall in the Unlimited 65cc 7-11 class.

Mack started winning local races right away, so we started going to some national events where he finished very well for only being on the bike for a few months. So well, in fact, that he was blessed with a KTM Support ride through Barber Cycles for the 2012 season! Mack will be racing the Winter National Olympics in Gainesville, Florida (aka "Mini O's") over Thanksgiving this year leading into the next Arenacross Tour Series and outdoor nationals in 2012. Mack has many sponsors that help him with his racing. Barber Cycles, KTM, RipXX GPS Trainers, Bell Helmets, Ankle-Savers, Scott USA, Leatt Neck Braces, HRP Protectors, Sidi Boots, EVS Knee Braces, Powerband Suspension, Dunlop Tires, Maxima Oils, Wiseco, No Toil Filters, Easton Handlebars, Bent Graphics, Cool Springs Powersports, Moto X Classifieds, and FMF Racing!

Mack is currently training hard physically and with a trainer, Alex Manga MX Schools, to properly prepare him for the up coming season. Mack is a very dedicated nine year old as he trains six days a week with a cardio program that has him running five miles a week, push-ups, sit-ups, leg-lifts, various isometrics training and stretching. He is also doing long practice sessions on his motorcycle to get himself ready for the longer races at the various National events. One of Mack's favorite tracks to train for nationals is Fast Farms MX Park near Chattanooga. Fast Farms offers a very challenging track that has led to his success on the more challenging national tracks.

Kind Regards,
Eric Carney
The R.O.C.K. Racing Team
www.ROCKOffRoadRacing.org



SHARE THE WARMTH

Do you need to make room in your closet for some new clothes, but don't want to go through the hassle of a yard sale? Then trade in your old clothes for something new and support a good cause while you are doing it! You can trade in your good condition used shirts and jeans for \$5 off any in stock shirt, jacket, vest, gloves, boots, or helmet* Also trade in your good condition used jackets for \$10 off any in stock shirt, jacket, vest, gloves, boots, or helmet* All used clothing will be washed, sorted, and donated to the Chattanooga Salvation Army to help the less fortunate in the surrounding area this winter.

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Nathan Wilbanks
The Hogs Pen

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WINTERIZING YOUR MOTORCYCLE:

With cold weather around the corner, we need to look at some important steps in taking care of your beloved motorcycles, Winterizing.

Rust, moisture, fuel oxidation, and battery failure are just a few of the problems associated with leaving your bike un-winterized and sitting up for the season. Now let's avoid these problems and go over the best way to winterize your motorcycle.

First, we need to prevent the oxidation of the gasoline and rust in your fuel tank. So you will need to fuel your tank completely up and add a fuel stabilizer to the fresh gas (Sta-Bil works great), then start your bike and let it run for 5 minutes. This will get the stabilized gas run through your carburetors or fuel injection system and prevent the gas from oxidizing or turning into "sludge". This also helps warm up your motorcycle to help drive out any unwanted moisture in your engine that can damage cylinders, piston rings, valve seats, and other important components.

The next step is to remove your spark plugs and pour a capful of fresh motorcycle oil down into the spark plug hole. With the plugs still out, turn the engine over by hand (put the bike in high gear and roll it forward until the engine turns over). This will help coat the valve seats, piston rings, and cylinders to avoid rust. Now you can replace your spark plugs back into the spark plug holes.

Then you will need to drain the existing crankcase oil, remove your old oil filter and replace it with a new filter, then refill the crankcase with the fresh motorcycle oil that your owner's manual specifies to use. This removes any used oil that may have small amounts of water in it that could cause rust inside your engine.

The last step is to make sure your battery stays charged. Letting your bike sit through the winter greatly reduces the life of your battery; so the best way to make sure you aren't buying a new one every spring is to invest in a battery tender. The tender keeps a slow charge on the battery without risk of overcharging and causing damage.

Other things that you may want to include: Washing/ waxing your bike to prevent corrosion from bird poop or other things that may be on your bike, changing antifreeze coolant to ensure your engine block doesn't crack, and plugging your exhaust openings to keep critters from building nests in your pipes.

That's about it. If you do all of these steps to winterize your motorcycle you will save yourself headaches and money come next spring.

Keep Warm,
Nathan Wilbanks
nathan@thehogspen.com

TEDDY BEAR

The Tennessee Charter of CMT/ABATE and Mac's Pub held its annual Mac's Teddy Bear Poker Run on September 25.

This event was originally conceived by the late Tom McPherson, owner of Mac's Pub & ABATE of Georgia District 1 Chapter 2. They wanted to show that bikers cared about their community and could develop good relationships with local law agencies. When Chapter 2 dissolved, the Tennessee Charter of CMT/ABATE pick up and carried on the event.

The teddy bear run is a different type of toy run because bears collected are donated to the smaller local law agencies in this area to be used for comfort measures for children at crisis scenes.

I'd like to thank all who came out for this event.

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



As I was driving the Gus truck down 153 in Soddy Daisy one beautiful Saturday in August, I ran up to a gas station with a group of riders in orange shirts. So, being as curious as I am, I stopped, grabbed a handful of KSU magazines and my camera and asked them what's up with the orange shirts? They told me that they were on the Nanny Run. And in the words of Ken Barrett: "We have been doing the Nanny Run (Margaret Snyder) since her passing. She always enjoyed seeing all of us on our bikes, but we could never get her on one. LOL. She was always an influence to all of her kids, grandkids, great-grandkids and great-great-grandkids. She was 94 years YOUNG. This was our third year for this memorial ride in her honor. We have next year's run scheduled to be in Nashville, IN, and for the fifth year to ride to her resting place in Danville, PA."

Chuck Welch
chuck@kickstandup.com

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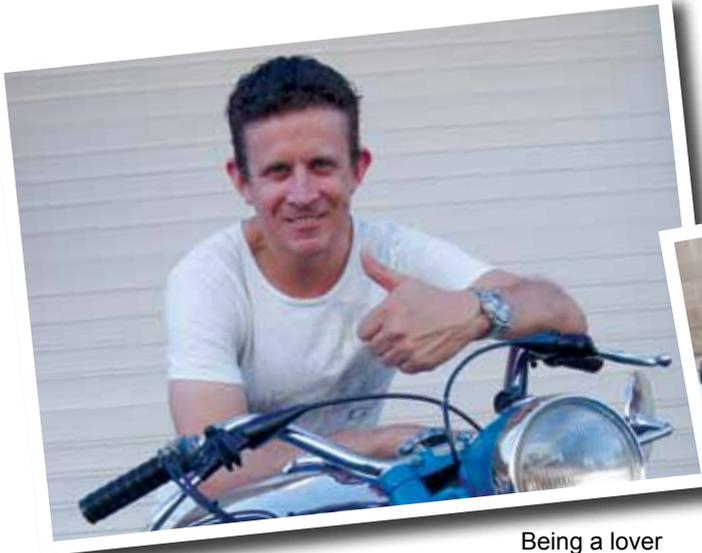
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India on an Enfield



Courtesy of Kenneth Maginnity

I have had a dream for many years now. A dream of riding in India and the great Himalayan ranges. The freedom, solitude, food, people, scenery, and just the experience have kept my mind ticking over for years. Well, now the time has come to stop dreaming, put rubber to the road and start riding. In May 2012, I will fly to Delhi, India and start my adventure.

Being a lover of classic cars and bikes, I did my research, hunted around and...well my pony is going to a 1965 Royal Enfield. She was in a bad way and needed a full strip down to be brought back to her glory days. With a few phone calls and the proceeds of a money tree I have out back...she is now being restored. The Royal Enfield is a classic looking bike produced in India, which makes it a little easier to find parts for the restoration. If the bike does break down, I will be able to find parts in almost any small village I happen to be in. I can see already that I am going to be attached to her by the time my India experience ends, and there is already talk of having her shipped back State side.

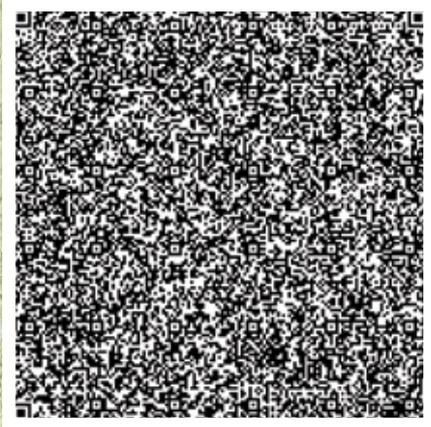
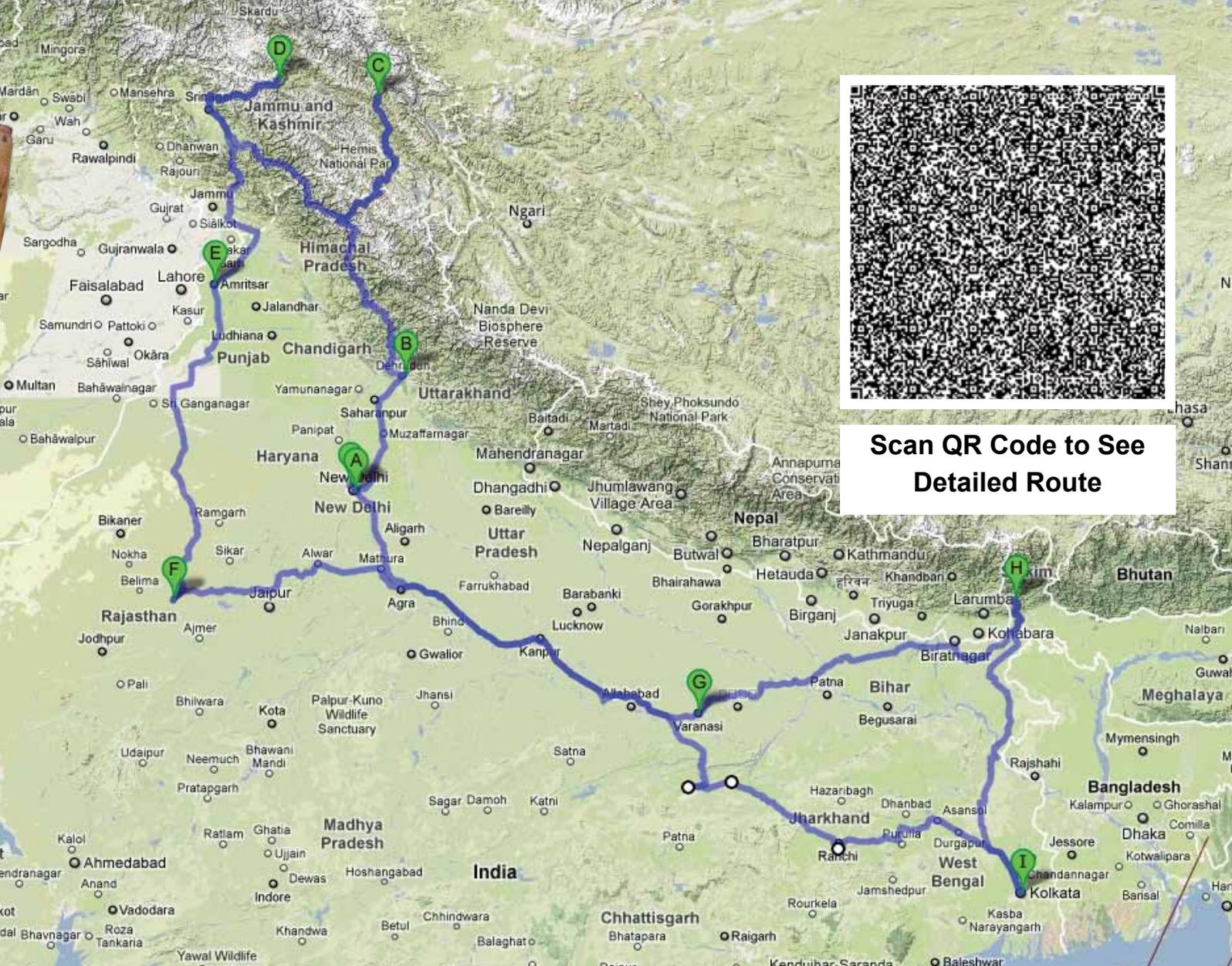
section maxing out at 18,563 feet; looks like I am going to have to be "at one" with my carbi and just might need to rejeet the old girl once or twice on the ride.

After exploring Kashmir, I will ride on down to Rajasthan to see her beauty, on to the most holy of Hindu rivers, the Ganges. Then I will take a winding road up to Kathmandu. Now there is a small bar in Kathmandu owned by a couple of Australian motorcycle enthusiasts and, being an Australian native, I think it would be rude not to stop by and have at least one cold refreshing drink.

The route so far has me riding 3500 miles over 90 to 100 days. I am sure though, as the time draws near to my ride, there will be extra miles, cities, and places to adventure to while I am there. Starting in Delhi I will ride to Kashmir. This is most likely going to be the most challenging leg of the journey. With the Rohtang pass in the great Himalayas standing between me and my destination, the road is going to challenge me at every bend. The pass is at an average of 15,000 feet with one

From there it will be up to Base Camp on Everest, the roof top of the world. With another dream fulfilled I will take the long road down to Kolkata where the ride will come to an end and the journey will start.

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As I planned out the ride and added up the costs, I looked at India and her people. With over one in every four people living in poverty, the cost of the ride would support around 30 families for one year. I already work with the homeless in Fort Lauderdale, but when I thought of India, I just wanted to make a bigger difference and really touch some lives. I did a little research and teamed up with **www.endpoverty.org**. They are a non-profit organization specializing in micro-financing. They go to people that would not normally receive a loan and help them to get started in their own business. The money is then paid back so it can be loaned out many more times. **Endpoverty** then take the time to teach people how to use money effectively, helping them to break the poverty cycle. **“Give a man fish, feed him for a day. Teach a man to fish and feed him for a life time.”**

Seeing the work they do and the difference they make, let me know I had made the right decision in supporting their organization and drawing attention of the India’s poor.

So when you are next online please come and stop by my **website www.indiaonanfield.org** If you feel led to, there is a donate link and 100% of money raised will go directly to the work of **Endpoverty** and the work they are doing in India. There are links to Facebook and twitter so you can be kept up to date with the bikes restoration, the ride, and the difference being made to peoples lives.

Thank you KickStand Up Magazine and KSU readers.

Kenneth Maginnity

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Photo by Bob Eden

Tammy

Women That Ride

Tammy is a Florida Native that moved to the Chattanooga area in 1988. She grew up around people that rode, including her grandfather, father, step-father, and brother. She and her brother used to take turns riding on a 50cc Yamaha dirt bike, and she's been riding since.

One time, she got out her dad's 90cc Kawasaki -bored out to a 100cc. She and her step-sister thought it would be a good idea to take it for a ride. She had been used to the power of the 50, so when she popped the clutch, it stood straight up. Somehow she managed to slam it back down without crashing, but got a good scare and an angry father. She did a lot of dirt riding and some riding in a swamp buggy when she was young, but didn't ride a street bike of her own until 1996.

She has always been around motorcycles and the industry. In fact, she had been working at Steel Harley-Davidson for about a year before she



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finally bought her own bike. She had dated many bikers, and ridden as a passenger, but she didn't get to ride when she was single, so she got her own bike. It was a 1983 Honda Shadow 500.

Tammy says that, as a small woman, it was a little more difficult to pick up the skill of riding. Most bikes are heavy, and sit too tall for someone with a smaller frame. On some bikes, she can't even touch the ground or reach the controls. Nevertheless, she picked up the skill, and gets a lot of attention when people see her get off the bike and realize that it's a girl.

Riding gave Tammy some useful skills and knowledge that she has used in her career, working parts at a number of dealerships and brands. In 1995 she worked for Steel Harley-Davidson, in 2002 She worked for Indian Motorcycle of Chattanooga, in 2004 she worked for Southern Honda (spending some time at Polaris Victory Triumph), and now she works at Garry Griffith Cycle. All-in-all, that's 16 years of experience in parts. "I like all motorcycles," says Tammy, and with



Photo by Kim Teems

that record, you just about have to.

Now that she lives on Lookout mountain, she doesn't have to go far to get into some good riding roads. Tammy and her 2001 883 Sportster have been riding for years, and will be riding for years to come.

Jeff Griffith
jgriffith@griffithcycle.com

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137th
 Freewoman
 Ladies Ride



Kim Teems

FAR ROADS Freewoman 2011

Once a year about 15 – 20 women, most on their own bikes, gather to ride and ride well. We call the ride the Freewoman Ride, in honor of a dear friend and rider to the core, Judy Freeman, our Fox. As the years have gone by, we've gone from one day to four days of pure Freewoman time. It's my favorite ride of the year. It's fun, it's crazy, it's spiritual. It's sisterhood and I always come home feeling blessed and alive. There's nothing like the feeling of riding down the road and watching the

amazement and wonder on people's faces when they see 15 or more women riding by on roaring bikes. It's awesome.

This year our destination was Black Mountain, NC, right outside of Asheville. It would be a long day in the saddle and we would not have much time for dalliance. We met in Chatsworth and followed 411 to Hwy 76 thru Ellijay, on through Young Harris to Hwy 69 into NC and then Hwy 64 into Franklin. We hit rain off and on again; those little late summer showers where you're torn between putting rain gear on or not...and had a great lunch at Rana Rinata Italian Grill. Well fed and ready to ride again, we took Hwy 23 to Blue Ridge Parkway and then Hwy 70 to Black Mountain. When riding through the BRP, it was hard for me to pay attention to

the road...I just wanted to stop and sigh at all the beauty, but didn't think those riding behind me would appreciate the sudden stop. So, I put my mind to the road and enjoyed the challenges of the turns and frequent tunnels [so many tunnels that I lost count after eleven]. Sometimes they were so long, dark, and curved that all you could do was keep your eye on the bike light in front of you and pray. Thank you Lynn for leading us safely through!!!

On our final stop before going down into Black Mountain, Janet's bike decides now is a good time to not crank. Well, I'm proud to say, with some good old fashion women ingenuity, we got her bike running [at least until we could get it repaired correctly] and back on the road. Dang we are good!

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Janet & Daphne Thank Don!

Black Mountain – we’ve finally made it, but the directions up to the cabin were a bit confusing so we called the ladies that made it there earlier to meet us down in the valley and escort us up. By now it was raining again and we were wet, tired, and ready to be settled in and kickin’ back.

The ride to our cabin was tricky, with wet twisty roads going steadily up, but we managed pretty well. Or at least we did until we came to the... driveway from Hell! We all stopped at the bottom and did an audible, “Gulp,” but our mighty leader Tami, revved her bike and tore up that wet, steep, twisted driveway like the Freewoman that she is! Let’s just say after much deliberation, we did it and survived it. The cabin and the scenery far outweighed the dangerous looking driveway, which was really just a tame kitty in disguise once challenged. See photo of Pyro and Patty coming down in the car and you’ll get a small perspective of the driveway itself. I wouldn’t josh ya!



Four days was not enough. That only left two days to explore! The first day started with a mission – to get Janet’s bike fixed properly. We had spotted a shop on the way the night before and took off to find it. We found it and our hero Don, in a nice clean showroom with parts counter. We quickly informed him of our repair need, and in a matter of minutes he replaced a battery connector – Presto! It’s done! Of course he promptly receives payment in hugs from us! A Big Thanks to Don and Cycle Sportz!

I’d love to fill you in on the

adventures of our four days, but what happens on Freewoman, stays with Freewomen! So I’ll just give you the shell of it, because the details are a little fuzzy!

We ate Mexican food, explored cool hippy shops, checked out a local benefit ride for Capt. Jeff Bowen, test rode each other’s bikes, looked at other’s bikes at the Harley shop, went swimming in a mountain stream, drank good beer, ate lots of good food, danced, sang, laughed A LOT, and made our impression on Black Mountain... I’m sure we

left more than a few young men blushing. We were a brilliant force of fun and mischief!

But all good things must come to an end. On our way home we took Hwy 9, through Chimney Rock into South Carolina, so we could ride with our “tops off” for a bit. Oh my, what beautiful roads and so many places to come back to explore. We all made it home safely with a few mishaps, but safe [Blessed Be!], and I’m already looking forward to Freewoman 2012!

Peace~
Kim “HippyChicKim” Teems
kim@kickstandup.com



We met Sam, who happen to have a picture of himself as a young man on his motorcycle.





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Rides & Rods

STEVE HUDLOW & MARIA BINGHAM

Ride: Steve – 2005 Honda Shadow 750, lowered, custom paint and other modifications.

Ride: Maria – 2010 Ducati Monster 696

Rod: 2005 Ford Monster Truck, custom chassis (built at Hudlow Axle), a 406 CiD Chevy engine with a custom transfer case made from 8.8 differentials.

Steve is the owner of Hudlow Axle. With the help of his number one fabricator, Micah, they keep Hudlow Axle running smoothly. They have built a number of custom vehicles including mud trucks and rock crawling machines. Steve is currently

working on a chopped 1968 VW Bug with a 185 HP Suzuki Hayabusa engine, and a 6 speed transmission that weighs 185 lbs. They are also building a tank...and the list goes on!

Maria is a finance and insurance manager at Southern Honda PowerSports.

Thank you Steve and Maria for sharing your story with KSU. See more pictures at kickstandup.com.

Chuck Welch
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1974 XS 175 Harley-Davidson

I've been looking for a toy for sometime now and found this at Barnetts Cycle in Lynchburg, TN. Yes, the home of Jack Daniels. They run a small shop that deals in old style bikes like BSA, Harley, Norton. These guys are good. They do all of the work, I just have to ride it. Harley only made a little under 14,000 of these. How many do you think there are now? Thanks to Tony and the staff at Thunder Creek who also helped with some paper work. This one is a two stroke made during the AMF years and has a 5 speed transmission. No electric start here; it has a big one gallon tank and gets about 65-70 miles per gallon. Top speed so far is 65, but if I can find a different rear sprocket, maybe 75 mph. The horn, blinkers, and hi-lo beam all work. Now I just need to find someone who can make a spare key and I'm set. I also need to remember that the exhaust is on the left and not to wear shorts like I did the first time I rode it.

Mike (Ferro) Rosales

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THE BROKEN SPOKE

Going Back In Time

A few weeks ago on a bright and beautiful fall Saturday morning, a group of us met at the Hardees in Ooltewah at around 8:00 in the morning. The occasion was to ride to Maggie Valley and visit the Wheels Through Time motorcycle museum.

This was an official ride with the Choo Choo Wings, the local GoldWing chapter of the GWRRA here in Chattanooga. The ride leaves at 9:00, but we have learned that our ride coordinator, Col. Right Now Rambo Sir, is very punctual and expects kickstands up at precisely at 09:00. This is somewhat humorous to me as he rides a trike and the kickstand has been removed. Anyway, once I got there at 8:45 and ordered breakfast only to throw half of it away as we began mounting up as I began eating. I love riding but eating is a necessity. You ever tried to eat biscuits and gravy riding down the road on your bike? It's such a mess and really hard to clean up off of the motor. After 4 or 5 times I quit doing it. My poor wife was complaining about how hard it was to clean up. She can be so ungrateful sometimes.

So we gathered early to eat and swap lies and pretty soon it was time to leave. We had 15 people on 9 bikes with us this day as we left Hardees. We joined up with 3 more bikes carrying 5 more people in Etowah and headed towards Tellico Plains for our first stop. We made our pit stops and told more lies and broke up into a couple of groups for the trek over the

Cherohala Skyway.

We made an adventure out of keeping everybody on the same path and eventually between missed communications and dropped cell phones we all made it to Maggie Valley and the restaurant that we had chosen. This restaurant is a block away from the museum so we assumed all of our group would make it there after lunch.

Since we were on a chapter ride, we were wearing our Carolina Blue Choo Choo Wings shirts. I am not a big fan of everybody dressing alike, but when I look at all of the other riders dressed in the same black leather vests and the same patches and same chaps, I am comforted by the fact that everyone does that who rides with a group. Our color is Carolina Blue. It would look great on a 1962 Pontiac, but it's our color and I will proudly wear it.

We pulled into the Wheels Through Time together, as it is hard to get separated when you are only riding a block away. Immediately the owner, Dale Walksler, came out and informed us that since we were the best looking GoldWing group to ever show up dressed in our pretty blue shirts, that he was waiving the \$10.00 per person fee for our group. I liked Dale immediately.

He then began giving us a personal tour. He does that a lot from what I understand. He is energetic, enthusiastic and eager to share his hobby of hoarding. That's right, he is a world class hoarder who has found a way to share his treasures with everybody. The motorcycles in Dale's museum run. He starts many of them on the spot and used to do burn-outs with them on a daily basis.

Many of these antiques are in just

found condition, you see them as they have become and many of them have been restored but I believe that all of them run. It is worth the time to invest in this piece of Americana to see where our roots lie, from vintage motorcycles with the classic V-twin design to in line four and six cylinder machines that our American companies made. Every bike in there is an American made motorcycle. Or an American made product.

There is a Harley-Davidson ice cutting machine and the Elias Snow Toboggan, which is the predecessor to our snowmobiles of today. I know that in the south a toboggan is something you wear on your head, but up north they are long wooden sleds that you ride down the hills of snow on. If you don't believe me you can even look it up online.

Dale Walkser and his staff, including his son, are very friendly and knowledgeable about everything motorcycle. This is a great destination for anyone with great roads leading to it and plenty of places to eat. But you may not get to go see it next year.

He is moving next year. And there is no place yet for him to go. Maggie Valley and that area is more interested in hikers coming to visit, bringing their granola bars and recyclable water bottles. They have made it hard for him to stay there, even though thousands of bikers come visit that area every year and many of them, as we did, come to see his museum. Every restaurant was full of motorcycles and most of the gas stations had bikes parked in the driveway as people wandered in to buy bottles of water and trail mix. The Maggie Valley economy was getting a big boost from bikers on this Saturday.

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So I started thinking, Chattanooga would be the perfect spot for a museum like this. We are biker friendly and this business community already knows the impact of HOG having its national get together right here. The Trail of Tears ride definitely sells out motel rooms and restaurants. Every Friday night through the summer, Nightfall attracts thousands of bikers bringing dollars to spend. We have the roads and terrain to entice riders from across the country to come and visit. We have world class motorcycle dealerships. If you want to ride two wheels, this is a great place to do it.

So why not bring the Wheels Through Time Motorcycle Museum to Chattanooga. I bet it would draw more folks than the Towing Hall of Fame. {No offense meant to avid towers.} Chattanooga would be the perfect place for this museum and this community could support it.

But right now, we need people who have a passion for Chattanooga and a passion for motorcycles to come together and think outside of the box to entice Dale to move here or somewhere nearby. This is too good of a museum to let it go somewhere else and this is too good of a city not to have it here.

Gary Boyd
gary@kickstandup.com

Thank You, Dave and Marie

Choo-Choo Wings, the local Gold Wing Road Riders Association is one of the largest and most vibrant chapters in the state. One of the main reasons for that has been the devotion and leadership of David and Marie McGill. For the past four years, they have loved and lead this family with total devotion and dedication. And unfortunately, that era comes to an end this November.

When they started attending meetings in 2004, there were about 40 members in this local chapter. We were lucky to get 20 people to a meeting and a chapter ride was almost non-existent. We met in the old Ryan's on Lee Hwy on Tuesday nights and you can imagine that when the highlight of your chapter life was eating at Ryan's, there was something wrong.

David became the Assistant Chapter Director and they started planning actual rides. Great rides with



Jim Rambo

people who loved to ride and new and interesting places. And of course ice cream. You see ice cream is a staple on a Gold Wing ride.

Dave also got us involved with Southern Honda Powersports. He became the official director of our chapter in November of 2007. Along with his wife Marie they have poured themselves into making this the very best Gold Wing chapter in the country. We are a family of bikers that love our bikes, but more importantly love each other.

They did it with a great sense of humor and a very playful nature that made meetings fun to attend. They did it with great respect and love for each individual that came into our chapter. Because of the love that they gave, to the people in this chapter, they have in return received great friendship and love in return. They said of all the things that they cherish, it is the life-long friendships and extended family that came out of leading this group of people. A group that grew from 40 members to over 140 members today. And they will be the first to tell you that they did not do this alone. They had and still have a great team of people passionate about Gold Wings and the people who ride them.

But now Dave and Marie are moving on to become trainers at the district level in the GWRRA. Chapter V will always be their home and their family. And Chapter V, and myself, will always grateful to the efforts of Dave and Marie and we will strive to carry on the tradition that they began. Thank you so very much, Dave and Marie!

Gary Boyd
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KSU Readers, It is with great pleasure that we recently had yet another successful event for MELBC! Over the past few years, our group has undergone several changes but our focus has remained the same "WRFTWL" (We Ride For Those We've Lost). This was our third year and we've had an increase in donations.

The following is a message sent from Lorri Littles, an employee of MaryEllen Locher Breast Center, which has participated in this event with us each year.

"What a great event! Chattanooga is so blessed to have a Comprehensive Breast Center. Each year this

event rises above the expectations of the staff that is able to attend. Everyone is so kind and generous with their time and money.

This year Nancy Joles, Lorri Little, and Danielle Richey, staff members from the MaryEllen Locher Breast Center, attended. It was clear to us at the second stop that our reason for being at this event was revealed. As we were waiting to leave for the next stop, a lady starting talking with us about her mother and sister who are survivors of breast cancer and that she actually has many family members on both sides of her family who have had breast cancer. Her husband spoke up and said that she would not come in for a mammogram and a light bulb came on in all of our heads. We let her talk all the while directing her to come to the center and we would take care of everything. She spoke with Danielle and was assured that we would get an order from her physician and then she could see Dr. Rawlings after imaging was complete. She is currently being worked up in the department.

Sararetha King, Danielle's Mom, went to the fruit stand located in the parking lot in Tiftonia and was asked by the lady working there who she could make a donation to for the event. Nancy and I, along with Ed Roberts, Vice President from Unforgotten RA, went out to the stand and spoke with the lady. She said "MEL Breast Center is wonderful. I do not have insurance and they have helped me for several years to get my mammogram." She was in a position to be able to give on this day and gave \$40.00 to the cause. She continued to say good things about the Center and Memorial Hospital."

Thanks to Unforgotten RA for hosting this event, WRFTWL! Anyone interested in getting to know this group, it's focus and possible membership in the future, please contact: Dusty Fine- President at 423-994-2059, email: wrftwl@charter.net, or Facebook.

Our other benefit is "Rally Across America for Brain Injured Children" which is the second Saturday of April each year. It covers every state and is recognized by the Elk's National Organization. Several of the Unforgotten RA members are also Elks.

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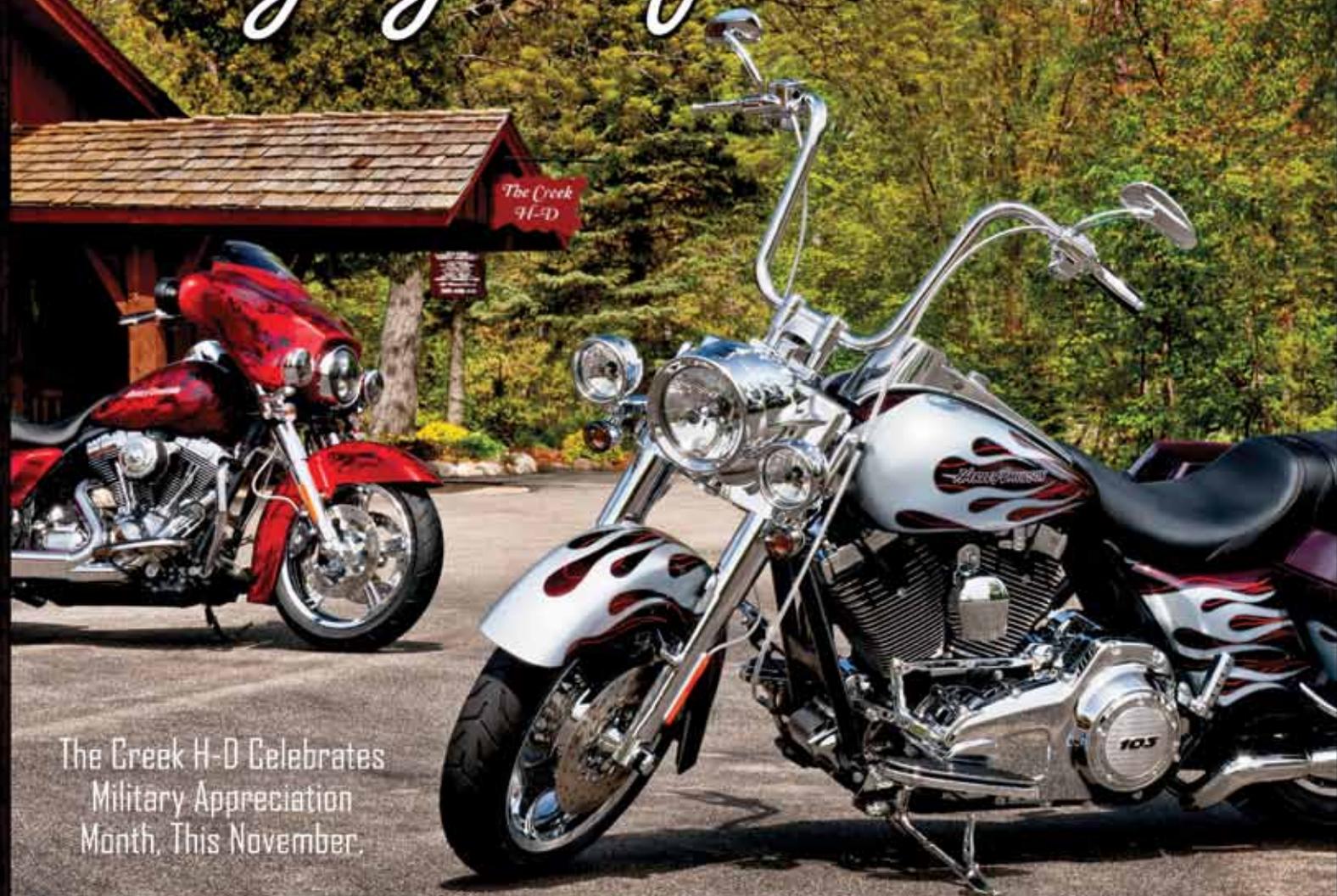
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Photos by Gregory Cook, Frank Pate, Chuck Welch, & Kim Teems

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