



# BLUE KNIGHTS West Virginia II



## December 2021 Newsletter

Volume 25 Issue 12

### ***PRESIDENT'S NOTES:***

Advise of the upcoming events that we might attend and requesting more of our members to attend, the 2022 Winter MDC conference. Conference is February 11<sup>th</sup> – 13<sup>th</sup>, 2022 at the Atlantic Sands Hotel & Conference Center, Rehoboth Beach, Delaware. Remember that the chapter will reimburse you for your event registration. It would be great for West Virginia II be the largest chapter at the event. So please try and attend this event.

I do ask that all members try and read their monthly newsletters and also send in articles to the newsletters of rides, runs or things of interest you may have had while out riding.

West Virginia II - chapter Christmas party was held at Village Square Conference Center, Clarksburg. Rexann and I want to thank everyone for attending this annual event and hope you all had a good time. There were a few members that were unable to attend due to Covid. We are praying for you and hoping for a speeding recovery.

Rexann and I are wishing everyone a very Merry Christmas and a Happy New Year and a better riding season in 2022.

Ride with Pride

**Ed & Rexann Martin**

304-622-0135 bkww2@aol.com

### ***VICE PRESIDENTS' NOTES:***

**Our next meeting will be Thursday, January 13th, 2022** will be at the 19:00 Hours (7 PM) at Blue Knights West Virginia 2 Clubhouse, 245 Emily Drive, Clarksburg, WV 26301. We will have pizza before the meeting.

Sue and I wish all of you a very, very Merry Christmas and Happy New Year. Let us all try and recruit one new member in 2022.

**Catch the fever.**

Ride with Pride

[35oldsrodder@gmail.com](mailto:35oldsrodder@gmail.com)

***Jim Enoch***

## ***SECRETARY'S NOTES:***

**Our next meeting will be Thursday, January 13th, 2022** will be at the 19:00 Hours (7 PM) at Blue Knights West Virginia 2 Clubhouse, 245 Emily Drive, Clarksburg, WV 26301. We will have pizza before the meeting.

Hope this finds all of my Brothers, Sisters, and their family are in good health and spirits.

Kelli is looting after me as I recover from surgery. Thank the Lord I am home and still above ground

Hope you all have a Safe Merry Christmas and a Happy New Year. Take care our hearts n prayers are with all of you

Respectfully

Robby

Blue Knights WVII

Secretary ❤️ 🙏

[robinsonusmc77@gmail.com](mailto:robinsonusmc77@gmail.com)

Hone 304-527-0757 Cell 775-781-1993

## ***TREASURER'S NOTES:***

***Ride Safe, Ride Smart and Ride with Pride. You are the faces of West Virginia II.***

[marty.e.mcnulty@gmail.com](mailto:marty.e.mcnulty@gmail.com)

Merry Christmas and Happy New Year.

Hoping to see all of you in 2022.

Ride with Pride

**Marty McNulty**

## **Chapter Safety Officer**

Wishing everyone a Merry Christmas and Happy New Year.  
In January I will have some more information for you.

**Ride with Pride,**

**Walter Knight**

## **Road Captains**

We are just wanting to ask everyone to also attempt to make as many events and rides as possible for 2022. The more members we get involved the better the chapter will become a family.

From all of us to all of you, Merry Christmas and Happy New Year. See you all in 2022.

RIDE WITH PRIDE IN 2022

**Rene Noe, Walter Knight, Andy Kolb, and John “Spot” McCloud**

## **Chaplain’s Corner**

Remember the REASON FOR THE SEASON.

Merry Christmas to you all.

**Del Parris, Chaplain**

**Blue Knights WVII**

## **Quartermaster**

You can stop by the clubhouse at any time and purchase the items. If I am not available one of the staff members can help you with your purchased.

**Rene Noe**

**Quartermaster**

# MDC/INT'L Safety Officer

## *4 Best Exercises for Motorcycle Riding*

Physical fitness is a part of motorcycle riding that is often overlooked. After all, who cares about how much you can bench when your bike is pushing out that sweet, sweet horsepower?

But any skilled rider will tell you that physical fitness is an essential part of higher-level riding. Riders who are in shape recover faster from a long ride and are able to handle more powerful bikes with more precision. Physical fitness is especially important for those who do more physically demanding activities, such as sport or adventure riding.

Don't worry, though—we've got four simple exercises that will help get your riding body in shape. From your shoulders to your hamstrings, these exercises target the most important areas for riders. Just a few sets a day can provide substantial gains in your handling performance if you stick with it.

### **1. Lunges**

Flexibility, particularly in your legs and lower body, is key for all kinds of riding techniques, such as getting a proper knee down in track corners. To improve flexibility, try targeting your glutes, hamstrings and quads with lunges.

Here's [how to do a lunge the right way](#):

- Begin by standing up straight with your feet apart.
- Using your right leg, take a big step forward. Your heel should hit the floor first and as it does, start moving your weight forward.
- Keeping your back as straight as possible, lower your body until your right leg is at a right angle. (You're looking for the "marriage proposal" pose.)
- Bring your left knee down close to the floor (It's OK if you're not flexible enough to do this yet, but try to go as low as you can).
- Push from your right heel to gradually shift your weight back to standing position.
- Repeat with the opposite leg.

### **2. Pull-Ups**

Just a few reps of properly executed pull-ups can blast your arms and shoulders like nothing else, which will help give you the arm endurance for a long track day or trail ride.

To [master the form of a pull-up](#), follow these steps:

- Using a shoulder-width grip with your palms face down, grab the pull up bar.
- Pull your legs up off the floor while keeping your arms straight and hang from the bar.
- Pulling from your elbows, lift your body's weight up to the bar. Don't stop until your chin clears the bar.
- Lower yourself back down until you're in the position from step two.

### 3. Air Squats

Squats are great for improving both flexibility and lower-body strength, which will help you maintain smooth control of your bike. They'll also help you improve your balance. Many people use weights and a squat rack for this exercise, but a simple air squat is a great place to start.

Proper form is even more important with squats than other exercises, so [make sure you have it down](#):

### 4. Bicycling

Bicycling for motorcyclists? You bet! Cycling is an incredible way to build the cardiovascular endurance that you need to keep from getting winded during a long ride or while you're on a dirt trail.

Mountain biking is a particularly popular exercise for pro-level motorcycle riders. It offers adventurous thrills, plus a high-intensity workout that's easier on your joints than high-impact sports like running. Invest in a mountain bike and start spending some time on the trails, then watch your leg strength and cardiovascular endurance skyrocket when you're back on your motorbike.

Finally, remember that no workout will protect and improve your fitness the way a good diet will. A diet that's low in sugar and saturated fat but rich in fruits, vegetables and lean protein will protect your precious gains and give you the energy to ride at peak potential.

Being prepared to ride requires gearing up. That can mean a safety must-have [like your helmet](#), a key communication device, like the [Cardo PACKTALK BOLD](#), or the equipment you're carrying around every day on your own body. By getting your body in shape, you'll help equip yourself for a safer and more enjoyable ride.

Whatever you ride,

**Ride Safe, Ride Often, and Ride with Pride**

**Robert Bud Overby**

## **\*Joke for the Day\***

In a rush to work one morning, I pulled up to the drive-through window at a fast-food restaurant and ordered some coffee.

Because I was in a hurry, I asked them to put a couple of ice cubes in the coffee so it would cool down more quickly and I could drink it faster.

I sat there at the pick-up window for a few minutes, wondering where they had to go to get my coffee, when a frustrated teenager finally came up and said, "I'm sorry for the delay, but the ice you wanted in your coffee keeps melting!"

## **Committee Reports**

The 2022 Spring Mason Dixon Conference will be hosted by West Virginia II Memorial Day Weekend 2022. The host hotel will be the Holiday Inn Express and Suites, Elkins, WV. Conference will be May 27 – 29, 2022. Make sure you book your room now. Some of us will be going up on Thursday, May 26<sup>th</sup>. If you know of any vendors please try and get them to set up at our event.

## **From Membership**

None

## **UP COMING EVENTS**

### **2022 Events**

**2022 Winter Mason Dixon Conference, February 11<sup>th</sup> – 13<sup>th</sup>, 2022.** Delaware I is hosting the Winter MDC at the Atlantic Sands Hotel & Conference Center, 1 Baltimore Ave, Rehoboth Beach, DE 19971. (On the Boardwalk) Room Rate is \$79.00 plus taxes. Call hotel at 800-422-0600, ask for Blue Knights Group #10376. Registration for the event is \$95.00 per person.

**2022 Mason Dixon Conference/Wild & Wonderful Knights,** Hosted by West Virginia II. Host hotel is the Holiday Inn Express & Suites. Elkins, WV. May 27<sup>th</sup> – 29<sup>th</sup>, 2022. **FOR ROOM RESERVATIONS CALL:** Holiday Inn Express & Suites, 50 Martin St, Elkins, WV, call 304-630-2266; **TELL THEM YOU ARE WITH THE BLUE KNIGHTS GROUP,** Rooms \$125.00 per night plus tax. Event registration is \$75.00 per person before May 1<sup>st</sup>, 2018, and \$90.00 after May 1<sup>st</sup>.

**Drawing:** November drawing was \$45.00. Brother Ron Watson's name was drawn and he was present. Must be present at the clubhouse to be eligible for the drawing. January drawing will be worth \$5.00. Pay the man Marty (LOL)

**Sick, Ill, or in Distress:** Brother Andrew Menendez is in the hospital with Covid. Brother Andy Kolb and his wife both tested positive with Covid. Brother Greg Hoskins is home still recovering from Covid. Please keep these members and their families in your prayers.

**Members in Attendance:** Fred LePera, Don Wikert, Doug Baker, Randy Biggins, Ron Watson, Andy Kolb, Walter Knight, John McCloud, Rexann Martin and Ed Martin.

**Guest:** Bernetta Kolb

**On Facebook:** Larry Bailey, Marty McNulty, Robby Robinson, Kelli Robinson, Dan Loughrie, Donna Loughrie, Bud Overby, Steven Smith, Fred McComas, and Mike Neely.

### **Next Meeting Location**

**Our next meeting will be Thursday, January 13<sup>th</sup>, 2022 at 7 PM.  
Blue Knights West Virginia II Clubhouse.**

