

February 2017



ON THE AVENUE



KNOB MOUNTAIN NORTH CAROLINA MOTORCYCLE CHAPTER

www.knobbies.org

BMWMOA #216
BMWRA #53

2016-2017 Officers: President—Seth Purdy | V. President—PO Wilson | Secretary—Virginia Lackey | Treasurer—Sharon Wilson
Activities Director—Hal & Bobbi Smith | Newsletter Editor—Marla McRary

Knobbies - Who Are We?

The Knobbies are a group of touring motorcycle enthusiasts with about 200 international members. **We meet every Sunday, rain or shine**, for a day ride to an *unknown destination* for lunch, then ride a different route home. Most rides consist of about 200 to 300 miles and are usually confined to back roads. Some of the popular destinations include state parks, Blue Ridge Parkway and various locations in Virginia, Tennessee and South Carolina. Started and based as a BMW motorcycle organization, the Knobbies are supported by the BMW Riders Association and the BMW Motorcycle Organization of America.



**You do *not* have to ride a BMW to be a member of the Knobbies.
We accept *all* types of motorcycles,
but we prefer responsible riders who enjoy the touring aspect of motorcycling.**



Sunday Rides

The Knobbies meet around 8:00 AM at [Timberwoods Restaurant](#) (I-40 Exit 106, Morganton, NC) for breakfast and a day ride. Group leaves between 9 – 9:30 AM. Even if you can't ride, join us for breakfast and fellowship! First Sunday of every month is "Picnic Sunday."

From the President

Hello, Knobbies!

Welcome to the first newsletter of the year. We had our business meeting last month and we discussed many things for this upcoming year. For starters, most of the officers have stayed the same, except for Hal and Bobbi taking back over as Activities Directors. Thank you, Hal and Bobbi for doing this! Next up will be the Spring/Summer Campout, which will be held at Iron Horse Motorcycle Lodge. They know we are coming and have us on their calendar. Get your reservations in ASAP if you have not done so already. This is the event I look forward to most. It's so nice to get together and just hang out for good riding fun. The Rally will be held again in September, and I'll let Gene provide all the info on that.

The newsletter is being taken over by Marla McRary. Marla's got the experience and ability, and I am very happy that she is jumping on this. She also has lots of other ideas for the Knobbies as well, so we will see how that plays out. If you have something, anything, that you would like to push out into the Knobbie landscape, please contact Marla. You can use info@knobbies.org to get information to her.

Outside of that, I don't have much more to say. The weather, as crazy as it is, is warming up quickly. I've started to see some trees blooming already as well. Hopefully we will have an early spring and a great riding season ahead. Everybody ride safe out there, and I look forward to seeing you when I can.

Seth

Geno's Corner

I have no idea what made me think about this, but first, I hope I get to introduce our new Newsletter Editor, Marla McRary. I'm trying to think, and going uh oh, I don't know all the newsletter editors, so I'll give it a stab anyway. Our first President, Bert Brumfield was also the editor and carried on for a number of years. I'm sure I'm missing one here, but so was Bobby Smith, Sheila Murray, then my wife Patsy and for a while Chris Lloyd. All did a great job so I want to thank Marla a bunch. It's a tougher job than most people would think.

One thing I do remember we instituted from when Patsy was the editor is that if someone didn't renew their membership or their email address changed, they would be dropped from the electronic newsletter. So, forewarned is well, forewarned. Those that have email should receive by email and those with no email, should let Marla know. Remember electronic versions are free and mailed Newsletters cost us a whole .43 \$\$ each, plus paper costs. Labor costs are what kills us here???

Now of course, this is all subject to immediate change depending on our new editor, and again, can't thank Marla enough. The above by the way is from total memory, so excuse me if I'm only close.

What made me go on my above infomercial were my thoughts about our future. I can hear a lot of you all, going OMG, what is he going to write here. Well, surprise, it's the growth of our club over the years.

First, we are an all-brands club, but we are affiliated with BMW international clubs. I wonder how many times I've made that statement, but oh well. As such, no matter what brands, us motorcyclists are aging out. I know the newer motorcyclists average age is a little different, but Harley's average age new buyer was 57. Compare that to BMW with an average age of 56. Others were roughly the same, however crotch rockets were the major sellers.

I always worried about aging out in our club, having been a member since 1995, and at the same time thinking where did the time go, and wow, how much fun I've had exploring the U.S. and lots of Canada on a motorcycle.

But, I found it difficult to transmit the joy of riding into unknown territory to a much younger generation, including finding it kind of weird being out in the open. I call this phenomenon "going in country", and all touring motorcyclists will totally understand what I'm conveying here, or trying to get at.

So, I was always hoping our club could attract younger newbies and even tried starting the Sport Knobbies. Never got that one off the ground, as they are a totally different set of riders.

I do know we have a lot of riders drawn to our way of clubbing. We don't have a really formal deal here, just meet, eat and ride...somewhere. Based on weather, whim and I don't know the rest. So, no doubt our best bet to keep our club current is to draw in new members by just good old word of mouth, and thru our website and of course, the Newsletter.

I know I am not one of the best internet searching guys, but I do remember that Darryl Carswell set up our very first web site...or at least the first official web site. Since then our current President has kept that site up, so I would really like to thank Seth and all the work he does. I know in just the last few years the Internet has exploded! So, to have a website and an embedded newsletter is just a great way to make our club known.

I guess, overall, we seem to draw really good people to our weekly rides and have fun rides with others in our club. It is just a joy to be in our club.

Geno

Notes from the 2017 Annual Business Meeting

The meeting was held Sunday, January 15th, 2017 at the [Timberwoods](#) and was called to order by President Seth Purdy.

Minutes were read by Secretary Virginia Lackey and passed by the attending membership.

Treasurer Sharon Wilson gave the Treasury Report which was accepted by the attending membership.

A discussion of the Fall Rally and funds ensued with Chris Jernigan volunteering to check with the City of Morganton.

Virginia Lackey made a motion to charge \$10 a year for dues. Motion was seconded by P.O. Wilson. Discussion was open to the attending membership. Motion was denied.

The 2016 Christmas party was great and enjoyable. The attending membership approved continuing to hold the party at the Elks Club on the 1st Sunday in December.

Chris Jernigan is to advise club of Southmountain plans.

A motion was made to have committee find out about the Fall Rally by Bert Bromfield. Motion was passed.

The business meeting was closed.

High Mileage Awards were presented by Treasurer Sharon Wilson.

Total number of miles ridden (highway, dirt & 2-up) in 2016 by members reporting: 446,561 miles
Average for all members reporting: 10,718 miles
Average for all female members reporting: 10,897 miles
Long distance: Gary Lackey with 38,096 miles
Long distance female: Valerie McLaughlin with 17,516 miles
Long distance 2-up (miles were sooo close, 2 awards were given!):
1 st place: Mike & Pan McSwain with 6,400 miles
2 nd place: Darrell Faw & Paige McGee with 6,361 miles

Bobbi Smith presented David Powell and Virginia Lackey with the Knobbyest Knobby awards.

New officers for 2016 – 2017 were announced.

The 50/50 raised \$220 with the prize of \$110 going to Bobbi Smith.

Meeting was adjourned – RIDE TIME!! 

Calendar of Events

Spring/Summer Knobby Campout

Friday & Saturday

June 2nd & 3rd, 2017



828-479-3864

8th Annual Ride the Blue Ridge with the Knobbies

Friday, Saturday & Sunday

September 15th, 16th & 17th



GOOD NEWS!

Long-time member, David Powell, is home and already back on the road thanks to Lynn Haile: David Powell's FIRST Slingshot ride! We did 86 miles today with temps around 73 degrees. Only had to stop to clean the bugs off David's teeth! 😊 He chose the route and my favorite stretch of road was Mineral Springs Mountain Rd.



Article of interest

HEALTH BENEFITS RELATED TO MOTORCYCLE RIDING



By **Clint Lawrence**, Founder of Motorcycleshippers, is an avid motorcycle enthusiast, industry consultant and board member for a major logistics provider. clint@motorcycleshippers.com

Chances are you've heard how dangerous it is to ride a motorcycle. How you are just risking your life being on your bike and you must have a death wish. For the most part, motorcycle riding is safe. It requires you to be extra attentive and aware of your surroundings. You have to think more, but you are still able to relax and enjoy the ride. Whether you're going to the grocery store two blocks away or driving through open mountains in the fall, any rider will tell you, there's nothing like the rumble of the bike beneath you and the feeling of being "one" or "whole" with your bike.

It is a lifestyle and a passion, and it also has numerous health benefits you may not have known you've been gaining. You can soak in these benefits regardless if you prefer to street ride or off-road ride. The benefits come from both types of riding.

Mental Outlook

When people think of health, they often see health in strict terms of the physical body and tend to overlook mental health. Motorcycle riding is beneficial for physical as well as mental and emotional health. There is an array of benefits and they are not limited to these listed. Riding off-road or on streets is a great way to enjoy physical exercise and clear your head for a while. But the big thing is, it helps your brain.

It improves your mood. Plain and simple. Riding makes you happy and boosts endorphins.

Riding increases energy levels and your mental outlook. This does wonders with regards to helping you increase your happiness and mental health, which in turn, increases your life span. Who doesn't want to enjoy living a little longer so you can keep riding?

Core Strength and Stability

Just riding and enjoying a scenic view or riding to the grocery store down the street can improve core strength.

Think about it. You have to work out your core just to keep yourself upright on a bike. Factor in some wind, and you are definitely working yourself out a lot more.

Maintaining the correct posture while riding also helps to keep your body in shape and can improve muscle tone because it's a low-impact exercise.

Neck Strength

Riding can also improve your neck strength. For some, this may not seem like a big deal, but for others with back problems or neck problems, it's almost like a therapy to the neck and back. Make sure your bike is fitted and adjusted to fit you correctly. Craning or straining your neck will do the opposite and you don't want to do any damage to your body.

Stronger Knees and Thighs

It can also help strengthen your knees and thighs. Individuals with knee or thigh issues will find riding a motorcycle is a kind of physical therapy. It requires you use your knees and thighs, but without straining them too much. Over time, you'll build muscle while eliminating any pains.

Calorie Burning

Have you ever thought you're getting your daily exercise just from your motorcycle seat? Riding takes effort, especially compared to driving in a car. Just being a passenger on a motorcycle you can burn 50 calories, but as a passenger in a car?

It increases your insulin sensitivity too. This helps your metabolism, which will help you burn calories and store less fat.

Riding is fun. It's an experience. You can enjoy these health benefits without even trying. You can't complain about that. Now go out and ride!

<https://motorcycleshippers.com/2016/01/health-benefits-related-to-motorcycle-riding/>

Reminder

The Knobbies have long supported the [South Mountain Children and Family Services](#). If you'd like another way to support them, you can through the [Amazon Smile program](#). AmazonSmile is a simple and automatic way for you to support your favorite charitable organization every time you shop, **at no cost to you**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization. You can choose from nearly one million organizations to support. You use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

Call for Newsletter Editor - answered?

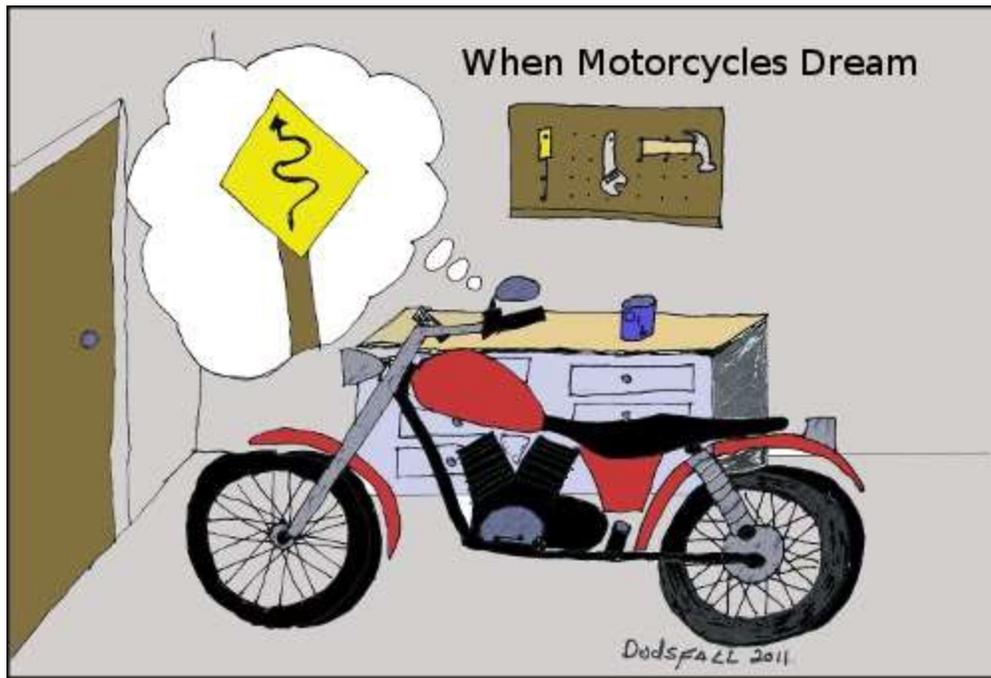
Hello, all y'all! Please allow me to introduce myself. My name is Marla McRary. Many of you have probably already met my husband, Barry "Bear" McRary, a Native Son of these parts. We relocated here to North Carolina from Arizona last year. Now that we are getting closer to being settled, I'm going to try my hand at this newsletter editor business.

I'd very much like to hear from you: rides you've done, rides your contemplating, gear you love or hate, mechanics who wowed you. How about your thoughts on that test ride you took? Or a really great restaurant you found along a byway that would be a great place to ride! Did you find a hotel, motel, inn, B&B or campground that really impressed you? Please share it with us!

Feel free to put your thoughts into an [e-mail](#) or slip me a note. Or [call](#) or [text](#) me!

I have a lot to learn about North Carolina and I'm counting on all of you to help me learn.

Marla



Request to all Knobbies!

Please be sure to provide the club with the e-mail address you would like to receive the newsletter. This is one of the primary purposes of asking everyone to complete a renewal form each year. The form may be found on our [website](#). You can copy the form to your computer, fill it out and [e-mail](#) it or snail mail it or hand it to any club officer at a Sunday breakfast or any other club function.

Knobbies on Facebook

There is a group page on Facebook where Knobbies can post messages and photos. To access it, create an account, log in and search for "[NC Knobbies](#)". All content on the group page is public and open for all members' activity.



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