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While there are countless amazing rides in the United States, there are few that have an otherworldly and almost magical quality to them. Riding the Avenue of the Giants in the northern California Redwoods forests is one of those experiences. You drift through the corners with the towering trees soaring into the sky above you. In several places, they nearly blot out the sun and you feel like you are in a secret world. It is a beautiful place that doesn't feel real, and it does require a few stops to walk among the trees and experience their beauty up close.

Some of the "drive-thru" trees are very touristy, but they are still a fun moment to experience. A lesser-known ride in the area is the coastal loop starting in Ferndale on Mattole Road which winds its way down to the coast and then back into the Redwoods. It is an easy half-day ride that gives you the best of the ocean and the Redwoods all in one amazing ride. Highway 36 is another beautiful ride in the area that goes through Grizzly Creek Redwoods State Park. Make sure you plan for several days in the area to experience everything it has to offer.





Moto Camping:

Hit the Road and Don't Look Back!

Motorcycle camping is incredibly rewarding when you pull it off. When it comes to motorcycle-friendly gear, you will need good luggage that attaches to the bike, that means saddlebags and a tank bag or tail bag. A backpack won't cut it.

I have a compact Kelty sleeping bag that fits neatly in the bottom of my saddlebag, and a cheap blanket that doubles as a bedroll/pillow. Select an inflatable pad that can shrink and take up less space. A small tent fits great of the back of my sportbike, too. I strap it all together with netting from CycleGear.

Remember to pack your bags with all the weight on the bottom to keep the

center of gravity as low as possible. Packing your extra gear, rain suit, gloves, chaps in one saddlebag allows for easy access. In the other side, pack a small soft sided mini-cooler with some small freezer packs to keep the food fresh. A small first aid kit should be kept within easy reach.

After several multi-night camping trips, one thing I've learned is that you can buy almost anything on the road. This rule applies to water, snacks, and even beer. Don't pack it if you can buy it. I'm a fan of the "buy dinner today" approach, so I don't have to carry food and take up valuable storage space on the bike.

One must-have is a good map. Your phone won't work if you're traveling into the wilderness. AAA has great paper maps, and you can use your phone to mark out the gas stops and the grocery stores before you head out.

Though some like to simply find a dirt road and a tree to sleep under, I've found that most state camp sites and KOAs offer the necessities you'll need, like water, a toilet, and if you're lucky a shower. They're cheap, accessible, and most importantly you'll make friends with your neighbors, and that's one of the great joys of being out on a bike.

If you are a hardcore coffee drinker, there are mini French press machines that are a life saver. There is nothing better than sitting next to a warm fire in the morning, sipping your coffee and admiring your motorcycle. Now get out there and explore!



THANK YOU For Your Service!

As we celebrate Independence Day, we'd like to give a special thanks to our men and women in uniform, both past and present. Military and veterans motorcycle clubs are involved in standing up for great causes, charity work and volunteerism. They raise funds for children of fallen soldiers, fight for biker rights and to end veteran suicides. We salute them for their service to our country on and off the battlefield.

The Green Knights Military Motorcycle Club-

With more than 10,000 members and 131 chapters – is one of the largest military-only motorcycle clubs, and most widely accepted on and off military installations.

The Combat Veterans Motorcycle Association

participates in many motorcycle-related fundraising events each year and donates to Veteran charities. Their focus is to help Veteran care facilities provide a warm meal, clothing, shelter, and guidance.

U. S. Military Vets Motorcycle Clumember,

Andrew Kelleher, says "Taking care of other people is something that I think is ingrained in every military person. Whether it be the home they came from or where they found themselves after they got out – it's all about helping out where you call home."

Here is a short list of prominent National Club

- ★ Green Knights Motorcycle Club
- ★ U.S. Military Vets Motorcycle Club
- * Combat Veterans Motorcycle Association
- * American Legion Riders
- ★ Rolling Thunder
- ★ Leathernecks Motorcycle Club
- ★ Vietnam Vets Motorcycle Club
- * Brothers in Arms Motorcycle Club
- ★ POW/MIA Riders Motorcycle Club
- * Purple Heart Riders Motorcycle Club
- * Band Of Brothers USMC Motorcycle Riding Club
- ★ In Country Vets Motorcycle Club
- ★ Veterans of Vietnam Motorcycle Club
- * Warrior Brotherhood Motorcycle Club
- ★ Desert Knights of America MC

For more information about
Veterans Motorcycle clubs visit these websites:
https://www.usveteransmc.org
https://mvmassoc.com





MOTORCYCLING Makes You Happier, Healthier, and Smarter

Most any motorcyclist will confirm that riding takes them to a happy place. We all know the exhilarating feeling of freedom that comes while riding. The feel of the wind, the intensity of the smells in the air, the vibrant views that come at you as if you're wearing 3D glasses ...

And your brain gets stimulated from the concentration it takes to ride a motorcycle, which activates the prefrontal areas of the brain. From shifting and stopping, to counter-steering, cornering, negotiating curves, and avoiding hazards on the road — your mind stays in high gear because you are so in tuned to your surroundings.

BUT DO MOTORCYCLES REALLY MAKE YOU STRONGER AND SMARTER?

A study by Kawishima at the University of Tokyo, titled "The relationship between motorcycle riding and the human mind," tested male motorcyclists between 40 and 50. They evaluated two groups, regular use cyclists and a non-rider control group. Each individual was examined for brain function and cognitive skills.

After two months on two wheels, research results were able to conclude that riders who drove their motorcycles to the office daily had increased cognitive

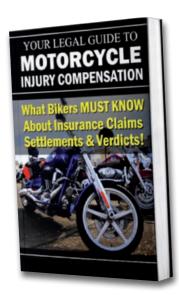
functioning when compared to those who did not. When men were asked to repeat a set of numbers in reverse order, consistent motorcycle riders' scores increased more than 50 percent. In contrast, the control group's scores slightly decreased.

In addition to keeping your mind on its best game, riding has been proven to have a positive impact on mental health, helping mood and reducing stress. The study's rider participants noted that after 60 days of consistent motorcycle use, they had reduced stress levels and were generally happier.

You know that adrenaline rush you get each time you accelerate on your bike? That's the release of endorphins. Not only do endorphins feel great, they help improve your mood as well. It makes sense. When was the last time you came across someone who was mad or stressed out because they were riding a motorcycle? In a nutshell, the study shows that riding motorcycles provides improved cognitive functioning, better concentration, less stress, better memory and reasoning, mind stimulation, and a great form of exercise.

Does it still count if you're on the back?
The study didn't cover that one...





Your Legal Guide To MOTORCYCLE INJURY COMPENSATION

This insider's guide explains how motorcyclists can maximize claims after an accident and avoid expensive mistakes that could devalue their case and cost them tens of thousands of dollars or more. Readers will learn the answers to 11 questions that injured bikers need to ask before they sign any settlement documents with an insurance company.

Read this important legal guide BEFORE you are involved in an accident!

www.NAMIL-LAW.org/Larson



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