

## VINTAGE IRON RIDERS

C/o Tommy Knox  
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## VINTAGE IRON *The Newsletter of the Vintage Iron Riders*

April 2014

[www.virmc.com](http://www.virmc.com)

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For more non-VIR events, please check out the Springfield Miler's newsletter at  
<http://www.springfieldmilers.com/milerNL0414.pdf>

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### PRESIDENT'S PRATTLE

George Tinkham – VIR President

#### Health Benefits of Motorcycling

As the new riding season approaches, we are reminded of safety issues related to riding. For those of us with a few years behind us, safety reminders also come from lingering effects of old wounds (not necessarily motorcycle related). Before we become fixated on the negative health aspects of this wonderful outdoor activity, we should remember that motorcycling is primarily a positive thing.

First and foremost, there is the emotional benefit of motorcycling. As we all know, “4 wheels move the body. 2 wheels move the spirit.” The reason we ride is because it is fun and makes us happy. It is well established that emotional health promotes physical health.

There are yet more, direct health benefits of motorcycling. For example, CPAP (constant positive airway pressure) is widely used to treat sleep apnea and other respiratory problems. A motorcycle rider (especially without windshield) is constantly pushing against the wind. This provides increased airway pressure. Motorcycle riding, then, can be seen as a form of CPAP. Warning: this is not a good form of CPAP to treat sleep apnea!

In the summer of 2008, my doctor told me I had severe arthritis of the spine. That fall, I rode my Guzzi to "Meeting of the Minds," a motorcyclists' rights national convention in Denver, CO. The way I ride is slightly stretched out with weight evenly distributed on hands, feet, and seat. I let the wind hold me up so the lift caused by leaning into the wind lessens the load of gravity on the rest of the body.

An unanticipated benefit of this riding style is that bumps do not jar the spine, but merely flex it. After ~900 miles of this gentle treatment of my spine, I arrived in Denver feeling at least as good as I did when I left. After the convention, I headed west and drifted through the Rockies for a few days. By the time I returned to Illinois, my back was much better. 5 ½ years later, my back feels better than it did before leaving for Denver. The only logical conclusion is that the riding style I use promotes spinal health. Along with the glucosamine I take, this kind of riding may be a good treatment for arthritis.

So you see: Despite all the worrywarts fussing about how motorcycling can hurt you, it really can be good for your health!

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Can you identify this motorcycle?

Answer is available on page 4

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### **Moto GP Raffle and Springfield Mile**

We have had raffle tickets printed for members to purchase AND help sell. The raffle price of \$5.00 is a very fair amount to invest for a \$320 value. We will have a table set up at the Memorial Day Park and Display for the purpose of selling the raffle tickets. We need volunteers to help man the table and promote this potential money-make for the club. Talk to Tommy at the next meeting if you are available to help sell tickets or help with setting up the Park and Display area. Springfield Mile is Sunday, May 25th.

## Reason to Ride

This is not a club activity but something that might be of interest to members. An event called "Believer's Ride" aimed at Christian motorcyclists will be held May 31, 2014 at the Pawnee Assembly of God Church, 1001 N. 8<sup>th</sup> Street, Pawnee, IL. Sign up from 11-12 with a ride leaving the parking lot at 12 noon. \$25 for single, \$40 for couples. All proceeds going to Wounded Warrior and U-Turn Life Center. The ride will conclude back at the Pawnee Assembly of God Church where there will be music, food, door prizes, and family fun.

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Minutes of Meeting  
**Vintage Iron Riders**  
Route 66 Hotel and Conference Center  
March 19, 2014

Socializing began at 7:00 and the meeting was called to order at 7:15 pm. Pledge was taken and cell phones were turned off.

**Events:** Mark Morrison reported that on April 7, 2014, Harvey's bikes would be in an auction. BMW Swap Meet in the Chicago area on April 26. There will be a motorcycle auction in Mattoon on March 24. The annual picnic is scheduled for Sat. May 10 at 11:00 at the home of Tom and Tracy Knox. Members present expressed a desire to have pictures of bikes and people from the Springfield Mile with possible Photoshop techniques. Mark Morrison will look into this. Jim Davis brought complimentary copies of "Motorcyclist" magazine. Pens with flashlight for The Mile were shown to the members.

**Web Page:** Motion was made, seconded and approved by voice vote to have names, phone numbers, and addresses posted on the website. Bill Hart will coordinate.

**Treasurer's Report:** The Jeff White Memorial fund has 2,200.75 and the General fund as \$2,773.58 for a total of \$4,974.33. Goog reported that one-third of dues are still outstanding for 2014.

### **Reports:**

Springfield Mile – LeRoy Solomon reported on the Springfield Mile for Memorial Day. Members were shown the handlebar fliers that will be passed out at the Mile.

Discussion of possibility of Sgt. at Arms – LeRoy Solomon nominated Jim Davis, who declined. Suggestion was made for President to use a gavel. Dave Darnielle volunteered a sound system for amplification.

Oren Lower reported on the Amateur Nationals in Springfield.

**MOTO GP Raffle:** Members authorized printing of 300 raffle tickets for August MOTO GP. Winner will be drawn at the July meeting. Mark Morrison kindly donated this raffle item.

Mark Morrison took pictures of new members for the website. Motion made, seconded and approved to adjourn. Meeting adjourned at 7:50 pm.

Respectfully Submitted,  
Tommy Knox, Secretary

### **Last Newsletter????**

If you've not yet paid your \$15.00 dues for 2015, this will be the last Newsletter that you will receive until you get current on your dues. We fully understand that it was a difficult and cold winter and motorcycling was the last thing on many people's minds. So please stay active and current on your membership. We need each other.

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### **ABATE Awareness Rally**

The ABATE Awareness Rally is Sunday, May 4, 2014. Please consider attending and supporting the ABATE Awareness Rally on May 4 at the IDOT Bldg. on Dirksen Parkway, leaving parking lot at 1:00 pm for a formation ride to the State Capitol where several hundred motorcyclists will show our support for motorcycle-friendly legislation and legislators here in Illinois.

### **Annual Club Picnic**



This is the last Newsletter you will receive before the picnic so be sure and mark your calendar for May 10, 2014 from 11-2, to attend the premier event, hosted this year at Tommy and Tracy Knox's home, 2312 West Lake Shore Drive. The club provides meat. Members provide side dishes and BYOB. We have a great time in a beautiful setting and Leroy and John Anderson have mapped out a 50 mile ride to depart about 1:30 pm. If you've never attended you should seriously consider making this a priority. Members who aren't bringing their motorcycles are urged to bring lawn chairs for themselves and a spare for those riding their bikes. Early drop off of side dishes is encouraged. If you need more information, call Tommy at 529-2655. Last year we had over 35 bikes.

### **May 2014**

				<b>1</b>	<b>2</b>	<b>3</b>
<b>4 ABATE Awareness Rally</b>	<b>5</b>	<b>6</b>	<b>7 Board Mtg. 5:30 pm</b>	<b>8</b>	<b>9</b>	<b>10 VIR Picnic Knox's</b>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25 SPFLD. MILE</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

Answer to mystery bike: A 1917 Traub