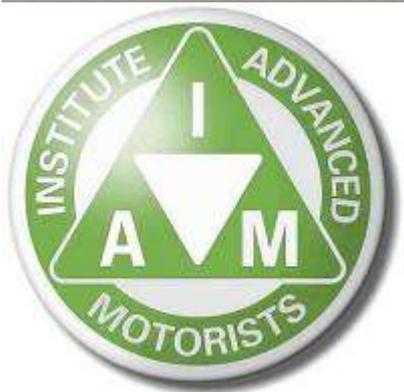


The SAM Observer



Breakfast Run March 7th



Your Committee

Officers

No Calls After 9pm Please

Chairman	Richard Toll	01473 401363
Secretary	Martin Andrew	01473 614057
Treasurer	David Rudland	01473 401362
Assistant Treasurer	Judy Chittock	01473 737356

Committee Members

Vice Chairman	Karl Hale	01359 241552
Associate Co-ordinator	Susan Smith	01206 251946
Membership Secretary	Beverley Rudland	01473 401362
Chief Observer	Derek Barker	01473 327555
Editor	Felix Oliver	07712 649860
Webmaster	Mike Roberts	01473 718915
Buddy Co-ordinator	John Morgan	01473 711699
Publicity Co-ordinator	Nigel Chittock	01473 737356
Publicity	Bill Dunham	01473 659449
Events	Chris Smith	01206 251946
Events	John Sillett	01473 219488
Events	Ray Spreadbury	01449 736664
RideNet Liaison	Rob Day	01449 737551

Senior Observers

Rob Day	01449 737551	Mike Roberts	01473 718915
John Goodwin	01394 277650	David Rudland	01473 401362
Karl Hale	01359 241552	Chris Smith	01206 251946
Chris Jackson	01787 315628	Richard Toll	01473 401363
Bob McGeady	01728 832595		
Observer Support	Mrs Terry Brooker		01255 425558

Observers

Carolyn Barnes	07802 725093	Martin Leach	01473 717713
Roger Bishop	01359 233273	Stephen Milbourne	01473 462024
Mr Terry Brooker	01255 425558	John Morgan	01473 711699
Dave Bunn	01394 270044	Curtis Norman	01473 833413
Tony Chyc	01206 231782	Simon Phillips	01473 830671
Matthew Cullum	07825 528519	David Schofield	01449 741762
Leia Dowsing	07841 699081	John Sillett	01473 219488
Ralph Fogg	07986 859848	Ray Spreadbury	01449 736664
Steve Gower	01473 410251	John Van-Eyk	01449 722081
Nick Lambert	01394 271540	Stuart Young	07931 350799

I.A.M. Examiners

Bob Gosden	01473 716873	Kevin Stark	01473 310504
------------	--------------	-------------	--------------

Contents

Chairman's Chat	4
Secretary's Scribbles	5
Notice of EGM	6
New Members	7
SAM Membership Renewal	8
Roadcraft theory nights	8
Dates for Your Diary	9
Motorcycle Dexterity & Control	12
Caption Competition	14
April Breakfast Run	15
Social Rides	17
Road test Honda	19
IAM's Insight	23
SAM's Discount scheme	24
SAM's Regalia	23
Look in the Classifieds	25
Visit to Dynospeed	27
St Elizabeth hospice run	31
Ed's Soapbox	34
Our Venue	31
Observer Associate Charter	37
Events Diary	38

To see 'The SAM Observer' in it's full colour glory, visit the website
WEBSITE ADDRESS

<http://www.suffolk-advanced-motorcyclists.com/>

*SAM is a registered
charity – No. 1067800*

Editor

Felix Oliver
Bowman's Barn,
Back Street, Gislingham
Suffolk
IP23 8JH
Tel: 07712 649860
editor@suffolk-advanced-motorcyclists.com

Printed By

Sharward Services
Westerfield Business Centre
Main Road
Westerfield
Ipswich
IP6 9AB
Tel: 01473 212113

Next Issue

Closing date for copy - 1st Monday of the month. Send via e-mail or on a USB memory stick (which will be returned) or even hand-written, not a problem. The editor reserves the right to edit, amend or omit as he feels fit.

All Official Correspondence to:

Martin Andrew
Lieblings
Through Jollys
Kesgrave
Ipswich
IP5 2XT

Annual Advertising Rates:

£50 for half page and £75 for full page. Advertise on the SAM website for an additional £25.

Disclaimer

The articles published herein do not necessarily represent the views of the Institute of Advanced Motorists or the Suffolk Advanced Motorcyclist Group. They are the opinions of individual contributors and are published with a view that free expression promotes discussion and interests.

Chairman's Chat



Welcome to the March edition of the SAM Observer magazine.

Following the AGM last month I would like to officially welcome 3 new members to the SAM committee.

Nigel Chittock has taken over from Sara Hale as the new Publicity Co-ordinator, Felix Oliver has taken over from Steve Gocher as the new Magazine editor and Judy Chittock has joined with the intention of taking over the role of Treasurer from David Rudland. As this is one of the 3 positions of "Officer", Judy needs to be voted in by the members and therefore we will have an EGM as part of next month's meeting.

David has done a great job looking after the accounts and will hand over the role with the group in a very healthy state. It is a time consuming position and he would like to devote more time to his role as a Senior Observer. He is an experienced and valued member of the committee and I am delighted that he is staying on in an assisting role to others.

The poor weather we have had over the last 2-3 months seems to be behind us and so hopefully we should all now be able to get out on the bike more often. This will have a great impact on Associates working towards test as we have struggled of late to get in many observed rides. I know there are a number of new members waiting to be allocated an observer and I can only apologise for the time it has taken. However, with the improvement in weather things should return to normal now.

The IAM have recently changed their computer system and this has caused a few issues with the distribution of new member packs. Beverley Rudland (Membership Secretary) has had a number of conversations with Head Office and it now appears to be getting sorted. However, if you have recently joined and are still waiting your membership pack then please call Beverley on 01473 401362 and she will be more than pleased to assist.

Have a good month.

Richard.

Secretary's Scribbles March 2010

According to the Met Office, Spring has finally arrived (although my old geography teacher would not agree, for him it arrived on the 25th./26th. March).

But it feels like it to me. As I write this, the sun is shining and I have a warm glow about me, because this morning I finally managed to take the bike on a journey other than just to work! Riding (in admittedly still, very cold



conditions) is such a joy that non-motorcyclists can never really understand it. Some ride because they can have the performance of a supercar for the price of a small hatchback. Some ride because it's better than waiting for a bus. Some hate sitting in traffic jams, but I find it hard to explain to my non-riding friends the sheer pleasure of just riding.

Having said that, the SAM calendar is starting to fill up and there will be many opportunities this year for you to ride with fellow SAM members at all sorts of events. These are the organised runs that appear in the SAM Observer and in the calendar section of the web site, but please also take time to look at the various forums on the web site. Many members are advertising for similar souls to join them on ride outs. Fellow bike racing fans may be interested to hear that some of us hope to attend rounds of the British (and possibly World) Superbikes.

If you are thinking of going somewhere on your bike and would like to share your journey, why not let us know, even if it's just a Sunday afternoon jaunt to the seaside for an ice cream.

Now if you want a loooooong ride then take a look at: www.rblr1000.co.uk/ for details of the Royal British Legion 1000-mile Saddlesore event. To raise money for a worthwhile cause, all you have to do is ride 1000 miles in under 24 hours...simple! I'm not sure Mrs. Secretary will allow me out for another weekend (but I could try). If you are thinking of trying it, let us all know because that's one sponsorship form I'd be delighted to sign.

David W, Dave A and I are going over to Ireland in July, but as they say "three is a crowd, but four makes a party". So if you fancy joining us for five days of fun, sun and bikes, then let me know soon and I might be able to get you on the trip.

Martin

Suffolk Advanced Motorcyclists (SAM)
NOTICE OF EXTRAORDINARY GENERAL MEETING

NOTICE IS HEREBY GIVEN that an EXTRAORDINARY GENERAL MEETING of SAM will be held at 7.30pm on Tuesday 20th April 2010 at Fynn Valley Golf Club, Witnesham, Ipswich, Suffolk IP6 9JA, for the purposes of considering and, if thought fit, passing the following resolution:

That Mrs Judy Chittock be elected as Treasurer

Signed

M Andrew

Secretary

**The clubs chosen charity for 2009 was the
St Elizabeth Hospice**

At the AGM a cheque was handed to Rachael Mittell by David Rudland (in the middle), Rob Day (on the right)



Thank you from Sara

I can hardly believe that 15mths have past since I tentatively put myself forward for the 'publicity co coordinators' role. It was a daunting challenge and a traditionally thankless role. However with the enthusiastic help from some of the SAM membership to recruit new members to the group, an unenviable challenge in an economic depression, we as a team have surpassed previous years in boosting numbers. As a result of teamwork, patience and dedication to promoting SAM we achieved this.

I would like to take this opportunity to pass on my sincere thanks to all of you who have helped at events from members, observers and committee. You have made this possible and hopefully with the teething problems being rectified (as I was making this up as I went along!) I feel confident in passing the baton over to the new publicity coordinators Bill Dunham and Nigel Chittock (who are also on the look out for someone else to join them as this role has expanded).

Thanks again.

Sara Hale

New Members

A warm welcome is extended to our most recent new associate members:

Karen Smith

Paul Fairweather

Graham Kidwell

and welcome back to

Andy Bugg

who has renewed his membership

If anyone else has joined us and not had a mention yet, let the Editor know and we will put that right.

SAM Membership Renewal

SAM Membership runs each year from January to December so 2010 is now due. Please help by renewing your membership as soon as possible.

A SAM Membership Renewal Form can be found on page 24 of Februarys Observer, or downloaded and printed out from the SAM website by following 'JOIN US' – 'Membership Renewal'.

<http://www.suffolk-advanced-motorcyclists.com/>

You can also find the Gift Aid Declaration form under the 'Membership Renewal' section of the website. By completing and returning your gift aid declaration form, the group can claim back the TAX portion of your membership fee, which all goes to help SAM funds.

Roadcraft theory night

Each month one of these four subjects will be presented, starting with Brakes, Gears and Acceleration. The remaining subjects will be covered in the following three months in the order given. After four months the Roadcraft theory night process will start again. So it's a four month rolling package. There will still be the opportunity to raise any burning questions on any part of advanced motorcycling at any of the theory nights as we have done so in the past.

Roadcraft theory nights will now have a different appearance from before. We now have a series of rolling presentations that will kick the evenings off.

The subjects are:

- 1) Brakes, Gears and Acceleration
- 2) Overtaking
- 3) Observation and positioning
- 4) Cornering

Regards, Karl Hale

Dates for Your Diary

Folembray 2010

The dates for ELAM's (East London Advanced Motorcyclists) track day at Folembray, France are Saturday 14th to Monday 16th August. The date on the track being Sunday 15th August. The exact price is yet to be firmed up but Chris assures me that it will not exceed £250 per person. This includes return ferry (Dover – Calais), hotel on a B & B basis (doesn't include evening meals) and the track day which includes instruction.

For those that have not been before this is a road based track day with full instruction by Elam Observers. The instruction can be ongoing during the day for those who feel the need. The afternoon sessions are generally open pit lane. This may well be divided into groups of ability.

Currently Chris Mitchell has informed me that there are 10 places left which he is holding for SAM members. It is important that if SAM members wish to go to Folembray they must contact Chris ASAP by e-mail to reserve a space. He would prefer SAM members to take the remaining places before going to other IAM groups. Chris' e-mail address is: clmitch68@googlemail.com

Keith Gilbert

Suffolk Constabulary BikeSafe

The dates for the BikeSafe events for 2010 are Saturdays on:-

March 27th	April 17th	May 15th	June 12th
July 3rd	August 14th	September 11th	

If you'd like to help out by promoting SAM at this event then please contact either Nigel Chittock (01473 737356) or Bill Dunham (01473 659449)

Mid Summer Weekend Trip to the Yorkshire Dales

Leaving early on Friday 18th June, travelling through Thetford Forest, across the Fens and Lincolnshire, staying east of Leeds, through the market town of Otley, the spa town of Ikley and on to Malham. Alternatively you are free to leave later and make your own way to Malham.

We will be staying at the Beck Hall B&B for both nights. They offer 4 poster, double and twin rooms. Prices are £36-£40pppn, more details from the website <http://www.beckhallmalham.com/index.html> . Depending on numbers we will eat at either Beck Hall or one of the local pubs.

On Saturday you can take the opportunity to explore the undulating roads of the Dales or have a leisurely walk up to Malham Gorge or the Tarn. Alternatively be a little more adventurous and head west to the Lakes or east to Yorkshire Moors (Heartbeat Country). I'll probably head to Hawes (home of Wensleydale cheese) and look to have lunch at Tan Hill Inn (highest pub in the country), any one is welcome to join me.

After breakfast on Sunday I'll take a route to the west of the Pennines to get to Glossop (unfortunately means skirting the Great Manchester conurbation), and then head across the Peak District, passing close to Nottingham / Derby, short piece of M1 and then east past Rutland Water, around Peterborough and the Fens (again), with the aim of being back in Suffolk before dark !!

The weekend is open to full members and their pillions are welcome. A deposit of £30 per room (£15 if sharing a twin) is required to secure a booking, but please note there are only 4 twin rooms, and they may disappear first. If I get more than 4 bikes I'd appreciate volunteers to lead groups. Further details from paul.j.newman@btinternet.com or telephone 01473 735508.

Paul Newman

Academy Of Motorcycling

DSA - Approved Motorcycle Training

- CBT - Compulsory Basic Training
- DAS - Direct Access Scheme Courses & Individual Lessons
- Standard Test Training
- New test (Specified Manoeuvres) practice area
- Advanced Riding Techniques (RoSPA Diploma Qualified Instructor)
- Excellent All Week Training Facilities
- Free Hire of bikes & equipment
- Prices guaranteed to be Unbeatable
- Only 20 Mins from Test Centres

Check Prices & Availability then Book Online

www.AcademyOfMotorcycling.co.uk

Tel: 01449 775776

Calls Taken All Week 8 till 8

IPSWICH MOTORCYCLE ACCESSORIES

HELMETS: SHARK, AIROH, DAVIDA, VCAN.

CLOTHING: RICHA, REVIT, SPARDA, RAYVEN,
DRAGGIN JEANS.

BOOTS: TCX (OXTAR), SPARDA, DIORA, RED WING.

LUGGAGE: GIVI, BUFFLO, RICHA, BIKE IT, OIL,
FILTERS, NGK, EBC, GOODRIDGE LOCKS, BATTERIES,
MANUALS, OPTIMATE, BAGLUX, CHAIN/SPROCKETS,
MIRRORS, ETC.

01473 257515 www.ipswichmca.co.uk
41 UPPER ORWELL STREET, IPSWICH, IP4 1HP

Motorcycle Dexterity & Control Days

(a.k.a. Slow Riding Days)

For every motorcycle spill that makes the local papers, there are many more which never get much publicity. How many of you in your time riding have never struggled to keep your bike upright while manoeuvring in a parking area, or had to take a big dab with either foot while negotiating queues of commuter traffic? Not many (if any). Very often in these situations the rider grabs a handful of front brake, shortly followed by the resulting sound of expensive plastic and metal making contact with the ground.

The SAM MD&C Days give you the opportunity to practice the art of riding a motorcycle slowly, and to learn the techniques that will help you do it.

This year the venue will be the playground of Sidegate Primary School, Sidegate Lane, Ipswich. IP4 4JD (Map in the Calendar on the SAM website).

Please contact the Senior Observer to book your place for the date you are interested in attending.

<u>Date</u>	<u>Time</u>	<u>Senior Observer</u>	
Sunday 28th March	09:00	Richard Toll	01473 401363
Saturday 24th April	09:00	Karl Hale	01359 241552
Thursday 13th May	18:30	David Rudland	01473 401362
Sunday 27th June	09:00	Bob McGeady	01728 832595
Tuesday 13th July	18:30	Derek Barker	01473 327555
Saturday 18th September	09:00	Chris Jackson	01787 315628
Sunday 17th October	09:00	Derek Barker	01473 327555
Saturday 27th November	13:00	Derek Barker	01473 327555

Each session starts promptly at the stated time and lasts up to 4 hours depending on numbers attending.

Please bring a drink and something to eat as we will have a break and there are no cafés nearby.



WASHBROOK SERVICE STATION

FOR CAR AND MOTORCYCLE SERVICING AND REPAIRS MAIN DEALER FOR :-
*PIAGGIO, VESPA, GILERA, ROYAL ENFIELD AND
SUPERBYKE MOTORCYCLES AND SCOOTERS.*

PLUS CLASSIC MOTORCYCLES

SECOND HAND CARS

MOTORCYCLE M.O.T.'S CLASS 1 AND 2

CAR M.O.T. PREP

GULF FUELS INCLUDING 4 STAR PETROL AND PARAFFIN

CAR AND MOTORCYCLE TYRE FITTING SERVICE

OPEN 6 DAYS A WEEK

WASHBROOK SERVICE STATION

OLD LONDON RD, COPDOCK, IPSWICH IP8 3LA

TEL 01473 730282

FAX 01473 730225

Web: Washbrookmotorcycles.co.uk

E-mail: sales@washbrookmotorcycles.co.uk

Vespa



PIAGGIO

**ROYAL
ENFIELD**



SUPERBYKE



Caption Competition

Come up with funniest caption for this photo tonight and win a bottle of wine. Write your caption on a slip provided and post it in the competition box.

Good Luck! - One entry per person please.



Judging will be performed by the Editor, with help from the committee and the winning caption will be announced at the end of the evening.

February's caption winner was Nigel Chittock with:

“What do you mean they don't sell diesel ?”



Please send your photos, electronic or hard copy (which will be returned) to the Editor for selection in next month's edition.

P.S. Please don't send images sourced from publications / the Internet, as they are Copyright protected and SAM can't afford the law suit!

April Breakfast Run

Sunday 4th April– Posh Pigs Cafe, Beccles, NR34 7TD

Ride Coordinator – Harry King (07771 923019)

BREAKFAST RUN – ‘POSH PIGS’ BECCLES

TESCO CAR PARK @ 9AM Sunday 4th April 2009

Tesco car park Stowmarket

T/R through housing area

T/R then T/L at roundabout onto B1113

T/R at Finningham White Horse PH

T/L at T- junction onto A140

1mile T/R onto B1117 to Eye

In Eye T/R AT T-junction then immediately left staying on B1117

Watch out for L/T sign posted Halesworth / Laxfield

Continue B1117 to Halesworth

In Halesworth T/R at first roundabout

Ahead at **2nd T/R** at **3rd** on to **B1116**

Pass under Railway Bridge and follow road for approx 1/2 mile

T/L on to **B1124**

T/L at T-junction onto **A145** to **Beccles**

When in **Beccles** follow signs for **Ellough Heliport**

‘Posh Pigs’ will be sign posted and on your left within **Ellough Industrial Estate**

Then a lovely breakfast.

(When in Beccles if you follow signs for Ellough Industrial Estate they will take you around the houses)

Check all routes with **your Road Map** (and/or see the route on a map by following the links in the Calendar on the SAM website, or the SAM Forum) before setting out, then maybe no one will get lost. Even better, take the route and a road map with you. In the event of unsuitable weather please contact the Ride Coordinator to find out if the planned ride is going ahead.

Social Rides

Please note that it is you, the rider, who is deemed to be in control of the vehicle at all times during an Observed Run and during all other Group activities and that the Committee of Suffolk Advanced Motorcyclist cannot and do not accept any liability whatsoever for any injury to person or damage to vehicle occurring in the course of any rally or other event organised by the Group. Any member attending such an event does so entirely at his or her own risk and must maintain their own insurance to cover any said injury to person or damage to vehicle and must be riding a road legal vehicle, having valid road tax, insurance and MOT certificate (if applicable).

Participants on S.A.M social rides are advised of the Events Committees guidelines as follows:

You will be expected to provide a suitable means of carrying a map / the route

- ✓If possible, have breakdown cover for your machine.
- ✓Be responsible for your own safety
- ✓Rides will commence promptly at the published departure time.
- ✓Have a FULL tank of fuel
- ✓No more than 5 in a group

K.R.F motorcycles

BMW specialists



**Unit 3
Bessemer Road
Norwich
NR4 6DQ
Tel: 01603 629916**

Email: Bkrf9@aol.com

A road test of 2010 Honda VFR 1200F

The hype has been around for months, with all the Honda fans. We saw some early pictures in the press before Christmas as a taster, and the bike finally arrived at Lings in Foxhall Road, for its full public launch, on Friday 12th February 2010.



When I first saw her in the flesh, I was glad I had sweet talked Sean Judge into letting me become one of the first test pilots, and to write this article for the SAM Observer. To be honest none of the pictures I had seen, in the early publicity, do this bike justice. When Paul and Sean uncovered the bike it certainly was more stunning than I had expected. The Honda ads say “you

catch yourself staring” and you actually do!

The launch evening was brilliant; we had all the techie sales information from Sean, a quiz to check we were listening and some nuts and sausage rolls to finish off.

I was now really looking forward to my test ride a week later.

For all you anoraks The 2010 VFR has the following in the press release.

At the heart of the VFR1200F is the brand new UNICAM 1237cc V4 engine. With a single overhead camshaft cylinder head design from the world-class CRF motocrossers. This immensely compact solution optimises mass centralisation which contributes to the machine's balanced feel and ease of control.

A new Phase-shift Crankshaft complements the advantages of the cylinder layout and operating with a 28° throw, it effectively reduces primary vibration and noise, eliminating the need for a power-sapping balance shaft.

The highly developed shaft drive system offers incredible throttle-to-drive delivery, unlike any other shaft drive system. Also adding to this heightened

level of response and control is a sophisticated throttle-by-wire system, providing light, precise fuel metering at all engine parameters.

The VFR1200F frame, suspension and drive components are brought together in a unique configuration. The VFR1200F frame is a strong aluminium twin-spar diamond configuration that is both lightweight and rigid.

The VFR1200F is further equipped with a powerful combined braking system to provide the optimal balance of front and rear braking forces.

So what's it like on the road?

The VFR weighs 267kgs fully fuelled but feels nowhere near as heavy. Pushing the bike out of parking space at Lings, having wheeled the Blackbird in, was a breeze. The VFR seemed loads lighter, thanks to the bike's low C of G. Slow speed, is easy, giving the rider confidence from the off. If you get one of these you will be in with a good chance of winning the wine, on a Dexterity day, for sure.



On the open roads, on both A and B class, the VFR is very good, indeed the handling, for a bike of this category, I found extremely easy and the power delivery just right. The engine is really smooth and very responsive. This bike would be as at home on a sedate Breakfast Run with a pillion, as it would on a blast with your mates, on their sports bikes.

For touring, the bike would cope well, from a comfort, riding position, and luggage perspective. The VFR actually comes with luggage hangers already there to clip the boxes on, so no need for any additional Givi plumbing to spoil the looks.

A touring downside would however be the rather small 5 Gallon tank, which could turn out be a regular source of ridicule, if you went on holiday with a member of the BMW fraternity, especially Ray 10 gallon Spreadbury.

The bike's 160bhp engine is a huge departure from its rather flat 800cc sibling. Open the throttle in virtually any gear at any speed and the VFR surges forward with a relentless shove. Instant power is found throughout the rev range. It doesn't feel as Blackbird fast but it's very quick through the gears and the bark from that exhaust at about 4K revs is awesome. Top gear roll on feels pretty impressive, too for the motorway and dual carriageway work.

From a build perspective it is very well finished, a typical Honda.

The leg length for me was a luxury compared to the Blackbird, although probably slightly less than the Pan. The seat seems hard when you try it in the showroom, it looks stylish but uncomfortable. I am however pleased to report in the 2 hours I was on the bike there was no numbbumness and even the old legs never needed a stretch so that's a real plus.

The suspension for me was about right, it seemed a little firm on the front, but I liked the reassuring feedback. I am sure if you need it softer it can be adjusted.

So in summary the new V4, feels every inch a true VFR: easy to ride and reassuringly predictable on the greasy, wet pot holed roads of Suffolk.

In my mind it does not replace anything in the Honda range it is truly a new bike. It will compete well with its rivals whom I see as the Yamaha FJR,



Kawasaki GTR BMW K1300 GT and the Triumph Sprint ST. At £11,475 it seems a bit pricey when you first look at it, but it is actually cheaper than all its revivals, except the Triumph.

So would I buy one? Well yes defiantly, would Linda sign it off? At the moment more Brownie Points needed but I am working on it!

Derek Barker





www.csensedt.co.uk

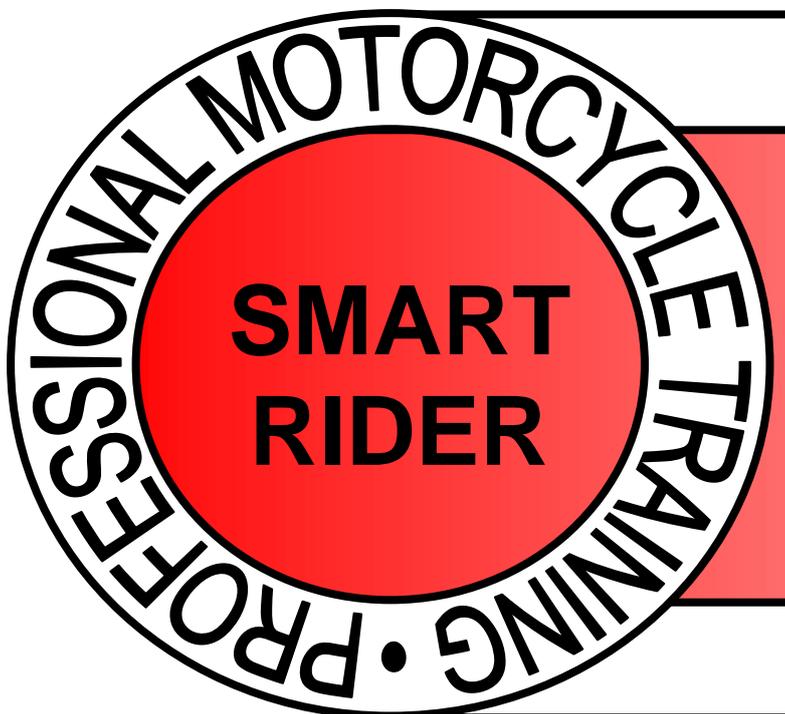
Contact Glen Mures
on 07748 195179



© The Pass Plus logo is a registered trade mark of The Driving Standards Agency



- **At work** driving assessments and training for car, van and LGV drivers
- **Consultancy** service to assist organisations to develop their road risk management policy and procedures
- **PassPlus** - £75 discount, see website for details
- **Driver MOT** – for older drivers and anyone with medical conditions that may affect their driving
- **Trailer towing** – if you passed your car test after 1st January 1997, you may need to pass an additional towing test, see website for details
- **Eco-Driving** – increase your mpg and reduce your motoring costs!



- Compulsory Basic Training
 - 125 cc & Direct Access
 - Rusty Riders Refresher
 - Riding Skills Development
 - Enhanced Rider Scheme
- Professional Motorcycle and Roadcraft Training on a one-to-one basis (except CBT) in Bury St. Edmunds
- Contact Tony Fuller on
07763 018027 or 01440 786928
www.smartrider.co.uk

INSIGHT FEBRUARY 2010

Welcome to Insight, the communiqué produced for the IAM Group Network and its members.

Young drivers have always had the most to gain out of the advanced driving course, but have proved hard to reach. So I am really pleased to be able to tell you about a new motor insurance deal to be announced this month which will help make the IAM a more attractive proposal than ever for young drivers. As you know, IAM Surety has for years provided a good deal on motor insurance for IAM members who are over 21 – but the offer has not extended to



young drivers before. Now, however, IAM Surety can offer the market-beating rates that older members enjoy to drivers as young as 19. IAM Surety tell us that the proposal will have some vehicle restrictions, but that it won't be restricted to cars only in the very lowest insurance groups. We will be putting further details of the offer in Advanced Driving and on the IAM website. The new deal for younger drivers comes after the recently-introduced IAM Family offer, which means that the immediate families of IAM members can now apply to IAM Surety for motor insurance. Meanwhile, as we put together this year's business plan at the IAM, at its core we had the needs of our group network. At each stage we asked ourselves: what will this mean to the groups? The result was that certain budgets were ring-fenced and protected for group use. Yes, they were subject to the same scrutiny as the rest of the business plan, as you'd expect: but we felt it was important that the "engine room" of the IAM was properly resourced in the new financial year.

What was the outcome? Various resources were put aside, and supported by sales and marketing activity at IAM House, to complement those of individual groups. I thought I would mention one or two of the initiatives in Insight this month, and give some space to focus on marketing.

This year, for example, one innovation to help the groups is a series of ten new observer training events, which we are offering for the first time on a regional basis. The intention is to offer a user-friendly regional workshop. Our observers - the lifeblood of the IAM group movement - will be offered an event to help them improve their coaching skills and develop their ability to "mentor" associates. They will be given guidance by examiners and senior observers.

If you would like to offer your future group observers an opportunity to join one of the regional observer training events, please contact your RCO or RMA, or Dave Shenton - dave.shenton@iam.org.uk.

The first meeting of the National Representative Group (NRG) in 2010 will be held on Saturday 27 February. Please let your representative know if there is something you want raised. The NRG will be looking at, among other things, how we can improve communications and the focus remains on our standards project.

A list of your NRG representatives is attached to this copy of Insight. (It has not been published in the magazine but if anyone would like it please email me and I'll forward it on. Thank you, SAM Editor.)

You may have heard now that the Council proposed a very modest 50p increase in the subscription for 2010/2011. This was accepted at the AGM and one of the consequences is that we have been able to give a commitment to keep the Skill for Life price at £139 for the whole of 2010. I hope you will agree that it represents very good value and I urge you to sell it with vigour. Finally I should mention that our Spring forums are starting soon and I look forward to meeting as many of you as possible there.

Simon Best
Chief Executive
ceo@iam.org.uk

PS - Have a look at this BBC interview. Good advice from Peter Rodger, even if you don't have a Toyota!

Sam discount scheme

🏍️ **Davey Bros Motorcycles** - Discounted Mots,

🏍️ **Ipswich Motorcycle Accessories** - 10% off all stock,

🏍️ **Autofit Ipswich Ltd** - Discounts available, ask for Adrian Fitch,

🏍️ **Lings, Ipswich** - 10% off Helmets, 5% off clothing, 5% off parts.
Items must be in stock,

🏍️ **Motorcycle Technics, Stowupland** - 10% off clothing, helmets, accessories, oils, (not tyres), 5% off workshop jobs. Ask for Luke.

Proof of identity will be required, e.g. IAM and SAM membership cards to be shown.

If any other dealers would like to be included, obviously they can contact either myself or Bill Dunham. (I will be contacting more dealers in the near future when I get the time).

Nigel Chittock



SAM has two online shops where you can purchase garments and gifts with the SAM logo on them. In both cases you can save on postage costs by getting together with other SAM members and combining your purchases.



The first shop is with a company called Spreadshirt. All the items in this shop use one of three types of “printing”. With the flock or flex “printing” the logo is cut from a sheet of material and then applied to the item. Flock is similar to a fine felt, and flex is a plastic/nylon type material. For the digitally printed items the logo is printed on to a special transfer sheet and then applied to the item.

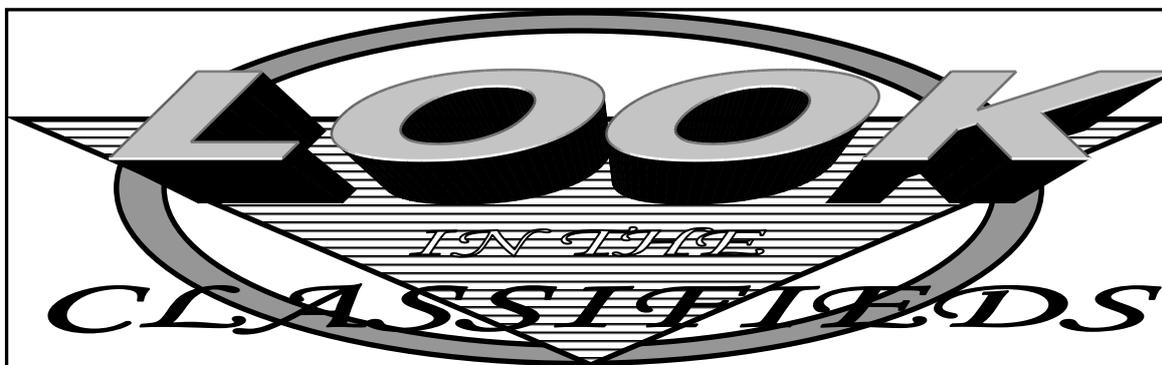


The second shop is with a company called SewPersonal. All the items in this shop have the SAM logo embroidered on them in a choice of Green, Silver or Gold. *NB. The initial prices you see displayed within the shop do NOT include the cost of the logo. This will be added once you select your colour option.*



You can visit either shop online via SAM’s website

<http://www.suffolk-advanced-motorcyclists.com/sam-shop.html>



For Sale and Wanted

You can also post your sales and view items wanted on the SAM Forum under 'BUY & SELL' - 'For Sale and Wanted'.

Just visit the SAM website and follow 'Extras' – 'SAM Forum'.

<http://www.suffolk-advanced-motorcyclists.com/>

🍀 FOR SALE - FieldSheer Textile Motorcycle Jacket. Size 44 chest. Red/Black with full armour. Good condition. £25.
Call 01394 270044 or 07941 686156

🍀 FOR SALE – Brand New (only worn for twenty minutes) Nolan N43 Open Faced Helmet with visor. Platinum Silver. Size XS. Accept £100.00 Call 01728 688343 eves / weekends

🍀 FOR SALE – Alpine Star motorcycle boots, short version, waterproof, fitted with sliders and heel protection and ankle brace, size 46 (UK 12). £30 ono Call 01473 401714 (eve) or 07983 480425 for more details.

🍀 FOR SALE – Brilliant Learner LegaBike, Yamaha YBR 125cc, 56 plate (06), only 3,339 miles, six months road tax, no MOT required (yet) and 50-60 MPG. In good condition, £1,300 Call 01473 401714 (eve) or 07983 480425 for more details.



🍀 54 Yamaha Fazer FZS 1000. Blue. 14,500 miles. Meta alarm, heated grips. Owned since new. Always garaged. FSH. Lovely bike but move abroad forces sale. £3,200 ono. [Tel: 07980923386](tel:07980923386)

🌿 2003 Honda CB600 F-3 Hornet. Blue. 16,000 miles. Alarm, heated grips. Garaged. £2,100 ono. [Tel: 07980923386](tel:07980923386)

Send your classified items to the Editor, contact details on page 3.

Price for non-member classifieds is £5

Visit to DynoSpeed Developments to fit a Power Commander to my KTM 990 Adventure



I recently bought a low mileage 07 KTM 990 Adventure for a “fun” bike. It comes with the 999cc LC8 V-twin engine also found in their SuperMotard & SuperDuke models. From 2007 the LC8 was fitted with an ECU – the Engine Control Unit with Electronic Fuel Injection & twin Lambda sensors in the header pipes replacing a conventional twin-carb setup.

The theory behind the ECU & EFI is to give better engine mixture control using throttle position sensors and Lambda sensors which measure Oxygen in the exhaust. It helps determine, in real time, if the air/fuel ratio of the engine is too rich or too lean. i.e. the ECU determines and controls the correct amount of fuel, ignition timing and exhaust gas ratios that the engine requires to run at maximum efficiency.

However ECU/EFI controlled engines (e.g. The KTM Adventure, BMW 1200GS etc) frequently suffer with a juddery uptake or snatching often particularly noticeable at low revs. This is because EU manufacturers have to run their engines very lean (low fuel to air ratio) in order to get through increasingly demanding EU emission control legislation. My bike on the road in addition appeared to be suffering fuel starvation at high revs when under load conditions e.g. accelerating hard up to 90/95mph in top gear (on the track of course!)

KTM/BMW dealers proffer various advice ranging from “they all do that sir, get used to it”, to “fit a larger rear sprocket” or indeed you can get the KTM or BMW ECU bypassed & replaced by fitting a Power Commander (P.C.) or similar. I decided to fit the P.C. to manage the engine in place of KTM’s ECU. I contacted Paul Watson of DynoSpeed Development who confirmed that there is a P.C. available for my bike and we duly booked the bike in. DynoSpeed are in partnership with Mistral Performance Engineering (a race engine tuning specialist) and with their superb workshop facilities they together are able to offer a full “tuning” service for bikes or small cars using Hyabusa bike engines etc



Upon arrival at the centre, the bike was put on the dyno, hooked up to the measuring equipment and after warming up was run through the rev range in 5th gear right up to 9,500rpm. The mixture plot on the laptop was not too bad but was found to be running quite rich through most of the rev range but very

weak at the higher end and max torque was only available for a limited rev range of 3-4,000 rpm. The P.C. was then fitted on the bike & plugged in, in place of the KTM ECU. Two oxygen sensors (which came with the P.C.) were connected to the Lambda sensors in the exhaust pipes and the 12v & earth connections made. The bike was then warmed up again and the tweaking commenced.

Basically this consists of connecting the P.C. to a programmed laptop and running the bike in 5th gear starting with 100% throttle openings (then 80%, 60%, 40%, 20%, 10%, 5%, 2% & 0% etc throttle openings) and plotting the fuel air ratio at each rpm level from 1400 (tick over) right up to 9500 rpm in 250rpm increments. This plot against a target ratio of 13.2% fuel showed whether the mixture was too rich, ideal or too lean at each 250 rpm range. The ratio was adjusted on the laptop for each throttle opening at each rpm range to give the ideal mixture ratio. This measuring & resetting of the mixture was carried out independently for each cylinder & exhaust.



Particular care was taken at fixed rev ranges (each 250rpm) from 1500 – 4000rpm for the smaller throttle openings (each of 0%, 2%, 5% & 10%) which was the final part of the process. Paul eventually got a straight line fuel mixture ratio throughout the rev range at each throttle setting and this “fuel map” was downloaded to the P.C. on the bike.

The whole process probably took 4.5 hours including stripping and re-fitting the bodywork panels, fuel tanks etc on the KTM to fit the P.C. & hook up the various sensors to the laptop.

Result - a really..... smoooooth engine with a few more horsepower, increased torque and maximum torque now available over an extended rpm range.

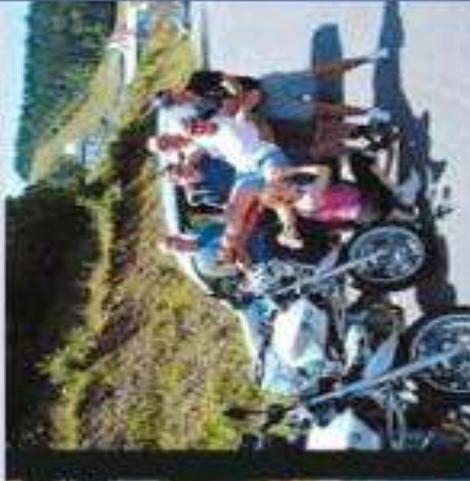
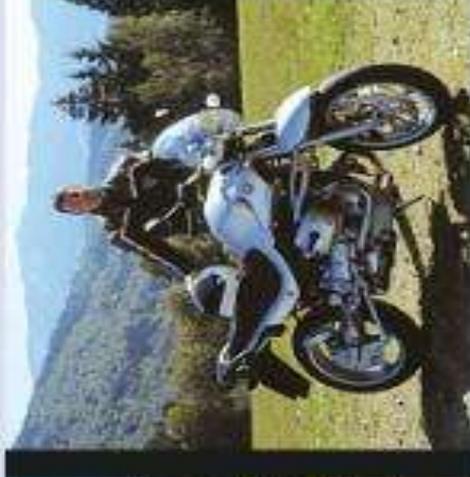
I also had the pleasure of seeing a true professional at work, totally at home with the equipment and software putting his years of experience on race bikes into practice onto my little KTM!

Ray Spreadbury

See Paul Watson DynoSpeed Developments, website
WWW.dynospeed.co.uk

Discover the heart of Central Europe by Bike

Flyride to the Bavarian Forest



Escorted Motorbike Tours in Germany, Austria and Czech Republic

www.bikebavaria.com

BikeBavaria 0049 9922 502534

REV UP FOR HOSPICE'S MOTORCYCLE RUN

The second St Elizabeth Hospice Motorcycle Run will take place on Sunday May 9th. Hundreds of bikers from Suffolk are expected to



sign up to raise money for the charity.

They will set off at 10am from Ipswich through Suffolk and back to the Orwell Crossing Truck Stop on the A14 where entertainment and refreshments will be laid on.

It will be a 25-30 mile scenic route through the countryside.

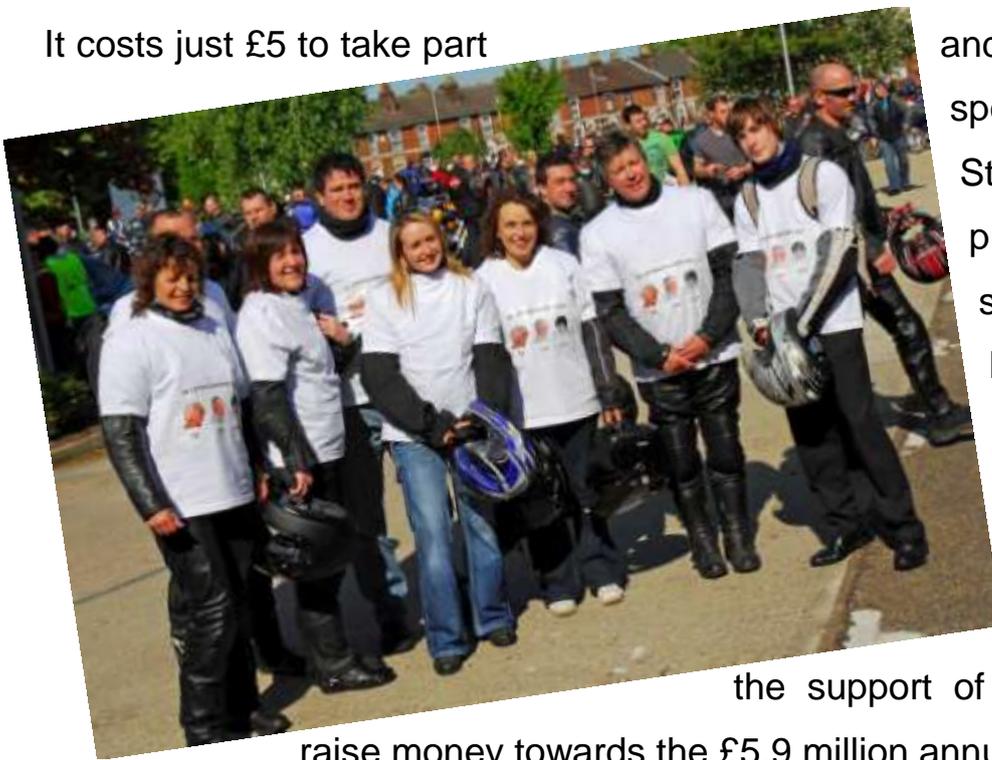
Last year's motorcycle run attracted 700 riders and raised £6,500 for the Hospice and it is hoped that amount will be matched this year,

The event will be supported by Rob Day and Derek Barker, of Suffolk Advanced Motorcyclists, and Ray Walters, owner of Orwell Motorcycles in Ipswich.

Mr Barker said: "We hope the 2010 St Elizabeth Hospice Motorcycle Run will be well supported. People will be keen to get their bikes out at that time of year."

The Hospice's community fundraiser Rachael Mittell said: "We were overwhelmed by the amount of people who took part last year and wanted to raise money for the Hospice. The bikers were so generous and there was a great atmosphere on the day. Thank you all so much and we hope you will be back this year along with some people taking part for the first time."

It costs just £5 to take part



and bikers can get sponsorship if they like.

St Elizabeth Hospice provides specialist services for patients in East Suffolk who have an illness from which they will not recover.

It is an independent charity and relies on

the support of the local community to

raise money towards the £5.9 million annual running costs.

For more information or to sign up contact Rachael Mittell on 01473 723600 or email fundraising@stelizabethhospice.org.uk

Obituary

Val Bird 2010

Sadly Val Bird recently passed away having battled with cancer for a while.

He leaves behind a wife Adelle and a grown up family.

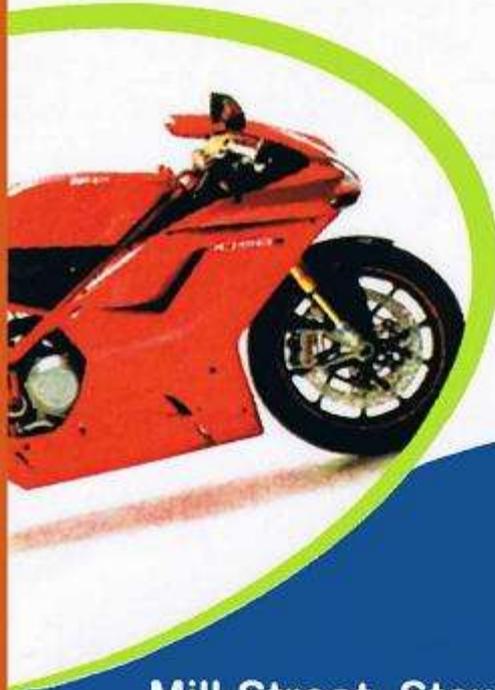
His funeral is at Weeley Crematorium on 18 March 2010 at 11 am.

Tel; phone number for his wife is 01255 862659

Val was a regular attendee at club nights.

A card has been sent from the club to his wife.

MOTO TECHNIKS



- Peugeot Dealership
- Used Bike Sales
- Specialists in Superbike Servicing
- Repairs & Servicing
- Tyres & MOT's
- Full Diagnostic Facilities
- Spares & Accessories
- Clothing & Helmets

**01449
775775**

Mill Street, Stowupland IP14 5BJ Nr. A14

FOR YOUR MOTORCYCLE TYRES

AUTOFIT (Ipswich) Ltd



**OUT FOR A SCRATCH OR A LONG
DISTANCE TOUR HAVE A WORD
WITH ADRIAN
“GOOD ADVICE FOR SURE”
KEEN PRICES, HELPFUL ADVICE...**

**Autofit (Ipswich) Ltd
8-10 Britannia Rd., IPSWICH, IP4 4PE
Tel: 01473 723325 Fax: 01473 274966**

Ed's Soapbox



I would like to thank Steve for all his hard work in being the SAM's magazine editor. I feel that I have a hard act to follow. I have taken on the role of editor so please bear with me. I welcome any feedback - good or bad - anything that members would like to see more of !

Who am I? I, joined last year and, due to work, haven't been able to do the test yet. I ride a 1993 Kawasaki GTR1000 which I managed to take out twice this month for the first time since the Autumn. I'm looking forward to taking the role on and working with the club.

As the editor and a reader of the magazine I would like to see more stories and photographs of the club events. Last weekend I went on the breakfast run to the Comfort Cafe and have put a picture on the front cover. Every month I would like to add a different picture so if you go on a run please write a few words and send a few pictures - also one of yourself so that it can be added to the article.

A big thanks to Derek Barker for his piece on the Honda VFR1200F test ride, and Ray Spreadbury for his article on DynoSpeed Developments.

Each group night sees the chance to win a free bottle of wine, by way of the caption competition. Do you have a photo (or two) that you've taken of a motorcycle-related topic (all the better if they include SAM members) that could be suitable for the caption competition? If so, please email / post them to the editor email / address shown on page 3.

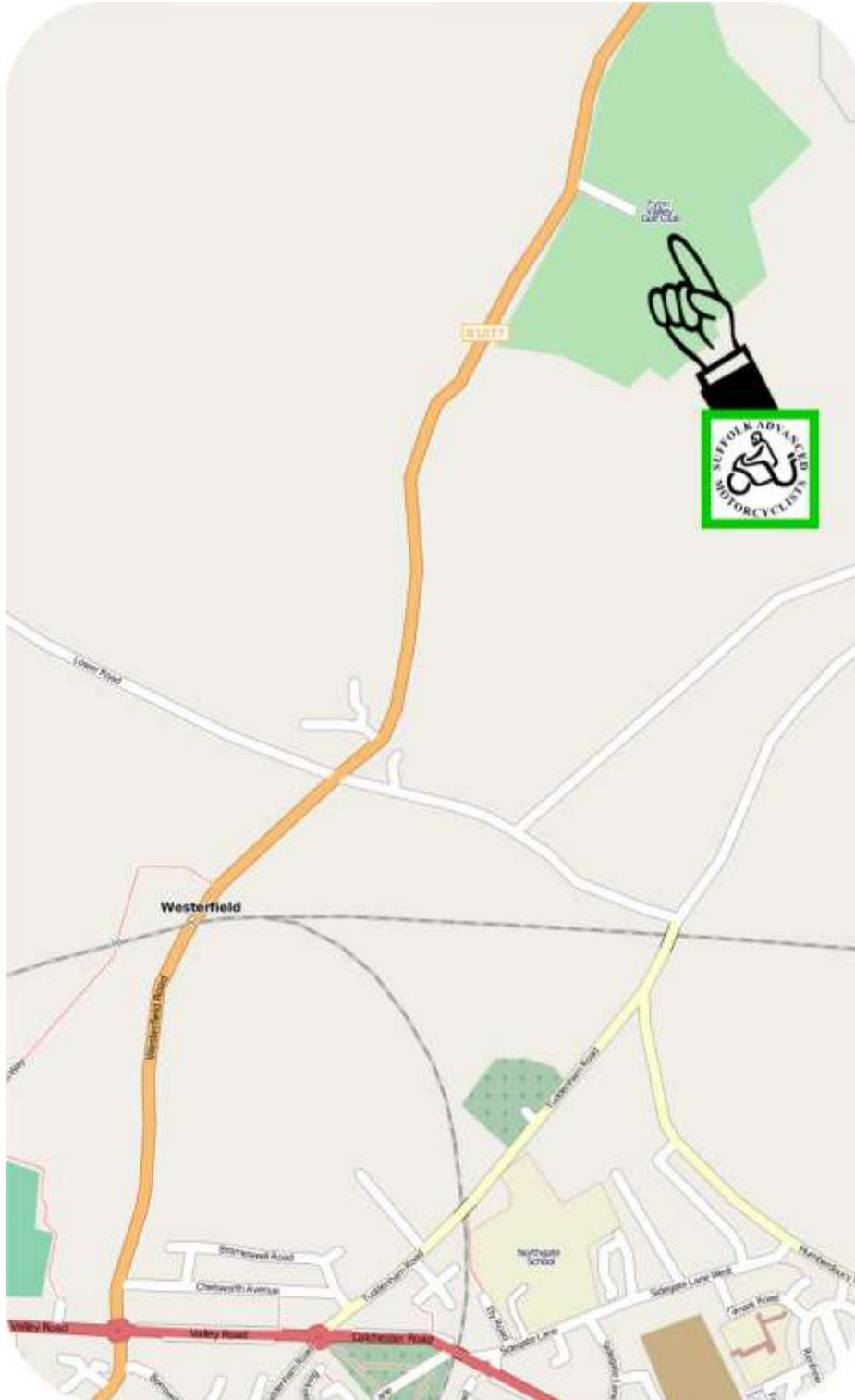
Safe Riding
Felix Oliver.

P.S. If you'd like to help save the group on the printing and postage costs of your monthly 'hard copy' of the 'SAM Observer' by opting to receive an email notification instead, then please give me your email details on group night or send me an email.

Our Venue

Group Nights start at 7:30 pm on the third Tuesday of every month at The Valley Restaurant, Fynn Valley Golf Club, Witnesham. IP6 9JA

All facilities, including bar and restaurant are available from 6pm.



Map courtesy of www.openstreetmap.org
Creative Commons Licence



www.motorcycle-clothing.co.uk

THE MOTORCYCLE CLOTHING CENTRE

THE SPECIALIST FOR EAST ANGLIA

NEW LADIES
DEPARTMENT
NOW OPEN!

PROBABLY THE LARGEST
MOTORCYCLE CLOTHING
CENTRE IN EAST ANGLIA!

Well worth the Ride-out!

36 Norwich Road, Wymondham, Norfolk NR18 0NS. Tel: 01953 606922



Observer Associate Charter

Purpose

The purpose of the Charter is to make clear the definition of what is expected in Observer / Associate relationship.

The Observers

Have made the effort to train, not only for the IAM test but have taken part in extensive Observer training to become Observers for the group. They are a valuable asset to the group and give of their time freely, except for a small contribution from the associates for their expenses. Observers attend regular refresher training sessions with Senior Observers, support theory nights and Riding Dexterity days.

The Associates

- 👉 Are expected to have an equal commitment with the goal being the IAM test.
- 👉 Are to be available for regular observed rides ideally every two weeks with at least 100 practice miles being covered in that period. Continuity cannot be maintained with regular gaps of three weeks or more or no miles between observed rides.
- 👉 Must agree the dates of the next runs at the debriefing and must practice any improvement recommendations between the runs.
- 👉 Will where possible attend a riding Dexterity Day to improve their slow speed manoeuvres and control.
- 👉 Must make an effort to study the theory by reading Pass your Advanced Motorcycle Test and the Highway Code plus attend club Theory Nights when possible.
- 👉 Cancellation of a planned run due to poor weather conditions will be at the discretion of the Observer. If after a period of one month, an Observer has not heard from the Associate it will be assumed that interest has been lost and the Associate will be placed back at the bottom of the waiting list.
- 👉 When the Observer feels the associate is riding consistently at the test standard a Cross check will be arranged with a Senior Observer.
- 👉 The Observer will give as much help and encouragement as possible but the onus is on the associate to endeavour.

Events Diary

- Tuesday 16th March Group Night – Lois Pryce - Her Epic Travels
Fynn Valley Golf Club 7:30 pm
- Thursday 18th March Roadcraft Theory Night
Topic: Cornering
Fynn Valley Golf Club 7:30 pm
- Sunday 28th March M/C Dexterity & Control 9:00~13:00
Sidegate Lane Primary School, Ipswich
- Sunday 4th April Breakfast Run –
Posh Pigs Cafe, Beccles, NR34 7TD
- Tuesday 20th April Group Night – Brian Arney from SERV
(Service by Emergency Rider Volunteers)
also known as Blood Runners

Membership Fees for 2010

Full Member £20.00

Associate £139 - Skills for Life

Includes the current issue of “How to be a Better Rider” and your IAM Test fee for new members.

Expenses to Observer for observed rides is £10.00

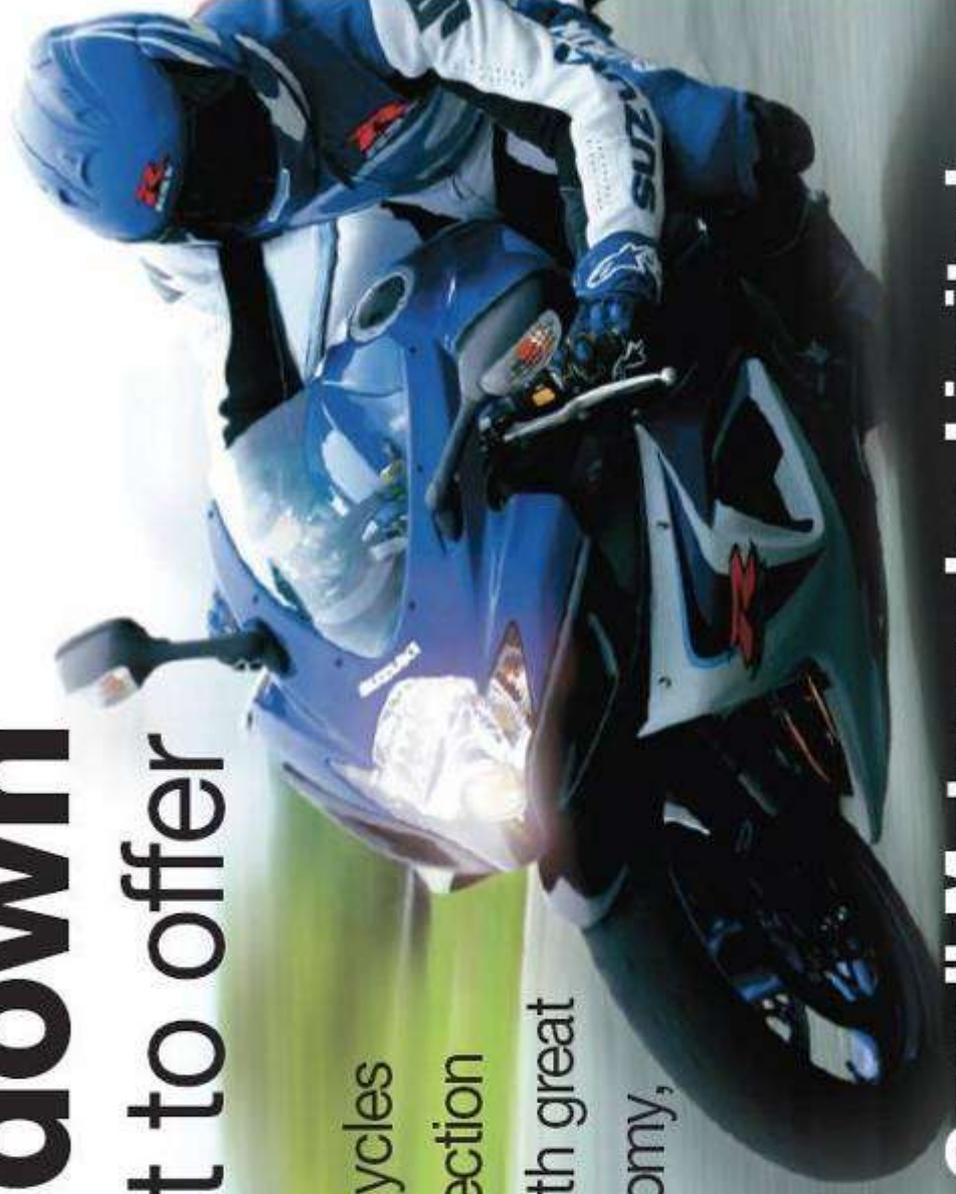
Joint Full Members £23.00

Membership entitles you to 1 Newsletter per couple and to attend monthly Group meetings which will encompass both riding and safety techniques, speaker on interesting and varied subject, Group rides at weekends and evenings and the fellowship of like-minded people.

Please support us by renewing and helping the Group to flourish in the cause of safer motorcycling.

come on down we've got a lot to offer

See the latest range of motorcycles
and scooters and our vast selection
of clothing and accessories with great
names like Frank Thomas, Suomy,
Arai and Alpine Stars.



Orwell Motorcycles Limited

200 Ranelagh Road • Ipswich • IP2 0AQ

Tel: 01473 257401 • www.orwell.co.uk

ORWELL



Stamp

Address
Label

**CHRIS SELF
MOTORCYCLES LTD
REPAIR SPECIALISTS**

*** SALES * SERVICING * MOT'S
* TYRES * OFF ROAD ACCESSORIES**

UNIT 1B, HOLYWELLS ROAD, IPSWICH

Tel: 01473 225990

Mob: 07776 204332

www.chrisselfmotorcycles.com