

The SAM Observer

September 2010



Registered Charity No. 1067800



IAM Group No. 7219

www.suffolk-advanced-motorcyclists.com

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.

August's caption winner was Sam Watkins with

“Two hogs down at the watering hole”



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!

Picture provided by Karl Hale. If you would like your picture here please send them in.

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No Calls After 9pm Please

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To see 'The SAM Observer' in it's full colour glory, visit the website
WEBSITE ADDRESS
<http://www.suffolk-advanced-motorcyclists.com/>

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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.

Next Issue

Closing date for copy - **1st 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.

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Chairman's Chat



Welcome to the September edition of the SAM Observer magazine.

I should like to start off this month by thanking Ralph Fogg (one of our observers) for entertaining us at last month's Group Night with his musical talents. It also got me thinking as to whether we have any other musicians in the Group and before I knew it my imagination had created a "SAM Band" that could entertain us from time to time! Just a thought. Therefore, if you do play an instrument or can sing a bit then let me know as the SAM Band could become a reality.

At the recent committee meeting the "Events Team" (Chris Smith, John Sillett and Ray Spreadbury) spoke about the planning that had already taken place for next year. They would like to include some new and different Breakfast Runs and would like to know of any good Cafe's within about a 100 mile radius of Ipswich. If you know or come across any gems then please could you let any one of them know.

On the subject of events, you will be able to reserve places and purchase tickets from next month for the Christmas Party. Please note that the date will be Tuesday 14th December and NOT the 3rd Tuesday in the month as is usual for Group Night.

Due the popularity and excellent feedback of the First Aid course that was run for us recently (see Beverley Rudlands article on page 26), we have asked Neil Frame of "Frame First Aid Training" if he would come and run another course for us. If you would like to attend a future course then please let me know via email (link on the website) or by phone (01473 401363) and a date will then be arranged.

Thank you to all those who have introduced new members to the group. Keep spreading the word about the benefits of SAM and don't forget, for each new member introduced you get a free meal deal on Group Night.

I hope you enjoy this month's magazine, keep the articles coming in and have a great month of motorcycling.

Richard.



Secretary's Scribbles

September 2010

Well that was summer then!

It rather fizzled out for me, as not only did autumn come early, but I spent two weeks of August trapped in the family car on holiday duty!

Thank heavens for the annual Bank Holiday trip to the BSB round at Cadwell Park, which provided excellent entertainment, as it always has done. Let's hope I can get permission to visit the final round in October, at my second most favourite race track: Oulton Park. Is anyone up for a weekend away?

SAM events however continue aplenty. Just take a look at the calendar of events on our web site. But we could do with more. Could you help organise something for members to enjoy this winter or maybe plan further ahead for next spring and summer? If so, your committee needs to hear from you.

On the subject of runs out, I'm thinking of visiting Britain's Space Centre. No really, we do have one, a bit like NASA's at Huston. In our case it's in Leicester. In fact it was 2009's Large Visitor Centre of the year. I'm currently contemplating going there for a day trip on possibly Sunday 26th September. I have planned a route that involves very little riding on the A14 or any other multi-lane road. Give me a call, or email if you fancy joining me.

(This is not a SAM sanctioned official event!)

Regards,

Martin



IAM Test Passes

This month four members have passed their advanced test.

Congratulations to:

Peter Ward

Terry Fellowes

John Webber

Karen Smith

When you pass your advanced test please let Derek Barker or Susan Smith know.

New Members

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

Andre Castle

Julian Newstead

Stuart Durrant

Alison Challis

Ian Brown

And a new full member

Mark Manning

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

Club Letters, Dear Sam

Dear Sam,

Have attached some pics from August breakfast run to Wells. Sorry about



quality. Was a lovely September day from start to finish and I went on from the breakfast run to complete an East Coast Challenge. Would be nice to see some more days like this before winter sets in.

Regards,
Judy Chittock



SAM LUCKY LOTTERY

A great chance to get next years (renewal) SAM membership for free. All you need to do is turn up on club nights, write your name on the attendance sheet (having paid your £1 entry) when you come in. Random numbers will be drawn out on the night. Each name is numbered on the entrance sheet. If your numbers are drawn out you are the winner (so long as your membership is paid up for this year).

Lucky Winners to date:

May 2010 – Richard Tyler

July 2010 - Roy Clouter

June 2010 – Mike Illingworth

August 2010 - No draw taken

Reports Folembray 2010

Greyish ride out of London, Ferry from Dover. Meet up in the ferry lane in high (if a little damp) spirits and hoping for a bit more sun across the channel.

Smooth crossing sees us land in Calais ready to hit the roads and remembering to stay on the right.... See the Eurotrax shiny orange car and wonder how fast it would be round the track... (does look speedy but reckon we all think we could beat it in the bends...)

Jim leads the large group ride down through some lovely sweeping twisty bits after clearing the port traffic, but the French farmers are out in force and one of their vanguard traps the group with a rusty tractor laying in wait as Jim eyes an overtake.... Jim luckily walks away, but his bike now modified as streetfighter style...

As the group gathers, cows in the field glare at the waiting Elamites, looks like they're ready to charge.... but the group stares them out, safe behind our barbed wire fence! Then a flatbed comes screaming by another tractor (they really are out in force today) and the tractor driver just gives an oh-so-French grin and shrug of the shoulders as he pootles along.

The bike's recovery is sorted and the group heads on, with Rob taking the lead, after we all scratch our heads and work out how to get to Arras, then St Quentin.

The route takes us through a collection of lovely villages, past quite a few wedding cars, and eventually into a picturesque Arras, where we descend on a town centre café for drinks and snacks, to the sound of French music gently warbling from the square's speakers...ahhhh, and the sun's out as we hope for a dry track tomorrow....



Bit more roads and we roll into St Quentin where there's a town centre beach on top of the underground car park where we leave the bikes. Hmmmm, sunbathing anyone? Check in and it's into town for drinks and food..refuelling before a big day tomorrow. Soon, we're all 'aving a giraffe (well, the monster draught beer dispensers are anyway). We hear of another bike casualty en route, as a Blackbird's regulator gives up regulating.



Off to bed for early start tomorrow. Collective dreams of tipped-in bikes handling good corners...accelerating out and away....

6am we're up, breakfasted and down to the track...the clearer weather of yesterday has turned and it's wet. A couple more offs en route, but Elamites thankfully ok.

Make it to the track and, briefed and settled, get down to it, with follow my leader sessions to get us going, giving way to turns out in front as we navigate the chicane, head into the back straight, plot a course round the bottom sweeping hairpin, and line up on the home straight, flick right-left, then the tighter top hairpin and back to the chicane again...



Lunch and tea in the clubhouse and back out again for open-ish pit lane by groups as the wet stuff starts to tip down a bit more and the track gets a bit more damp --- still – quality practice for getting round despite the conditions and confidence increases, spurred on by Claire’s getting everyone out on time “Come on Group B get out there – that’s 5 minutes of your session gone already!”

Bit more rainbathing under the pit lane gazebo and bit more track riding before we head back out into the wetness to get back to St Quentin after a great day out.. and with the closing dinner and awards to look forward too.

Here’s a few choice quotes from that evening...

On the awards: “Steve Outrage”: “I was robbed, it was fixed, it’s not fair!”

“Brolly Dolly Barry”: “I was a bit surprised, totally gobsmacked, I don’t fit the normal criteria...”

“Yeah Hah Hat Rick” on the award for best dressed (hat section): “It kept me dry”

“Most improved rider Graham”: “Black decaf for me”

Best minigroup, Ann on why they won: “Because no one crashed and we had the smoothest observer – we were seduced by his smile and his style”

“Monsieur Ace” on wearing no pants: “It’s a cruel lie, I never said it.. I was out of the country at the time, you’ve got no witnesses, you can’t prove it” then later “I actually heard the reporter say afterward...’Never let the truth get in the way of a good story””

And the full awards list:

Most improved:

Group A: Kristof

Group B: Graham Lawrence

Group C: Julie Saunders

Smoothie of the Day:

Candice Wastell

Best Minigroup:

Ann Playford, Lea Townsend, Candice Wastell



Dress:

Brolly Dolly – Barry Kempton

La Bike Chapeau – Rick

T shirt – Daniel

Brown pants moment, with the best prize, a giant pair of classic Ys:

Steve Winks, Lee Dawson



And from our event organiser, Chris Mitchell, a few words that stuck with me: “A fast bike does not necessarily require a fast rider, but a slow bike requires a fast rider to ride it fast”.

Massive thanks to all who organised a great trip! Until next year! 😊 Happy riding 😊

Daniel Hurley ELAM. Member

Hints and Tips breakfast run

Hints and Tips breakfast run to Posh Pigs Beccles on Sat 9 Oct. Meet at Beacon Hill services 8.45am for 9am start All members welcome to come along and ride with an observer who will give feedback and advice. Please contact Chris Smith if you would like to take part. events@suffolk-advanced-motorcyclists.com
01206 251946 eves.

Kind regards **Chris**

Riding in “Hope”

The top road in Britain for bikers according to one survey last year is the A57 Snake Pass in the Peak District National Park. That was enticing enough for me to try out some throw over panniers on my little Bandit and discover some amazing scenery with David Wood on his Pan. David’s daughter Alice lives in Lancashire with my son Ian (former SAM member), so it was only a short trek for them to join us, arriving together on Glen Mure’s old Diversion which some of you will remember.



From Ipswich, David and I left the A14 at Bury heading towards the Fens and on to Stamford. From there a more undulating landscape took us through Melton Mowbray, Nottingham and Bakewell before arriving in “Hope” after 200 miles. For

£5/night we had a well appointed campsite run by a fellow biker. He declared that he rides a Harley but went on to explain that a problem with his left foot means he needs a rocker gear lever. I’d naively assumed everyone had a toe up/toe down changer like me! Nearby Castleton was a short walk away where we found a pub with good food and a beer festival including our very own Adnams, so we all slept well after that.

Saturday began with breakfast in the village followed by a short ride up to Ladybower reservoir where we found the A57. The appealing twists of Snake Pass climbed gradually to over 500m before a breathtaking view and steep descent dropped us into Glossop. In no more than 20 minutes we had departed from dry roads to find a slate grey sky and steady rain typical for West of the Pennines. A swift about turn restored good weather and gave us the view in the opposite direction. Snake Pass now has a 50 mph restriction which is perfect for enjoying the bends and taking in the stunning scenery without risk of leaving the road.

Back at Ladybower we took the road to the top of the reservoir and the wall for the higher Derwent dam, parking at the visitor centre. It was here that



Lancaster bombers of Dambusters fame practised their bombing runs prior to their mission. The location is quite recognisable as this was also the location used to film “The Dambusters” in 1954.



After feeding the resident greedy ducks at the visitor centre, we continued our

eventful day which never took us more than 30 minutes from our camp in Hope! First ride was to nearby Hathersage and the climb up to Stanage Edge, a 3 mile long gritstone edge popular with walkers and climbers. An easy ride down from the panoramic viewpoint led us to the 30m open air swimming pool in Hathersage where it was a surreal experience to swim in a quiet well heated pool with the hills as a backdrop.





After a light lunch we rode back to Castleton where we found the A625 road West has been closed since 1979 after a major landslide from the hill Mam Tor. Our narrow route West was through the steep sided 1 in 5 climb up Winnats Pass

where we then found an opportunity to explore the old landslide. From here it was only a short ride up and over the next hill to Edale, starting point of the Pennine Way, where the visitor centre has an amazing glass roof with water running off into a waterfall.

A day of great roads and views and all before 6pm, so back to Hope followed by another walk into Castleton for more beer and food. We departed on Sunday, sampling Snake Pass yet again to find grim weather still confined to the West Pennines. After a quick look at Buxton and Matlock Bath (which was full of bikers), the journey home was unimpeded as long as you were on two wheels. Next time I'd like to ride the nearby Woodhead Pass and the famous "Cat and Fiddle" route, but if you want a wealth of great roads and views all in one area, try riding in Hope.

Words by **Nigel Hydes**



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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.

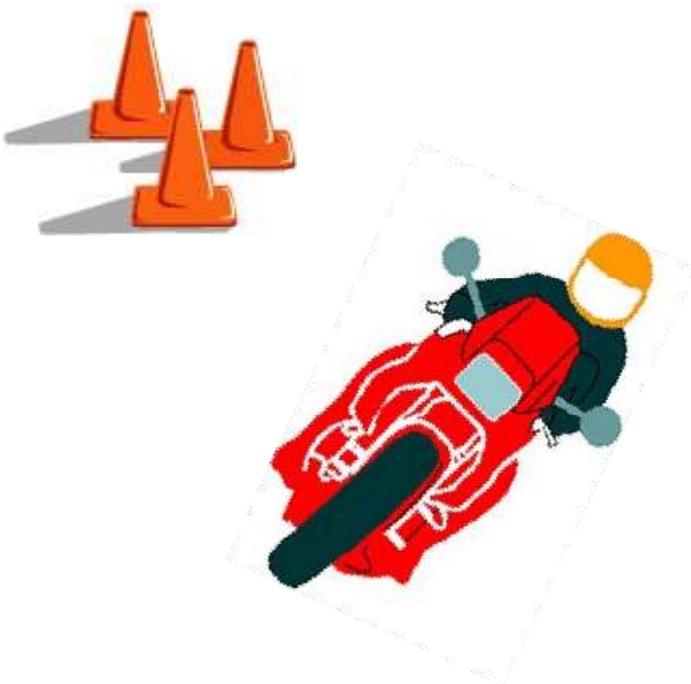
The SAM MD&C Days give you the opportunity to practice the art of riding a motorcycle slowly, and to learn the techniques that will help you do it.

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>	
Saturday 25 th September	09:00	Chris Jackson	01787 315628
Sunday 17 th October	09:00	Derek Barker	01473 327555
Saturday 27 th 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.



New Observers Assessment Day

I am running a New Observers Assessment Day on 30th October 2010

Group Observers are a valuable asset to the club and give of their time freely, in the interests of improving Motorcycle Road Safety. A number of you have expressed an interest to me and various other Senior Observers about becoming a Group Observer. To ensure we continue with the fantastic work of the current team I am organising an assessment day for those members who are interested on the 30th October 2010

Before you grab the phone and call, let me give you some of the facts.
Being an Observer for SAM requires the following qualities, you need to be;

- ♣ Committed to improving the standard of riding for both yourself and others
- ♣ Have very good communication skills.
- ♣ Have a good knowledge of Roadcraft and be able to explain the concepts of it to people from all backgrounds.
- ♣ Be riding at least the standard of the IAM test.
- ♣ Be a fully paid up member of the IAM.
- ♣ Have loads of patience.
- ♣ Be able to give freely of your time to attend regular refresher training sessions with Senior Observers, support theory nights and Riding Dexterity days.
- ♣ So the training process

Following successful selection on the 30th October 2010 assessment day, you will need to commit to attending three evening classroom training sessions of around 2 hours each, one to include an exam on the highway code and Roadcraft, (between November and January). Pass 9 Scenarios in three on road sessions with a Senior Observer, and finally an Observer test.

If I have not put you off by now and you are now even keener give me a call on 01473 327555

Derek Barker
SAM Chief Observer.

Run Leader Ride Coordinator

Training

As you may be aware we have for some time been looking at carrying out some Run Leader and Ride Coordinator Training for people who help out on social rides.

There is a number of reasons for this, the obvious is to make sure we all get there and no one gets lost, but in addition there are Social Ride obligations placed on us by the IAM which I am sure most people outside the committee are not aware of.

There are two key Roles needed to make the social ride a success

The Ride Coordinator

- ☘ Key Tasks /responsibilities
- ☘ To do the pre run briefing
- ☘ To make sure people are divided into groups of up to 6 with a Run Leader leading the group
- ☘ To make sure there is a group for Associate members that is supported by a group Observer.
- ☘ To call the Café before the event to check its still open and on the day to let them know the numbers.

The Run Leaders

- ☘ Key Tasks/ Responsibilities
- ☘ To lead their specific group to the destination safely.
- ☘ To be a good IAM test standard rider, (Full Member) who is able to keep a group of riders together on a run.

If you are interested in taking part I am running the training session for both the above posts at Fynn Valley on 16th October from 10.00Am.

The session will consist of two hours classroom training followed by some on the road practical

To take part either drop me an e-mail Derek.g.barker@btopenworld.com or call me on 01473327555 for more details

'A late Start!' -Vicky's Biking Career 'Part 2'

Hello once again. As I said in my first write up back in the April Mag, after riding pillion last year to France I was determined, now I have my full licence, to take my own bike on the trip to Spain and France this year and I did, it was really good but before the trip, towards the end of April I went off for a few days in Swanage to combat that dreaded Zig Zag Hill. That hill was my first challenge and I am pleased to say I managed it a couple of times with no problems, we had some great riding all round Dorset and Summerset and thankfully, as a bonus the weather was very kind to us.

Then a week or so later in May, we were off to the Brecon Beacons for a long weekend, well, what fantastic roads, we stayed at the Castle Inn in Pengenffordd for 4 nights, a very nice and well placed Pub/B&B, www.thecastleinn.co.uk if anyone wants to go to those parts. Once again the weather and riding was great, lovely long winding stretches of road, so different from Essex and Suffolk where you are slowing down to 30mph every few minuets to go through towns or villages. Wales is much less built up so the expanse of the road gives you a chance to really go for it and I did, I needed to get enough confidence to tackle the long rides and mountainous roads I was likely to encounter in Europe.

In late June, I once again with a packed bike this time, travelled to Swanage to join up with my friend and to ride onto Plymouth to meet up with the rest of his bike club 'CW Motorcycles', for our over night crossing to Santander. The ferry was late arriving in Santander, Spain. Then we got lost so it all reduced our time for a leisurely ride to our first stop, which was an approx. 200 mile run, we were staying at the Parador in Sos, excellent hotel, our evening meal was pre-booked for 8pm, we were late and very hungry by the time we sat down to our first Spanish meal. The Parador had been booked for three nights, as was our next two stops so that we had two full days in each place, ample time to explore the surrounding countryside. Sos is a very pretty, very old quaint town, extremely interesting to walk round, the ridding we did was fantastic, sorry but that's my favourite word for this holiday and the scenery was the same, very different from the Spain I knew from packaged holidays back in my younger years.

Our next stop was over the Pyrenees, beautiful run and scenery into France, to Carcassone the hotel 'Les Trios Couronnes'.

'Well' that was fun, trying to find the hotel; once again a very, very old town with extremely narrow one-way streets, pedestrians walking inches from you, cars cutting across, no one appeared to have right of way accept for the bravest, quite nerve racking for a novice like me.



We finally found the Hotel quite late in the day, once again, exhausted and hungry, our hotel overlooked the river and the citadel where there were many restaurants, not all our evening meals were included in the tour price but that gave us the opportunity to sample the local delicacies in smaller groups, at the hotel meals, we all sat down together and there were 27 of us so you can imagine the chatter going on, at times it was quite noisy so to stretch your legs by walking into town and have a quiet meal made a nice change. We had several optional rides during the 11 days, organised by Dave, our tour leader they were quite fast and furious, they stretched my ability at times, most of the group are advanced riders with a good few years experience, a couple of them, like me but younger, are in the process of doing there advanced.

Then we moved on to Figeac, Grand Hotel du Pont d'Or for a further 3 nights, another lovely setting just on the river, the town had some good shops, which I hit as we had a bike free day walking round looking at the architecture. The countryside for rides was again brilliant and this was our last chance to enjoy mountainous roads as our next stop was back onto flatter land so we made the most of the riding in and around the region. Our last hotel was a two-night stop in Blois centre, Hotel Mercure, nice hotel but the setting didn't come up to the other three, thankfully my friend had stayed there before so we managed to find it fairly quickly as he had a good idea which way to go once we hit town.

‘O boy’, it does help. I think a Sat Nav could be considered if another trip comes up like it.

So many chateaus to see in that region, well all through France really but we only had a one full day there to look around as we had to leave early the following morning for the ferry, we only managed a look at two and that was rushing it, I think you need a good day to look round them properly. The last evening we all had a farewell group meal in the hotel and they gave out silly prizes, one to me for being the only female rider. All the other women, 6 of them rode pillion, thinking back to last year, there were none then but I hadn’t considered that when I said I wanted to go but it wouldn’t have made any difference to my decision.

We had had some real hot weather at times, to hot to stop still for long with all the biking gear on but the morning we left turned out wet, heavy rain and after a long dry spell, the roads were likely to be slippery so caution was the word, we had all got through the trip with no major incidents and wanted to keep it that way so off we all go, making our own way as usual, we did get suggested routes with all the tour info but we didn’t travel in a large group as some preferred to go motorway and some a more scenic route, it was left up to us how to get to the next destination and this time it was Caen, Ouisteham and the ferry home to Portsmouth.

After a couple of hours the rain gave way to sunshine so we could then quicken the pace again but we were very aware of the speed limit, one of our group had been pulled up doing 150k in a 90k, they wanted to fine him and confiscate his bike but he could speak French fluently, had the gift of the gab in any language and luckily talked himself out of it.

It was a fantastic trip, I learnt a lot, gained confidence with my riding and meet some really nice people, two of them I am meeting up with for the Manx on the Isle of Mann at the end of August, maybe that could be the third instalment. Wait and see.

I am now hoping SAM will come up with a similar trip, which I would definitely support.

Thanks SAM for a great motorcycle club, the encouragement you have given me and a really good monthly Mag.

‘Enjoy’ but be safe. **Vicky Smith**



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October's Breakfast Run

Sunday 10th

Flame Cafe at Snetterton

Ride Co-ordinator: TBA

Meet at **Tesco Stowmarket** at **08:30** for a **9:00 am** departure

NB. This route is largely on the unclassified Suffolk & Norfolk twisties! In the event of bad weather, you may prefer to go on the A140, A1066 etc?

Leave Tesco's, **T/L** on the **A1120** to **Stowupland**

Upon leaving the village, take the Weight Restricted unclassified road straight on, **S/P Mendlesham**

After **2 or 3 miles T/R**, **S/P Mendlesham**

In **Mendlesham T/L** (**S/P Cotton & Finningham**)

Continue on road thro' **Wickham Skeith** to **T junction**, **T/L** to **Finningham**

At **Finningham X Roads T/R** onto **B1113**
(**S/P Rickinghall & Botesdale**)

Follow to **A143** junction, **T/R** onto **A143 S/P Diss**

After about **2 miles T/L** onto **B1113 S/P Botesdale & Redgrave**. Go thro **Redgrave into Norfolk**

Stay on **B1113** to **South Lopham**.

At junction with **A1066 T/L** then immediately **T/R** onto unclassified **S/P North Lopham**

Follow road to **Kenninghall**. At **X road** junction, go straight across **S/P Quidenham**.

Continue on thro **Quidenham & Eccles** to **T junction**. At **T junction T/L** and after **1 mile** join **A11 S/P London & Thetford**

After **1 mile** on **A11**, **T/L S/P Snetterton Circuit**.

At **2nd R/A** find **FLAME Café** on the Right.

(This R/A is just before the entrance to the Market & Circuit)

Chip Run to Rumble's Fish Bar

SAM ride-outs always seem to go North, East or South so I thought I would suggest a chip run to the Bury St Edmunds area for a change. I live near Bury and the route is the one I normally take if I am going to Stowmarket - I like to avoid the A14 as much as possible. I grew up in Rattlesden which is half-way along the route and as a teenager, when I had my first bike, I used to ride the two halves of the route regularly, going either to Bury or Stowmarket. There is a series of zig-zag bends between Rattlesden and Gedding Hill which I really like.

It had rained a lot during the day but by late afternoon had cleared up. At 5:30 when I set out for the meet, the roads were dry. The sun came out while waiting at Tesco's. On the road I soon realised something I had forgotten about - when riding West in the evening you get the sun in your eyes. At this time of year the sun is getting lower in the sky so it would probably be best to do this run in June or when there is no sun.

Rumble's Fish Bar has a nice sized car (bike?) park in front of the shop - the picture was actually taken on one of my 'breakfast' runs. There are tables and chairs inside the shop and they do lots of other things besides fish and chips. Their menu lists pies, kebabs, burgers, fried chicken, BBQ ribs and pizzas. Also, there is one of those shops next door which you just like to go in and browse around. It's called Stars 'n Jars and sells just about everything really cheaply. A sort of basic groceries/hardware/clothes/off-licence/sweet shop.



That's it. See you on another run sometime.

Cheers

Rodger Welham

Hands up for first class first aid

I've done this so many times before that I should have learnt by now, I put my hand up to volunteer without thinking through the consequences, and this is how I ended up laying on the floor, in the Fynn Valley conference room, exposing my stomach to 12 SAM members and a stranger.

Well, he wasn't exactly a stranger, it was Neil Frame our first aid trainer and I'd known him for at least an hour. Neil was demonstrating to the group how to conduct a secondary survey. He had clearly explained and demonstrated what we should do if we were to find ourselves first on the scene of an incident and having established that our casualty was breathing Neil was about to demonstrate how we would determine what injuries the casualty may have sustained. Using the blade of his hand he confirmed that I had no chest injuries and as my stomach felt equal in all 4 quadrants we were relieved to learn that I had no internal injuries. It was noted that, had he not used the blade of his hand in the earlier part of the examination, Neil may well have sustained some injuries himself!

During the 5 hour course we all got plenty of hands on practice, both on 'Resus Annie' the manikin and each other. Having got to grips with the basics, we went on to talk about some motorbike specific first aid, including an amazing technique for removing a crash helmet should it ever be necessary. We practiced 'log rolling' one another as if transferring onto a spinal board and had a go at managing the scene of an incident, trying to establish which casualty would take priority.

Neil kept us amused and engaged with his first class presentation and I would strongly encourage other SAM members to attend next time Neil comes our way.

There is no doubt I have improved my knowledge of first aid, but have I learnt a lesson, will I think before putting my hand up to volunteer? Definitely not, life wouldn't be half as much fun!

Beverley Rudland

I hope that you have been enjoying the reports that members who go on the runs have written, and as you can see it doesn't have to be a wordy passage, so feel free to scribble a few words down, few pictures and next month you will have another great magazine to read.

Thank you from all the readers of the Observer

Folembray

Speed, Rain and Frogs

In a weekend of high excitement, heavy rain and action packed incidents, Geoff Monk (Sprint ST), Sam Watkins (Hayabusa) and I (Pan European) joined ELAM in their third trip to Folembray track.



With a 10am ferry, Geoff and I decided to travel down on the morning, while Sam opted for a relaxing night in a Dover hotel. Meeting Geoff at Witham at 6.30am, we were met by a slow police escort past the remains of the overnight crash at Hatfield Peverel. It soon pulled off and we were able to make good progress to Dover, checking in and lining up at the

front of the lane. Obviously one of us looked dodgy because we had to go through the additional security hanger. “Any guns, weapons or ammo?” “Anyone give you something to transport?” After the unsurprising “No!”, we were released and hadn’t even turned our engines off or removed our helmets – what was the point?

Safely boarded and bikes secured (I must get the hang of those straps!) and still no sign of Sam, we made ourselves comfortable in the café for a good fry-up. As we left port, text arrived from Sam – “Feeling unwell, late start, missed ferry, see you at hotel”.

Out at Calais, we lined up with ELAM riders and started to learn names and recognise faces/bikes. Geoff and I decided with another 15 riders, on the slower country route led by ELAM observer Jim, while observer Marek and only 2 bikes chose the fast motorway route. We set off in an orderly but long line slipping onto a dual carriageway. Strange, I can’t see any traffic to overtake but we’re moving into the right-hand lane? Of course, *sur le continent* and this is the inside lane! (Must remember this for the next three days.)

We travelled along pleasant, mostly quiet roads through villages with some interesting hilly bends into and out of them. Relaxed and enjoying trip, I was about sixth in column and just leaving a village, when a French tractor changed the mood. An attempted overtake and suddenly Jim and his bike are flying through the air. It looked bad but luckily his speed was low and apart from a few

bruises and a severe dent to his observer reputation, Jim was OK, which was more than could be said for badly damaged Honda. The tractor was not scratched!



An hour later, after much pidgin French, form filling and phone calls, we left Jim to await recovery and we set off led by Rob on his Guzzi with Dan as 'tail-end Charlie' on his VFR. This was my first experience of the drop-off system, which worked very well and suited the large single group with several towns and traffic lights to negotiate. (I later learned that you could

play 'snakes and ladders', overtaking bikes (ladder) in the group until you reached the front when you were dropped-off to the back of the group (snake)). Safely into Arras, we paused for our first sample of café culture, warm sunshine and French coffee. Obviously, weather forecast was wrong and we were in for a warm dry trip.

We arrived at hotel in St Quentin just in time to register with Eurotrax and sign away our lives on their disclaimer, including paying for fire engine and ambulance if required! We met up with Sam who had arrived some time earlier and looked relaxed and refreshed for the night. More café culture with ELAM guys before early night in preparation for 6.30am breakfast.

Next morning, it was weatherman's revenge with low cloud, steady rain and over suits for the rendezvous with another 25 bikes to be led by Rick to Folembray, about 25km away. Again the drop-off system was working well until an off at a country roundabout saw a Bandit 600 slide-off and grind through crankcase. The rider was OK but his bike was losing oil. Although it would get to the nearby track, it would not be fit for a day's riding! We reached track late to hear that there had been another 'off' in another group.

Check in at Folembray, another disclaimer, this time in French, and a detailed briefing on the format for the day and the mini-groups system from Chris Mitchell. Geoff, Sam and I were allocated to different groups based (I think) on our different machines and implied quickness on track.

At last onto track with adrenalin pumping. A couple of sighting laps behind the observer showed a short, tight circuit with hair-pins, chicane, couple sweeping curves and short straights. Second gear and full rev range was sufficient for me especially given the standing water.

As we got familiar with turns, improved our approach lines, so confidence and speed increased. Unfortunately so did the rain – no longer standing water but steady streams and rivers across the track. At the top of the circuit a local frog (amphibian) decided to come and join in the fun. Sam and Geoff saw it but I must have been too focused on staying upright to notice.

During the afternoon, Sam decided to give her Hayabusa its head. Approaching the left-right complex too fast, she chose the safer option of a trip onto the very slippery wet grass. She managed to lose most of her speed before gravity won and she collected some French grass as a souvenir. No serious damage to bike or Sam and after brief rest and recovery, she was



back on track. This was one of several red-flag incidents as various riders explored their limitations at different parts of circuit. Pleased to report no serious crashes and gaffer-tape and elastoplasts saw bikes and riders survive the day and head back to the hotel at St Quentin. The rain continued and the roads were tricky, with Geoff almost joining the list in an exciting moment on another roundabout.

Back in our hotel, our wet clothes were scattered around bedroom and bathroom in attempt to drain/dry them. A refreshing if cool shower, only slightly warmer than the rain and we were ready for stories, tales and exaggerations over dinner. An entertaining and amusing ELAM award ceremony, good food and much wine made for a happy end to a challenging day.

Up for breakfast on Monday morning and guess what – still raining! With different ferry times and destinations, small groups set off back to Calais. Geoff and I travelled back with Candice along the motorway in strong blustery winds and rain.

Safely onto ferry and out of wet gear for a short rest/nap. We soon docked at Dover and as the door dropped ‘blue skies over the white cliffs of Dover’ – *vive la difference!* We said a fond farewell to Candice before Geoff and I made good progress home, enjoying some filtering past long queues on M25 and only stopping to take off extra clothing in the warm English sunshine.

What a weekend! A new experience for track virgins, Sam and me, confidence and improved technique gained by all in safety on track. More incidents in a few days than a life time of riding and good company with new ELAM friends. The system and coaching by the ELAM observers was excellent and I recommend SAM members try it next year. Personally, I am keen for another track day, perhaps Cadwell Park, anywhere as long as it’s dry!

David Wood

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

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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.

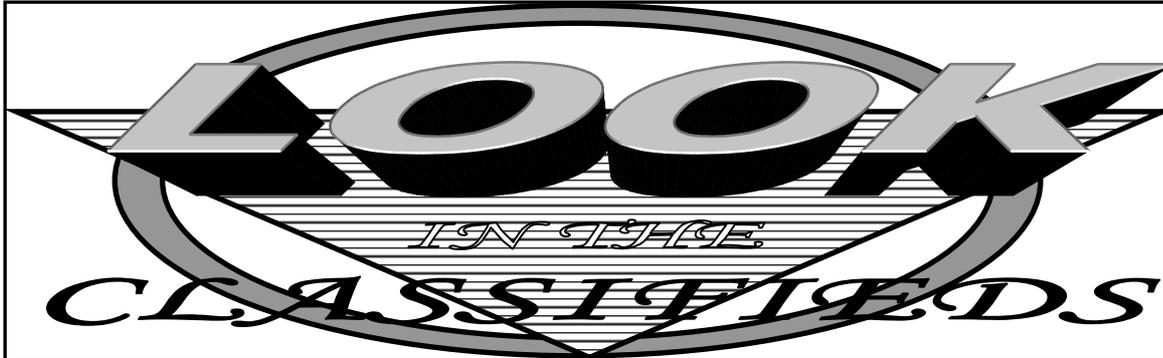
Expenses to Observer for observed rides is £10.00

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.

A renewal form is on page 41 of this addition

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



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/>

All adverts will be valid for one month, If the editor is not told the following month that the item is still for sale the advert will be removed. Send your classified items to the Editor, contact details on page 3.

Price for non-member classifieds is £5

Honda magnetic tank bag

Genuine Honda magnetic tank bag for sale. Approx 13 litres, about the size of a small briefcase. Includes rain cover and shoulder strap. Ideal for commuting (unless you have a GS with a plastic tank like me!) Costs over £100 new, selling for £50.

Contact Tim 07941 803550

HEARTBEAT RUN

Paul Easton and Peter Girling both former and founder members of the Copdock Classic Motorcycle Club, decided to organise a motorcycle run for 'Oldies Only' on Sunday 8th August. When I say Oldies obviously I mean the motorcycles and not the riders, although it did appear that, in a lot of cases, the age of the riders exceeded the age of their bikes.



The run, christened the Heartbeat run, set off from Washbrook Service Station at 11.00am and having meandered through around 40 miles of glorious Suffolk and

Essex countryside, ended up back at the Washbrook Inn public house for a drink, burger and a chat with fellow enthusiasts.



Approximately 80 motorcycles took part and together raised £450 which will be donated to the Treehouse appeal

Beverley and I were amongst those who volunteered to be static marshals, we were asked to direct the riders through two junctions in Bilderston. I must admit that although I'm not into the classic scene myself, I

really enjoyed watching those old machines pass me by, especially hearing the nostalgic sound of their engines.

Well done Paul and Peter, hopefully you will be organising another run next year and the weather will be a little kinder as I think the early downpour meant several bikes remained safely tucked up at home in the dry.

David Rudland





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- **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!



French Trip 2011

"When Maureen and I proposed a trip to France last year to visit the village of Oradour Sur Glane we were overwhelmed by the response. In fact 23 members were on the trip.

Although several members enquired if there would be any trips for this year, 2010, our personal circumstances have not allowed us to organise a trip abroad.

BUT in 2011 we will hopefully be organising a continental trip.

Below is the outline plan to see who is interested.

Destination: France (actual location to be decided on - probably about 180 miles from Calais heading west.

Duration: 5 nights in one location

Time: Mid-May

We are hoping to book an hotel so we can visit Monet's Gardens, do a River Seine trip, visit the Normandy Beaches and organise a scenic ride through the Montagne Region (Little Switzerland). There will also be a free day for those wishing to do their own thing or just laze about.



The trip will include return channel crossing Dover-Calais Ferry and 5 nights bed, breakfast and dinner.

Dates and cost will be subject to numbers.

The trip is aimed at those making their first (or maybe second) continental outing rather than the experienced Europhiles.

To register your interest please e-mail maurengilbert369@btinternet.com.

We have already had a good response at August's group night so e-mail asap.

You are not committing yourself at this stage and no deposits will be required yet.

With kind regards.

Maureen and Keith Gilbert



SAM Discount Scheme

- ♣ **Motorcycle Clothing Centre, Wymondham** - 10% off full price stock.
- ♣ **Orwell Motorcycles, Ipswich.** - Discounts always available, please ask + Discounted MoTs.
- ♣ **Dave Barkshire Motorcycles, Norwich,** - 10% off parts & accessories etc.
- ♣ **London Road Inc, Lowestoft.** - 10% off all stock
- ♣ **MaxMoto, Bury St Edmunds,** - 10% off parts, clothing, accessories.(Not tyres). 5% off workshop jobs. Certain exceptions may apply!
- ♣ **Bowers Motorcycles, Bury St. Edmunds** - 10% off full price stock, accessories, clothing etc.
- ♣ **Lind Motorrad BMW, Norwich** - 10% off parts & accessories.
- ♣ **Washbrook Service Station** - At least 10% off accessories in stock, (not tyres), + discounted Mots.
- ♣ **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,
- ♣ **Mototechniks, Stowupland** - 10% off clothing, helmets, accessories, oils, (not tyres), 5% off workshop jobs.
- ♣ **Chris Self Motorcycles** who is offering SAM members the following package:- MOT's £25, Non-OEM service items, oils, plugs, filters batteries etc - 10% discount. Pairs of ZR rated tyres, fitted and balanced to bike - 10% discount. ZR rated tyres fitted to "loose" wheels -15% discount
- ♣ **Parkinson Motorcycles, Colchester,** - 10% off accessories & clothing.
- ♣ **C. J. Ball of Norwich.** 10% discount on labour for servicing, not during peak summer months.

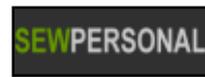
Proof of identity will be required, e.g. IAM and SAM membership cards to be shown. If any other dealers would like to be included, please contact either **Nigel Chittock or Bill Dunham.**



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.*

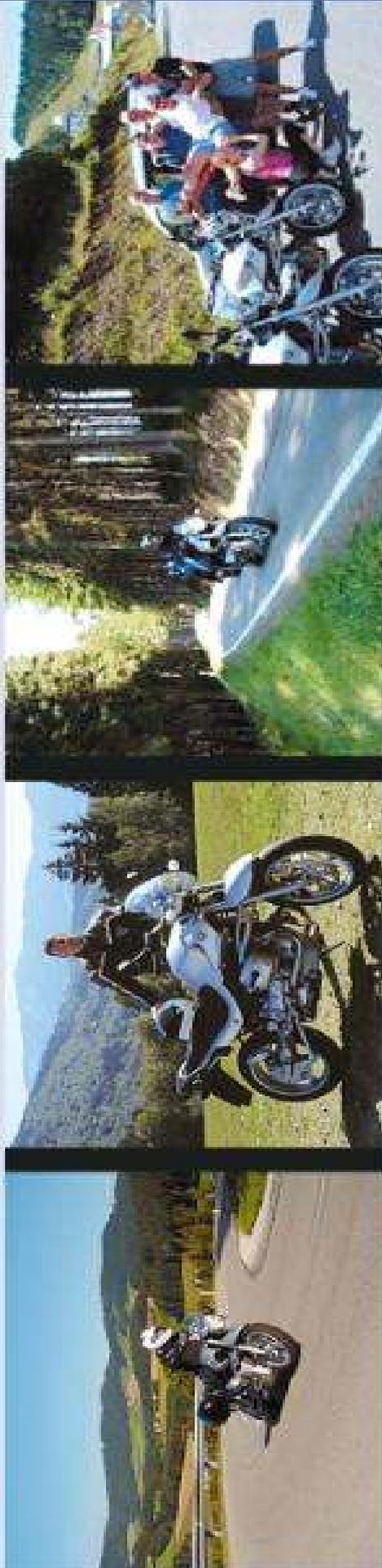


You can visit either shop online via SAM’s website

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

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SAM Publicity Page

September 2010

Although we are now moving all too quickly towards the end of another summer, there are still activities to report upon and to plan for. First and foremost is the **Copdock Bike Show** being held as usual at **Trinity Park (the old Suffolk Showground)** on **Sunday 3rd October**. This is probably the most important show of the year for us, as we are involved not only with the usual publicity displays but also SAM organises the motorcycle parking arrangements on the day, so a lot of people are involved in one capacity or another.. .. David Rudland is organising the parking and will be actively seeking support from members, so if you are planning to attend the show and can offer some of your time in whatever capacity, we shall be delighted to hear from you.

The publicity stand will be situated outside this year, and we very much hope that we shall have a smart new gazebo to display – our old one is now well beyond its sell-by date. We expect the new one to be a lot lighter and easier to erect and dismantle than its predecessor, but still robust enough to cope with autumnal weather conditions, so here's hoping it is delivered in time for its maiden outing! Oh, and of course we shall be showing the newly-completed DVD to the public for the first time too.

Traditionally this show is a very busy one for the team and we shall be aiming to operate the rota system of four “2 hour” shifts throughout the day, with 3 members available for each shift. So we certainly need your help please in manning the stand for a couple of hours. If you are able to assist, please contact Nigel or Bill and let us know your preferred time slot. Just catching up on other events, we have to report that the “Bolddog” display day at Easton Farm Park was not a great success for us. The planned scooter rally was cancelled and as a result the attendance overall was well below expectation. However, the display itself was very impressive, so those who did make the journey would have had plenty of fun with that.

On a more positive note it is pleasing to report that this season's BikeSafe events have been very well supported and we have attracted quite a few new members from those who have attended. I suspect that when we tally up the numbers at the end of the year that it may prove to have been the most productive source of new introductions. After Copdock, Nigel and I will conduct a full review of the year's activities with a view to starting the planning process for 2011.

My thanks to all who have helped this season and once again, may I ask for your support at Copdock please. It would be nice to finish the year on a real high, with record numbers of new membership applications.

Bill Dunham

Nigel Chittock

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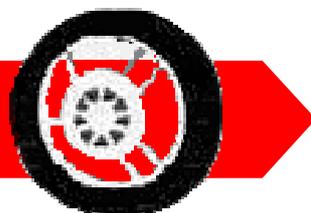
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September's Editorial



This month has been pretty busy with work and so far only been to club night on the bike, next week I'm going to be near Kings Lynn which will give me a few more miles. Ps, I did twice so clocked up 250.

Last club night was the Summer BBQ and the evening cleared up in time as it had rained most of the day, with Music by Ralph Fogg, which everyone who went would agree was fantastic,



Thank you to the following who have contributed to this month's magazine, bumper issue this month:

- ☘ Nigel Hydes providing this month's cover picture.
- ☘ Steve Gocher had last months cover picture "Hiding from the rain in Inverness", which I had promised the write up in this publication but due to the bumper crop of articles, this will have to go in Octobers issue. Sorry for the disappointment.

- 🍷 Karl Hale for his Caption competition picture.
- 🍷 Daniel Hurley, an ELAM member, for his report on the Folembray track day which was enjoyed by both SAM and ELAM.
- 🍷 Hints and Tips run. Chris Smith will be running this
- 🍷 Riding in "Hope", By Nigel Hydes.
- 🍷 Derek Barker for the article "New Observers Day"
- 🍷 Run Leader Coordinators course also by Derek Barker
- 🍷 A late Start, part 2 by Vicky Smith.
- 🍷 Chip Run report written by Rodger Welham
- 🍷 HANDS UP..... Beverly Rudland.
- 🍷 David Wood for his article on Speed,Rain and Frogs
- 🍷 David Rutland for the follow up on the Heartbeat Run.
- 🍷 Nigel Chittock for the SAM discount scheme.
- 🍷 Bill Dunham for the SAM publicity page.

This month has been fantastic with the amount of articles that members have written. Now the years coming to the end and most of our bikes are going in to hibernation it would be nice to hear from you how you go about putting your bike to bed, any hints and tips would be great. Not forgetting what you have to do when you have to wake the poor thing up in the Spring.

Also I've started a letters page so if you would like to write to SAM about anything then send it in. I'm afraid that I can't use anything photocopied or fished off the net, but there's nothing stopping you writing about something that you have seen or read.

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 or for the front cover. If so, please email / post them to the editor email / address shown on page 3.

Safe Riding

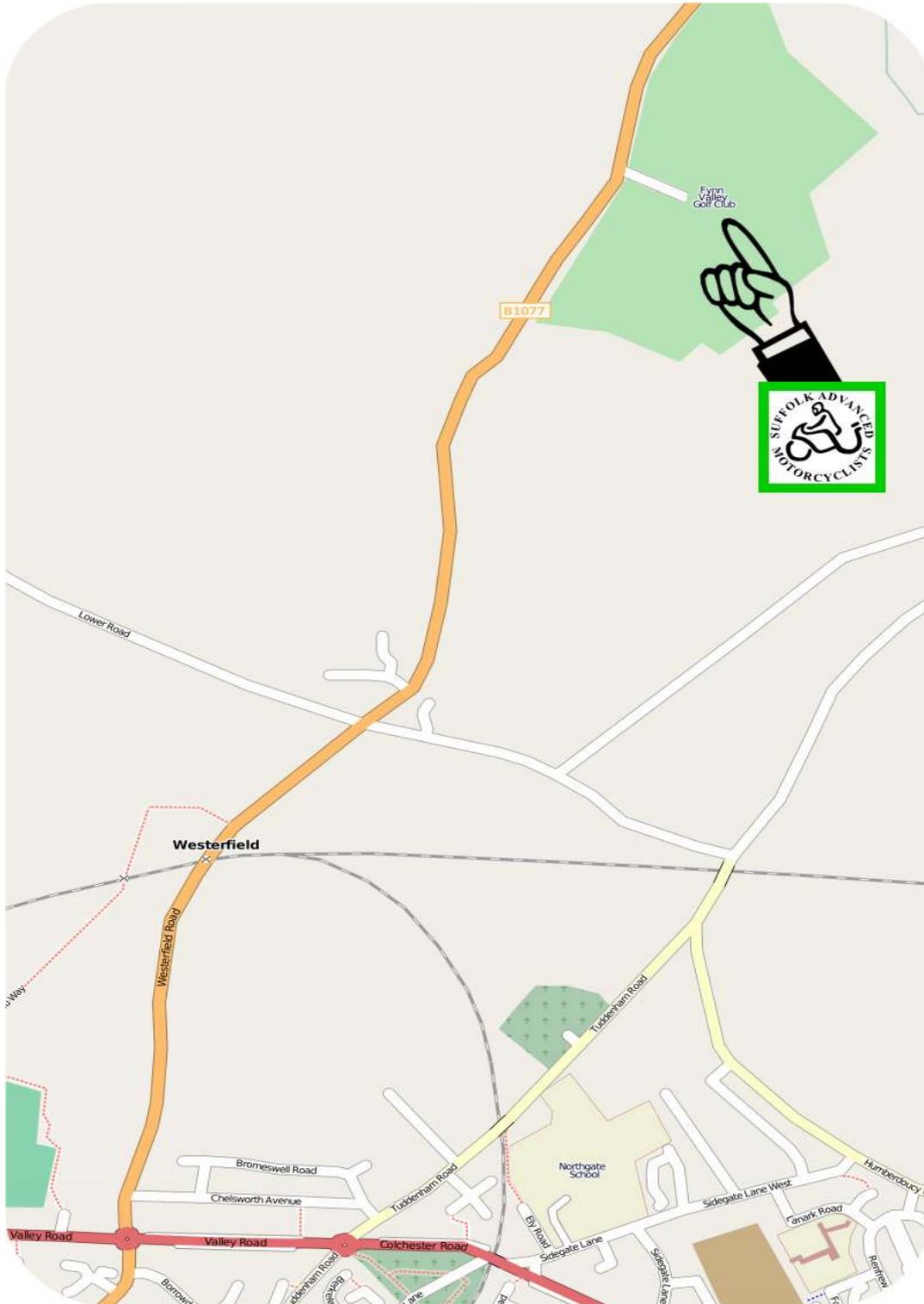
Felix..

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
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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 'How to be a better rider' 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.

Dates for your Dairy

- Tuesday 21st September **Group Night** Announcements at 20:00 followed by Tony Bishop from the MCC (Motor Cyclists' Club)
- Thursday 23rd September **Theory Evening** Topic: Roadcraft. Topic: Overtaking Fynn Valley Golf Club 7:30 pm
- Saturday 25th September **M/C Dexterity & Control.** Sidegate Primary School, Ipswich. 09:00 – 13:00

October

- Sunday 3rd October **Copdock Bike Show:** Trinity Park Bucklesham Road, Ipswich, UK. 10:00 – 16:30
- Saturday 9th October **Hints & Tips Breakfast Run** 08:45 Contact Chris Smith.
- Sunday 10th October **Breakfast Run** 08:30 – 12:30 Flame Café, Snetterton
- Saturday 16th October **Run Leader / Ride Co-ordinator Training** 10:00 – 14:00
- Sunday 17th October **M/C Dexterity & Control.** Sidegate Primary School, Ipswich. 09:00 – 13:00
- Tuesday 21st October **Group Night** Announcements at 20:00 followed by Karen Finch of the Hearing Care Centre
- Thursday 23rd October **Theory Evening** Topic: Roadcraft. Topic: Observation, Planning & Positioning. Contact: Derek Barker Fynn Valley Golf Club 7:30pm

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