

ChainLincs

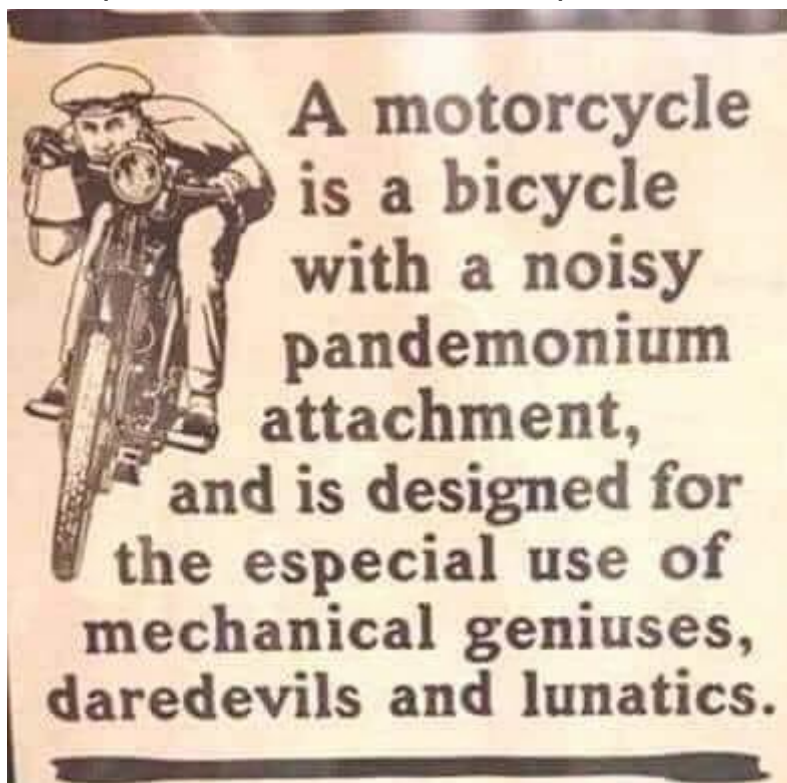
THE NEWSLETTER OF



Lincolnshire
Advanced Motorcyclists



IAM GROUP 7176, REGISTERED CHARITY 1049955, SUPPORTERS OF THE BMF



November

2019

GROUP COMMITTEE MEMBERS

The Area Service Delivery Manager for our region (East Midlands and North Yorkshire) is Peter Serhatlic. Peter can be contacted on

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on 07703 718907

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Group Web Site <http://www.l-a-m.co.uk>

Webmaster Mick Smith Email: mick.carron@btinternet.com



Lincolnshire Advanced Motorcyclists

<https://www.facebook.com/groups/301610040008772/>

Follow us on twitter at @lincsbikers_iam

Meetings are held on the first Monday of each month starting at 8pm

at the Nags Head, Middle Rasen, LN8 3JU

Middle Rasen is on the A631 about 1.5 miles west of Market Rasen

The next issue of ChainLincs will be in December 2019.

Please provide any copy to the editor, by **25 November 2019**

EDITORIAL



This month's cover picture is courtesy of Roland Johns and says it all...

If there is anything that you particularly like or dislike about the newsletter, I would be glad to hear from you.

So, e-mail your thoughts and contributions to chainlinks@uwclub.net, and don't forget that our commitment to the highest journalistic standards means that if I can read it, we'll print it. Photographs, art, and writing are all equally welcome.

If you are planning a ride out and its short notice, put it on our Facebook page, there may be others that are free and would like to join you. It's a great way to meet other members.

Enjoy your riding,

Nick

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CHAIRMAN'S CHATTER

Welcome to November's ChainLincs. I write this on the day the clocks went back so the winter depression is setting in! Seriously, more hours riding and driving in the dark and inclement conditions can throw up more challenges for those of us on the road a lot so take it easy in the coming months.

Onto more upbeat topics and the tests have been coming thick and fast. Since October's ChainLincs there have been four test passes and another seven are in the pipeline. Congratulations to Paul Kirwan(F1rst), Richard Dawson, Stephen Thompson and Martin Daniels (F1rst). Well done to you all and great work from your Observers Malcolm Heaton (Paul and Stephen) and Phil Niner and Kev Smith.

The Observers are the backbone of the group, without them we wouldn't be able to carry on with our part in making safer riders. If you fancy being an Observer come along to an Observer meeting. Observer meetings during the Winter months are held at Emprocom Ltd, Bridge House, Scothern Lane, Langworth, LN3 5BH starting at 2000hrs. If you are wanting more details please give Jerry Neale a ring on 07412 935333.

For those associates that haven't been in touch with your Observer for a while please stay in touch. If you have decided to not continue the training, please let your Observer or John Cheetham know. Our Observers are volunteers and have plenty to do without chasing associates that have decided not to continue but don't respond to messages and haven't had the common courtesy to let us know! **With plenty of new associates our Observers will stop trying to contact those that don't respond so we can concentrate on the ones that are interested.**

Only one new member recently and he has been an IAM member since 1989 but has recently decided to join us – welcome to Tony Woodford from Fiskerton (Notts), Hope to meet you at a meeting or ride sometime soon Tony.

October's group ride was a bit of a washout. We trialled meeting at Jenny's Café in Hibaldstow rather than the leisure centre in Brigg. Just myself and Harry turned up 10 mins before the start time only to find the café closed! As we both live in the same village just decided to take a circuitous route home rather something more ambitious. As we were about to leave John Harrison turned up, so he came with us until Market Rasen where he left us and headed home himself. It rained persistently and heavily and in the nearly two hours that I was out it showed some flaws in the new kit I invested in last winter so that is going back to the dealer! I had worn it in the wet before but not for this amount of time and such heavy rain.

Novembers ride out is from Willingham Woods on the 10th leaving at 1000hrs. Hope it stays dry and we get a good turnout.

For the December social meeting we will have our usual festive quiz and a raffle plus a small seasonal buffet. If you have anything that you would like to donate to the raffle it would be appreciated. Also, if you know a friendly local dealer that might donate something to a good cause give them a nudge – all donations gratefully received.

For those that don't know Ross Glover is now officially an IAM examiner for bikes and cars and a couple of our associates have their tests booked with him in November. Well done to Ross and we'll miss you as an Observer.

Do you want to prove that your riding or driving is still up to advanced standards then why not take the test (actually a reassessment for full members) again. The Fellow membership tier is open to all current full IAM members, it will offer you enhanced recognition and insurance benefits in return for your commitment to keep your advanced skills up to date by retesting every three years. If you are

interested have a look at the IAM website www.iamroadsmart.com/fellow . Ten members of the Group have now signed up.

For the new, and existing, members don't forget to find our Facebook page Lincolnshire Advanced Motorcyclists [here](#) and ask to join so you can post and join in, and we are also on Twitter at IAM Lincolnshire (@lincsbikers_iam).

Have a good one and stay safe.

Mick

Membership Update etc.

Group Web Site: www.l-a-m.co.uk

No new members to welcome this month.

There are three test passes to report since the October newsletter, making twenty-three so far during 2019.

Congratulations on your success and a big thank you to your Observers.

Member	Pass Date	Observer
Richard Dawson	12 October	Phil Niner
Stephen Thompson	12 October	Malcolm Heaton
Martin Daniels	18 October	Kev Smith
Trevor Nuttall	31 October	John Harrison

The composition of the group is as follows:

Full Members	115
Associate Members	23
Associate Members "On Hold" (non active)	11
Total Group Membership	149

Renewal letters have been sent out to those members who need to renew group membership from 1 October to 31 March 2020.

The cost for this six-month period is £4.00. Subsequent renewals will then fall in line with the normal renewal date from 1 April each year.

That's all for this month, ride safely:

John Cheetham

ACTIVITIES

The Waterwheel

Malcolm Heaton dateline 2 October 2019



Checked out the waterwheel at Howden ,with Stuart Harrison and Paul Copse ,very nice place with a 50's feel ,nice cake and surroundings ,will lead a ride a week on Sunday if everybody is interested

First day back

Mick Smith dateline 6 October 2019



First day back from hols so would have been rude not to get out on the bike. A bit damp to say the least but was drying as I got home. The roads on the Wolds are great fun on a day like this.

RTTW

Sandra Pedersen dateline 6 October 2019



I went for my longest ride out yesterday. Went to join 6500 bikers at RTTW. Awesome riding in a convey of 500 from Leicester to the National memorial Arboretum.

We got stuck in the bike accident on the way home. Saw air ambulance land. Had to turn back and go down A6 to get home. Got to Waddington that was also closed due to a bike accident and air ambulance assisted too.

See also Roland's video

[:https://www.youtube.com/watch?feature=youtu.be&v=1h7vUsnzsTQ&fbclid=IwAR3AiPb3e07b6w-HTuS6Y0VaofvgeW885ivGS9ceVnzko1I9tqvKXtAiiZQ&app=desktop](https://www.youtube.com/watch?feature=youtu.be&v=1h7vUsnzsTQ&fbclid=IwAR3AiPb3e07b6w-HTuS6Y0VaofvgeW885ivGS9ceVnzko1I9tqvKXtAiiZQ&app=desktop)

Certificate Presentations

Roland Johns dateline 7 October 2019



Certificate presentations tonight, well done to Jonathan Wright, (Obs Andy Kitchen), Arun Koottungal (Obs Jeremy Neale), and Sandra Pederson with James Lee (Obs Roland Johns).



For those hardy folks who travel afar...

Simon Battram dateline 9 October 2019

FROM AN 1897-1898 BRITISH AND IRISH GUIDE FOR CYCLISTS AND MOTORCYCLISTS		
Advice on Touring Requisites.		
1. Necessities:		
Hat or cap	Worn on person	Neckerchief
Shoes		Prayer book
Trousers		Maps
Flannel shirt		Spanners/tools
Flannel collar		Oilcan
Necktie		Lamp
Pair stockings		Spare lampwick
Extra stockings		Riding gloves
1 flannel nightshirt		Cleaning cloths
Hairbrush		Padlock and chain
Comb		Pincers
Toothbrush and paste		Shoelaces
Loofah		Saddle cover
Gloves		Wire
Money		Knife
Matches		Field glasses
Notebook		Studs
Drinking cup or flask		Scarf and pin
Waterproof cape		Towel
Razor		Bathing drawers
Strop		Chocolate
Shaving brush		Sperm oil
Soap		Spare spokes
Fullers earth		Spare nuts
Vaseline		String
Sticking plaster/bandages		Corkscrew
Sulphate of quinine		Barometer
Carbonate of soda		Pipe and tobacco
Extra hat or cap		Leather straps
Cardigan		Treadle pin
Pugaree		Nail scissors
Compass		Tyre clips
Pocket lens		Watch
2. Luxuries (can generally do without but very nice to have with oneself)		
Slippers		Spare gloves
Socks		Spare white collars
Spare trousers		Spare neckties
Coat		Various underclothing
Vest		Extra pair of shoes
Supply of tea		Tow line
Note: If travelling abroad take your money in the form of gold coins.		
A revolver is not considered necessary in the more civilised areas of Europe but if accosted by footpads or brigands inform them that you are British and display your Union flag.		
		Dark glasses
		Pocket dictionary
		Passport
		Conversation book
		Guide book
		White collars
		White cuffs
		Tape
		Sponge
		Flannel
		Nailbrush
		Paper and envelopes
		Postcards
		Stamps
		Pen
		Address labels
		Visiting cards
		Braces
		Belt
		Permanganate of potash
		French chalk
		Saddle and shoe lubricant
		Cotton waste
		Spare inner tubes if riding a machine with pneumatic tyres
		Spares applicable to your specific machine
		Small silk flag
		Writing case
		Spirit kettle
		Methylated spirit
		Candle
		Pocket filter
		Waterproof sheet

Glennys Scrivener wondered how far do you have to travel before you can use your revolver ? Mordor ? And when do you need to use bathing drawers and permanganate of potash 🤔

Sally Anne commented "From a pillion viewpoint. Here goes !!! Extra pair of stockings -in case the rider needs them. Strop - I don't take, I have. Supply of tea - because you can't get proper Yorkshire Tea outside God's own county. Studs - always comes in handy to have a stud in hand . Sperm oil - ermm....Corkscrew - considered an essential but there's no wine on the list ?? Spare nuts - in case rider loses his. Conversation book - essential for when no internet, Revolver- but of course :-)"

Linz Foody added "Spare neckties and a barometer. That's where I'm going wrong."

Tragedy...

Mick Smith dateline 13 October 2019



Will Field Not a good start are you on your own

Like · Reply · 5w



Mick Smith No Will, Harry was here and John Harrison turned up as we were about to leave.

Like · Reply · 5w



Simon Battram The canopy looks good to shelter under. Even the ducks aren't out. Oh well, back to the leisure centre then.

Like · Reply · 5w · Edited

The cake hunt continued...

Simon Battram dateline 12 October 2019



The cake hunt continued today with a farm shop near Willingham Woods, Sunny Side Up.

Good name for a biker welcome place.

This is for my mentors, Roland Johns Ian Morrison and Malcolm Heaton as well as all the riders in our group. New and more mature.

A pass!

Malcolm Heaton dateline 12 October 2019



Stephen Thompson, passed his test today ,well done Stephen

Thankyou!

Malcolm Heaton dateline 17 October 2019



I would like to thank the members of our group that have enabled me to get to the stage I am at with my IAM training.

John H, took me under his wing and I gained my IAM pass.

Ian M also took me and passed on more knowledge.

Ken R took me as one of his group and polished my skills to become Local observer.

Now the skills passed on from many other members Inc Kev H, Jerry, Roland and others has today resulted in me riding with Peter S to gain my NO status.

We both had an enjoyable ride which has resulted in..... a pass.

Froggy did come along but wanted cake! 🍰

Thanks to Peter and

Many thanks to the Group members for your continued support. 👍 👍



Thanks also to my dear wife, Sues for the cakes and sacrifices. 👍



Sausage baps at the Stafford Classic Bike Show

Nick Tucker dateline 19 October 2019



Club run to the Stafford Classic Bike Show - no cake but jolly good tea and bacon & sausage baps...

Seaways!

Malcolm Heaton dateline 20 October 2019



Stopped at seaways on the way back, started to rain but missed most of it, some great roads the Lincoln lads really enjoyed themselves



Over the bridge

Malcolm Heaton dateline 20 October 2019



A great ride over the Humber Bridge.

9 of us set out to Howden and the Water Wheel cafe. Malcolm Heaton was lead ride.

After a brew, we set off North to the Seaways Cafe. Stuart Harrison was lead rider.

After a catch up, we all headed back to the Humber Bridge.

Nice day. Nice routes and great company.

Thank you to all who attended and to our lead riders.

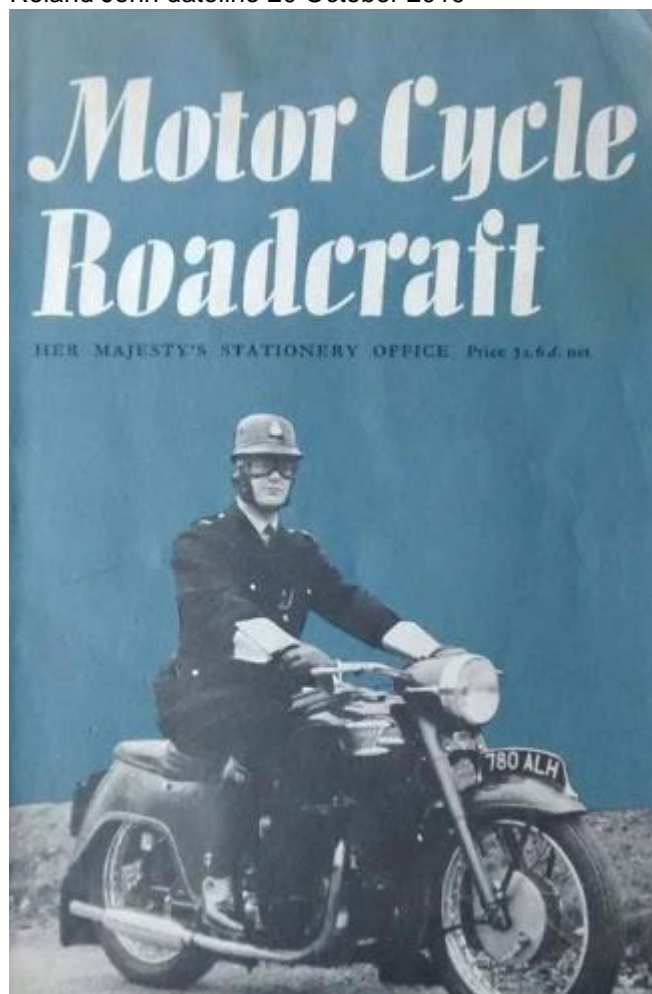


IF you want to arrange a ride out or even lead a ride.

Let me know via Email and I will pass it on to everyone. ✉️ 👍 😊

Olden days

Roland John dateline 20 October 2019



Reminds me of the old days! 😊 😊

Simon Battram rejoins "Steady with the the old days, please
👍 Roland Johns"

DIARY OF EVENTS

The Sunday morning Group Observed Runs are open to all members and also potential members who may be considering preparing for the IAM test.

The prime purpose is to provide the opportunity to hone /improve skills through riding with fellow members.

Potential members considering taking the IAM test may have an individual assessment ride.

Runs last usually around two hours, often with a mid-point refreshment stop.

Depending on numbers / balance etc., it is customary for different groupings to embark on a run style of their choice as they feel fit.

The main purpose is to have the opportunity to ride with fellow like-minded bikers.

The starting points are as shown below:

Ancholme Leisure Centre, Scawby Brook, Brigg, DN20 9JH South side of A18

Willingham Woods Picnic Site, LN8 3RQ East of Market Rasen A631

Hartsholme Country Park Cafe, Lincoln, LN6 0EY South side of B1378, Skellingthorpe Road

Group Social Runs will incorporate café stops unless an alternative is specified. Please try to arrive at the meeting point in good time and with a full tank of fuel. Please let the run organizer know if you want to invite a guest. If carrying a pillion passenger you should ensure that this is covered by your motorcycle insurance policy.

It is you, as the rider who is deemed to be in control of your motorcycle at all times during an observed or social run.

NOVEMBER

- | | |
|----------------|--|
| Monday 4th | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 commencing with the group ANNUAL GENERAL MEETING |
| Sunday 10th | Group Observed Run - Willingham Woods Picnic Area near kiosk
Meet 09.30 for prompt 10.00 start |
| Sunday 24th | Annual ride into the Peak District, a little later than normal, the ride is planned for Sunday 24.Nov. Meeting place and time tbc, places are limited, first come first served. My apologies for the short notice Contact Ian Morrison for details |
| Wednesday 27th | Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2) |

DECEMBER

- | | |
|------------|---|
| Monday 2nd | Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00pm |
| Sunday 8th | Group Observed Run - Hartsholme Country Park café area
Meet 11.30 for prompt 12.00 start |
| Monday 9th | Committee Meeting, Nags Head, Middle Rasen
Prompt start at 19.45 |

PLEASE NOTE there is no Observers meeting this month

JANUARY

PLEASE NOTE there are no formal events during the month of January.
However, that's not to say that nothing happens!
If you have any suggestions, please let us know.

FEBRUARY

Monday 3rd	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 9th	Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 11.30 for prompt departure at 12.00
Monday 17th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45
Wednesday 26th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)
MARCH	
Monday 2nd	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 8th	Group Observed Run - Willingham Woods Picnic Area near kiosk Meet 09.30 for prompt departure at 10.00
Wednesday 25th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)
APRIL	
Monday 6th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 12th	Group Observed Run - Hartsholme Country Park café area Meet 09.30 for prompt departure at 10.00
Monday 13th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45
Wednesday 29th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)
MAY	
Monday 4th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 Those who wish to participate in the pre meeting ride please arrive at the Nags Head for 18.00
Sunday 10th	Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 9.30 for prompt departure at 10.00
Wednesday 27th	Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2)
JUNE	
Monday 1st	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 Those who wish to participate in the pre meeting ride please arrive at the Nags Head for 18.00
Sunday 7th	Group Observed Run - Willingham Woods Picnic Area near kiosk Meet 09.00 for prompt departure at 09.30
Monday 8th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45
Wednesday 24th	Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2)

JULY	
Monday 6th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 Those who wish to participate in the pre meeting ride please arrive at the Nags Head for 18.00
Sunday 12th	Group Observed Run - Hartsholme Country Park café area Meet 09.00 for prompt departure at 09.30
Wednesday 29th	Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2)
AUGUST	
Monday 3rd	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 Those who wish to participate in the pre meeting ride please arrive at the Nags Head for 18.00
Sunday 9th	Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 9.00 for prompt departure at 09.30
Monday 10th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45
Wednesday 26th	Regional Evening Run for Observers and those interested in becoming Observers Four separate runs to reflect Observer groupings. For information on starting locations contact Jerry Neale (details on page 2)
SEPTEMBER	
Monday 7th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 13th	Group Observed Run - Willingham Woods Picnic Area near kiosk Meet 09.00 for prompt departure at 09.30
Wednesday 30th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)
OCTOBER	
Monday 5th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 11th	Group Observed Run - Hartsholme Country Park café area Meet 09.30 for prompt departure at 10.00
Monday 12th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45
Wednesday 28th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)
NOVEMBER	
Monday 2nd	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00 commencing with the group ANNUAL GENERAL MEETING
Sunday 8th	Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg Meet 9.30 for prompt departure at 10.00
Wednesday 25th	Meeting for Observers and those interested in becoming Observers For information contact Jerry Neale (details on page 2)

DECEMBER

Monday 7th	Monthly evening meeting, Nags Head, Middle Rasen, LN8 3JU (A631) at 20.00
Sunday 13th	Group Observed Run - Willingham Woods Picnic Area near kiosk Meet 11.30 for prompt departure at 12.00
Monday 14th	Committee Meeting, Nags Head, Middle Rasen Prompt start at 19.45pm

PLEASE NOTE there is no Observers meeting this month

OBSERVERS AND ASSOCIATE INFORMATION

The October monthly meeting for observers at the office of Emprocom saw many members of the team working together on various subjects and scenarios regarding Observer work throughout the evening. November will be the last training evening for the team in 2019. Many members of the team are still out on the road working hard with Associate's test preparation runs. Many skills can be gained by continuing to ride throughout the winter months. Rap up warm and get on your bike.

To become proficient as an Advanced rider it is important that you continue to practice your Advanced riding skills. This is relevant at any level, Associate, Full member, Observer, Fellow, Masters, the learning never stops. On your next ride out take time to self-analyse your ride. Ask yourself, am I riding at an Advanced level? Could I have done something different to improve my ride? You might find that there is some room for improvement.

If you want to join the Observer team and work towards the IMI Local Observer qualification, give me a call to find out more on 07412935333

This month the Observer team would like to congratulate Simon Battram on his successful completion of the IMI National Observers qualification.

This month LAM Observer Andy Kitchen has some help for associates looking to do a little extra homework between their observed rides. These are also great tools for any member to do in order to maintain their programme of continuous personal improvement.

1. Keep 'lifesavers' (over the shoulder look to the rear) to a minimum, as you're generally better off looking where you're going rather than where you've been. Good, regular use of your mirrors and shoulder checks (a 90-degree check to the right or left, when changing position on the road) should ensure that you continually know what's happening behind and around you. Use a 'lifesaver' to check any blind spot which your mirrors or shoulder check do not cover. Each observation should be purposeful and effective – don't just move your head by habit.
2. When using your mirrors, don't just move your eyes. A positive movement of the head gives a clear indication to your Observer, Examiner and fellow riders that you know what's happening around you. It also indicates to other road users that you know they are there.
3. Good observation depends on you looking up – If you look into the distance you can still see relatively close up, but if you look close up you can't see in the distance.
4. Look on 'Main beam not dipped'.
5. Ride with as many other Advanced riders as possible. Look at what they do and never be afraid to ask questions or query why they did something.

Also this month Ken Rose looks at correct braking techniques

Braking

I have noticed recently that there seems to be a misunderstanding regarding the rules of braking.



Some think it's alright to adopt the racing method by trailing the brakes into a corner. This is OK for Valentino Rossi and his GP and Superbike pals, but not for riding on the dubious highways of Great Britain. Others have adopted "comfort braking" where the brake light illuminates as a result of one or both levers being applied, but no reduction in speed is evident.

There are some that adopt secondary braking, this means when the brakes are reapplied after the gear is selected, this is caused by not having judged the severity of a bend at the information phase.

When it comes to what we used to call the System of Motorcycle Control or what we must now regard as IPSGA, braking forms an important part of the "Speed" phase. There may be times when a small reduction in speed will not necessitate the use of the brakes, and adjustment to the throttle will suffice to achieve this, even just selecting a lower gear may be sufficient.

There will, however, often be times when the use of the brakes is necessary. The correct application of the brakes is paramount to an advanced rider and an important factor to safe riding. When braking is required it must come before the selection of the gear, although a brake/gear overlap is OK so long as it is done just before the brakes are released. Braking should always be started in good time and should generally be firm and progressive but not fierce. Fierce braking will lead to premature wear of the tyres and brake pads and is liable to cause a skid on a wet road.

Bearing this in mind the following rules for braking should be observed:

- Brake when travelling in a straight line and the machine is upright, use both brakes in conjunction with the gearbox. This means you must brake in plenty of time for whatever hazard you are approaching, this will avoid secondary braking.
- Vary brake pressure according to the road surface and weather conditions. Brake firmly on a coarse firm and dry section of road and reduce brake pressure on loose or slippery surfaces. This calls for continual observation and appreciation of the roads surface.
- When descending a steep winding hill, maintain firm braking on straight stretches, easing off in the bends. If in an emergency you must brake on a bend use the rear brake only, but as lightly as possible. Remember the value of engaging a low gear at an early stage in the descent.
- Avoid using the front brake when the machine is banked over, turning, on wet cambered surfaces or where the surface is loose, greasy, icy, highly polished or covered with leaves.
- On a good dry surface, and for straight ahead braking, the distribution of the total braking force applied for a given situation and to obtain the minimum stopping distance is about 75% to the front wheel and 25% to the rear. On an otherwise good road surface that is wet, maximum deceleration is achieved with a distribution of 50% front 50% rear.

A lot of modern machinery takes care of this for us with linked braking systems. Anti Blockier System (ABS) is not an aid to braking, but to steering as it is impossible to change the direction of a locked wheel. ABS, by

repeatedly releasing the wheel just as it approaches lock-up, avoids the wheel locking up and therefore a skid, this enables the motorcycle to be steered. The way we apply the brakes is also very important, they should be applied progressively, that is to say, gently at first increasing pressure as we need, to achieve the slower speed or stop as required. The brakes should also be progressively released to achieve a smooth reduction in speed. If we are coming to a full stop then the very last part of braking should be with the rear brake only.

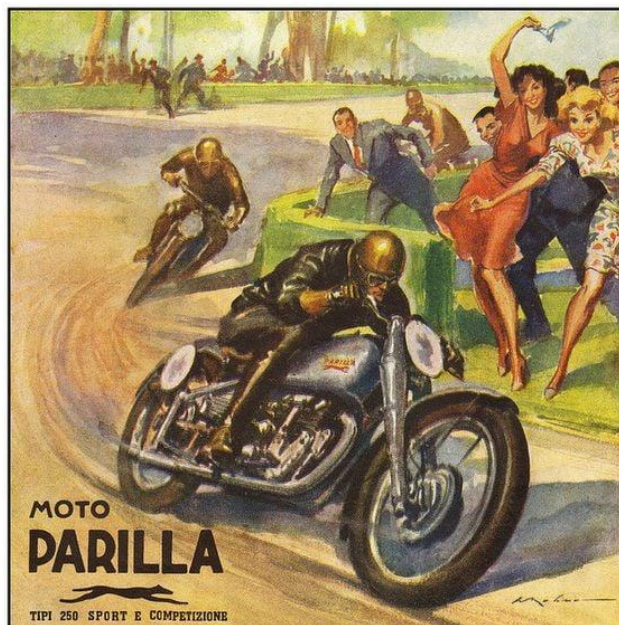
So why is this so important? What are we trying to achieve? It's important because, as advanced riders, we should always be as smooth and efficient as possible by correct use of the brakes allied to smooth and progressive acceleration. We should always attempt to make good progress and by efficient use of the brakes when required we can help to achieve this and maintain a higher speed for longer until forced by the rules of the road to slow. We are trying to convert forward motion into another form of energy. Science tells us that energy cannot be destroyed only changed to another form. So, we need to convert the forward motion of the motorcycle and us for that matter into another form, that form is heat. When we apply the brakes the pads impinge on the discs. This causes friction and in turn heat which is dissipated into the air. As well as the forward motion energy from the engine being transmitted to the rear wheel it is also stored in the frame and cycle parts of the motorcycle and the rider has direction, this is kinetic energy which unless converted to another form will want to continue on its original path. A simple experiment can show us this kinetic energy exists, making sure it's perfectly safe apply the brakes firmly until you almost stop then let them off sharply, you will notice that your machine speeds up without any use of the throttle, this is the energy stored in the machine continuing on its course. Correct and efficient braking is as important to advanced riding as acceleration, gear changing or any other facet of riding a motorcycle, and when done correctly can be as rewarding as the perfect overtake or taking a series of bends text book perfectly.

Ken Rose

The LAM Sunday morning Group ride out is a great opportunity for associate members to get in some extra riding practice before their Advanced test. At the Sunday morning ride, you will usually find many Observers and Full members who have got a vast knowledge and experience of Advanced riding who are always willing to assist others to achieve test standard. It is also another opportunity to practice the work that you have been doing with your Observer.

We have three areas of the county covered, so take a look in the events diary and plan your next Sunday morning Group ride! It would be great to see associates and full members honing their winter riding skills at the next Sunday morning meeting from Hartsholme park on Sunday 8th December, this will be the last Observed ride of 2019.

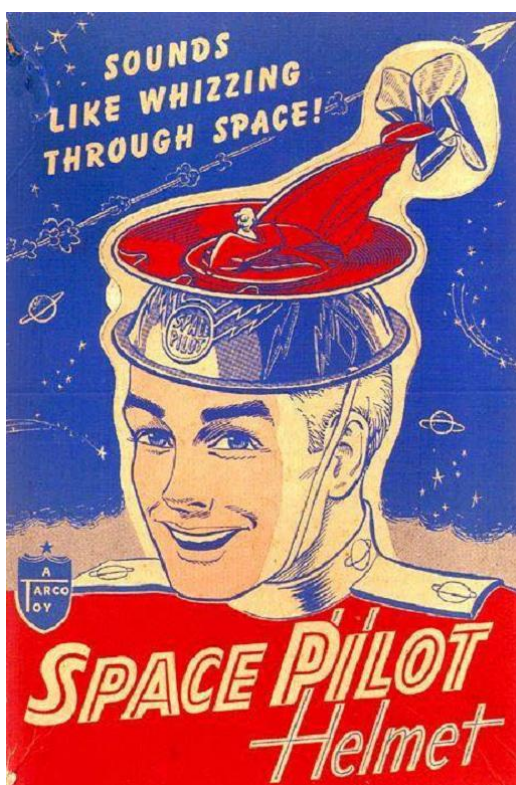
Jerry



GROUP CLOTHING

There is a wide range of group clothing available to order, with our Lincolnshire Advanced Motorists logo on it, you can also add the IAM logo and a name if desired. There are several colours available, contact Shayne Joyner shadirysa@yahoo.co.uk or 07375 471207



Name						
ITEM	DESIGN	SIZE	QTY	Name to be embroidered (leave blank if not required)	PER ITEM	TOTAL
Polo Shirt with	Group Badge				£8.50	£
Polo Shirt with	Group Badge + IAM Logo				£10.50	£
Sweatshirt with	Group Badge				£10.00	£
Sweatshirt with	Group Badge + IAM Logo				£12.00	£
Fleece with	Group Badge				£14.00	£
Fleece with	Group Badge + IAM Logo				£16.00	£
T-shirt with	Group Badge				£7.00	£
Colour required:					TO PAY	£
PAYMENT MUST BE RECEIVED WITH ORDER						



TRADE DIRECTORY





Support our local bike businesses. If you know a good local bike business, send details for inclusion to chainlinks@uwclub.net


	RWH Motorcycles Ltd, Repairs, servicing, tyres, MOT, wheel building http://rwhmotorcyclesoflincoln.co.uk/
	Customised motorcycle seat re-covering / re-trimming service, altering trike and motorcycle seats http://edblade.simpl.com
	Cylinder rebores, valve guide replacement, bespoke repairs, bearings http://www.nrsec.co.uk/
	MOT testing, repair and servicing for all makes and models of bikes, trikes, scooters, mopeds and quads http://www.skmotorcycleslincoln.co.uk/
	Online and showroom retailer of motorcycle helmets, clothing, parts & accessories. https://www.sportsbikeshop.co.uk/
	Triumph and Yamaha Main Dealer in Lincolnshire. http://www.webbsoflincoln.co.uk/
	Control and drive cables made from a pattern, drawing, or to fit your bike, ultrasonic carb cleaning, thread repair inserts fitted for spark plug and other threads. http://www.carrotcycles.co.uk
	Musgrave & Co Tools 5 Clasketgate, Lincoln, LN2 1JJ Phone: 01522 527088
	Colin Willoughby Motorcycles Grange Lane North Scunthorpe North Lincolnshire DN16 1DE Phone: 01724 853300 https://colinwilloughbymotorcycles.co.uk/







	<p><i>"Small company, Big savings! Leather furniture repair, Leather handbag repair, Motorcycle leathers, Car Seat repairs & many more....."</i></p> <p>Lincs Repair 43 Cotman Rd Lincoln, Lincs LN6 7NU 0771 9620830 http://www.lincsrepair.co.uk</p>
	<p>Lincoln Bikes off Exchange Rd off Doddington Rd. Come off ring Rd, head down past Swanholme pub, exchange Rd on right.</p> <p>https://www.facebook.com/lincolnbikesMC/</p>
	<p>Supplying high quality, safety related accessories combined with a mobile installation service.</p> <p>For more information please visit: www.moto-mate.com</p>
	<p>RD Motorcycles Limited Unit 7 Riverside Enterprise Park Saxilby, Skellingthorpe Rd, Lincoln LN1 2FU http://www.rdmotorcycles.co.uk/</p>

THE QUEST FOR CAKE

One of the joys of observed runs is a stop for feedback, cocoa and buns. If you know a good local café, send details for inclusion to chainlincs@uwclub.net

	<p>Wickenby Cafe is based in the Control Tower at Wickenby Aerodrome. There is also a museum upstairs which tells the story of RAF Wickenby during WW2. Bike Night - Wednesdays until end of September. https://www.facebook.com/groups/495019267369270/about/</p>
	<p>Three Kings Inn, Saltersway, Threackingham, Sleaford NG34 0AU. It says here: <i>"a quintessential old English pub in traditional style with a balanced mix of local patrons, diners and tourists, creating an ambience and atmosphere where everyone feels welcome and comfortable."</i> The MG car club meets here http://www.thethreackingsinn.com/</p>
	<p>Lincoln Bowl - Washingborough Road, Lincolnshire, Lincoln LN4 1EF. Lincoln's premier bowling centre also has a café attached. Ample parking.</p>
	<p>Sentry Post Snack Bar Sleaford Road A15, Lincoln LN5 9FG, England +44 7540 752432 – opposite the Waddington Avro Vulcan and adjacent to the Waddington Aircraft Viewing Enclosure (WAVE) for a friendly welcome and notable bacon butties.</p>

	<p>Daisy Made Ice Cream Lincoln Rd, Skellingthorpe, Lincoln LN6 5SA - Small farm with a coffee shop serving homemade ice cream, animals to pet, crazy golf and play area. http://www.daisymadefarm.co.uk/</p>
	<p>Pennells Garden Centre, Newark Road, South Hykeham, Lincoln LN6 9NT – this is family owned business established in 1780 and has a large restaurant and tons of parking. Popular as a debrief point for those undergoing compulsory driver training (so I'm told) http://www.pennells.co.uk/lincoln/</p>
	<p>Clayton's Corner Main Street, Howsham, Market Rasen, LN7 6JZ - a favourite, lunch can be sandwiches which come with salad, crisps and homemade coleslaw. There is also hot food on the menu and a selection of homemade cakes and pastries. The staff are welcoming https://www.facebook.com/Claytons-Corner-Cafe-350859448434765/</p>
	<p>Café Mews - Whether it's a hearty home cooked breakfast or a tasty warming soup you're craving our fully home cooked menu, utilising the best the local area has to offer, is guaranteed to fill the hole in your belly and warm your heart.</p> <p>Coffee Mews Ltd, A18,Melton Ross, North Lincolnshire, DN38 6AB, 01652 245001 email:contact@cafemews.com</p>
	<p>The Seaways Cafe welcomes all bikers, lorry drivers, walkers, cyclists, holiday makers and anyone else who wants a trip to a brilliant café. Telephone: 01377 288203 Opening times: 8 am – 4 pm daily Location: Fridaythorpe, East Yorkshire, YO25 9RX</p>
	<p>The Honey Pot Café Maltkiln Road, Waters Edge, Barton-upon-Humber DN18 5JR, UK</p> <p>Sit on the jetty to eat - over looking the lake full of wildlife. Great food and prices and very nice staff.</p>
	<p>Zoom-Zoom Tea Rooms, Sand Lane, South Cave, HU15 2JQ</p> <p>https://www.facebook.com/zoomzoomtearoom/</p>
	<p>The Dunn Deal Tea Rooms Normanby Road Nettleton, Market Rasen LN7 6TB, England, Telephone +44 1472 488410</p> <p>https://www.facebook.com/DunnDealTearooms/</p>
	<p>The Ropewalk</p> <p>T: 01652 660380 F: 01652 637495 E: info@the-ropewalk.co.uk The Ropewalk, Maltkiln Road, Barton upon Humber, North Lincolnshire, DN18 5JT</p>

	<p>Jenny's of Hibaldstow</p> <p>On the B1206 heading North into Hibblestow, sky diving club on right. About 200 yards up the road on the left is the old filling station – DN20 9PD - This is now Jenny's Café 07598938796</p>
	<p>The Happy Cafe Sandtoft Airfield, Sandtoft Road, Belton DN9 1PN. Tel. 01427 875670, www.happycafe.co.uk Kev Smith has been using this cafe for a while, when taking out associates on rides. It is a part of a small airfield, has great staff, and excellent food (and most important ... cakes ☺). Open seven days a week</p>
	<p>The Robin's Rest Eatery Gainsborough Road, Everton, Doncaster, DN10 5BW https://www.facebook.com/Robinsresteverton/</p>
	<p>The Wolds Way Café Driffield Road Market Weighton YO43 3LW http://www.woldswaycafe.co.uk/</p>
	<p>Willows at Glentham Gainsborough Road Glentham Lincoln LN8 2EG Phone: 01673 878971 http://www.thewillowsglentham.co.uk/</p>
	<p>*Recommended by 448 people · People talk about "chocolate fudge cake", "amazing gluten free cakes" and "sticky toffee pudding" Maythorne Lane, Maythorne NG25 0RS Southwell, Nottingham, United Kingdom https://www.allminecakes.co.uk</p>

