

ChainLincs



The June 2022 edition of ChainLincs for

Lincolnshire Advanced Motorcyclists

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



June 2022



Contact Details

The Area Service Delivery Manager for the East Midlands and North Yorkshire region is Peter Serhatlic

peter.serhatlic@iam.org.uk or via on 07703 718907

Social Gatherings

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

Still Not Happening

Next Issue

The next issue of ChainLincs will be in June 2022

Please provide any copy to the Editor, by 26th June 2022

Stuart Harrison

Stuart.harrison@btinternet.com

Lincolnshire Advanced Motorcyclists

Find us here:



[Web Site](#)



[Facebook](#)



[Twitter](#)

Chairman & Website

Mick Smith

01673 860853

07979 912740

mick.carron@btinternet.com

Group Membership Secretary

John Cheetham

01427 616864

lincs-am-sec@pobroadband.co.uk

Treasurer

Matt Hopkins

07929 390781

hopkinsmattshell@hotmail.com

Group Data Manager

Phil Niner

01522 789047

07887 528176

philniner67@gmail.com

Chief Observer

Jerry Neale

01522 681613

07412 935333

jerryneale@tiscali.co.uk

Committee Members

Simon Battram

07985 038413

shbattram@virginmedia.com

Group Clothing

Philip Gilbert

07704 168227

pmgilbert7@yahoo.com

CONTENTS

CONTACT DETAILS	2
CHAIRMAN'S CHATTER	4
OBSERVER AND ASSOCIATE	7
MEMBERS TIT BITS	9
MEMBERSHIP UPDATE	11
DIARY OF EVENTS	12
GROUP CLOTHING	15

Cover Photo

Member – John Hall's Vivid Black, Harley Davidson FLHCS, Heritage Softail Classic.
114 cubic inches (1868cc) with Vance and Hines 2 into 1 Pro Pipes.

Ed: – lovely sound from this machine – as you'll find out if it's ahead of you a group run !!

CHAIRMAN'S CHATTER



June already – and this month it will be a few words although we have had a couple of tests and new members, and some rides, it has been fairly quiet. I made one of the group rides and also been out on my own even in the middle of the week after my learners cancelled on that day. More importantly the bike has had its annual oil and filter change along with air filter and plugs plus rear brake caliper overhaul as it was sticking.

Once again thanks to Stuart and Michelle for putting together another great edition of ChainLincs. Thanks to

those that have sent in items to them for inclusion, however they still need your help or there will be more of their pictures in ChainLincs!

Only two new members this month so welcome to Stephen Johnson from Hardwick (other side of Saxilby apparently) and Jason Hunt from Beckingham. Hope to meet you at a ride soon and enjoy your advanced riding experience.

Two test passes since I wrote my Chatter last. Well done and congratulations to Alex Munford and Paul Lack and another great job from our professional, dedicated observers – thanks Rick Fox and Alan Pugh.



A couple of rides this month – I am writing this before the social on 29 May. The first evening social ride of the 'Summer' was on 2 May and four members turned up. Ken led them for a ride around the Wolds and North Lincolnshire. Thanks Ken.

The next was the monthly Observed ride on 8 May and was from Willingham Woods. There were 13 of us there including three associates which was nice to see. We split into two groups led by me and Ken (again!). Thanks to Ken for leading the other group and Geoff who bought me coffee, cheers guys. No pictures as I forgot to take any!



The next monthly evening ride is on 6 Jun meeting at Caenby Corner truckstop leaving at 1815hrs. Anybody fancy fish and chips somewhere if somewhere is open on a Monday? Fingers crossed for a nice evening after the long bank holiday weekend!

The next Group observed ride is from the WAVE on 12 June. Meet at **0900hrs** for prompt departure at **0930hrs**. If anybody is willing to lead a ride then please step forward before then or on the morning. It would be nice to see some associates there to take advantage of riding with a group or even going off on a one to one with a different observer than they normally have.

The next regular social ride is on 26 June meeting at two locations, the WAVE (LN5 9FF) and Barney's Diner (DN38 6LB) both for **departure** at 1000hrs.

We now have 180 members so it would be great to see more of you at some of these rides, us regulars don't bite and we are a friendly bunch that it seems like to drink tea and coffee and eat cake (and excellent bacon and egg butties) so come along if you haven't been before, you might enjoy it.

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 are now evening meetings normally on the last Wednesday of the month. If you fancy being an Observer and want more details please give our Chief Observer, Jerry Neale, a ring on 07412 935333. He will be happy to talk to you.



The Observers are really busy at the moment as we have 32 associates although there are a couple on hold and some haven't responded to their Observers regarding their continued advanced rider training. If you are an associate and, for whatever reason, can't or don't want to continue then please let us know as it makes management of the group a lot easier. The committee and observers are all volunteers who give their own time for free to keep the group going and train bikers so please be considerate and let us know.

If 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.

Please remember the new bank account details so if paying subs through internet banking this is the account to do it to (30-96-26, 67439968, Lincolnshire Group of Advanced Motorcyclists). From now on this is our preferred method to pay subs as it saves John a journey to a bank to pay cash in although cheques can be paid in through the banking app.

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). We now have 134 members signed up to the Facebook page and it is a great way to publicise events quickly and easily and also see what has been happening in the Group.

Stay safe

Mick

Observer and Associate

The Observer Summer season on bike training evenings started this month. As we have a large team of Observers spread throughout the county, we breakdown into 5 smaller local groups, these 5 local groups work together on different aspects of Observer training and riding each month. As riders, whether we are Full members, Observers or Associates we should never stop learning and always be looking to get as much practice as possible to hone our Advanced riding skills.

The new 2022 official paper version Highway code is now available, as things move forward, there are changes in the new H/C that all road users need to know, so make sure to have an up to date version.

Keep Hydrated

With summer on the way, it's a good time to think about how staying hydrated is a vital part of our riding plans, a reduction of just 2% to 3% of hydration can mean a 20% loss of concentration and reaction times also become significantly slower.

SYMPTOMS OF DEHYDRATION

- Reduced concentration
- Affect decision making
- Slower reaction times
- Impaired judgment
- Higher heart rate
- Drowsiness

A Loughborough University study revealed that 'Dehydrated drivers make the same number of mistakes as drink drivers'



With the hot weather almost certain to return before summer is out, Area Service Delivery Manager Pete Doherty reminds us of the importance of good hydration - particularly for motorcyclists, when 'breathable summer biking kit' still means everything from helmet to boots, gloves and a plethora of elbow, knee, shoulder and back armour.

His top tips for staying hydrated were learned from Dr. Eric Saunderson, a National Observer, Masters (Distinction), Masters Mentor and Fellow (F1RST), when Pete was delivering off-road motorcycle training in Nepal and wanted some advice that he could share with his students. His advice – which, while particularly relevant for motorcyclists in relevant safety gear, applies to both bike riders and car drivers - is as follows:

Cases & symptoms

- Dehydration is serious. One percent dehydration is significant and can cause dry skin and weight loss. Just two percent dehydration is life threatening.
- Dehydration can be exacerbated by conditions such as diabetes, kidney disease, vomiting, diarrhoea and heatstroke. Medications like diuretics or drinking alcohol can also increase the severity of the impact of dehydration on your system.
- We lose fluids from four organs; our kidneys, skin, bowel and lungs. The severity and speed of the fluid loss is dependent on environmental temperature and humidity. In hotter, drier conditions, dehydration will be quicker and more sustained.
- It is our kidneys that compensate for any loss of hydration, so – when dehydration occurs – we suffer reduced urinary output with high concentration and a visible orange hue.

- Dehydration often causes a lack of concentration. When driving a car or riding a motorcycle, this lack of concentration could be catastrophic, so steps should be taken to avoid the risks of dehydration on driving and riding capability at all times.

Prevention and treatment

- To prevent dehydration, drink water or fluids often, before any symptoms occur.
- Frequent loo stops will be necessary and urine should always be pale in colour.
- All bikers and drivers should carry adequate supplies of water for each journey they take, particularly in hot conditions.
- Thirst and dark urine should be avoided. It is said that once you develop symptoms of dehydration, it is too late to maintain activity, as drinking at this stage takes some time to reverse the effects. After running a marathon for example, rehydration can take up to 24 hours.
- The brain is particularly sensitive to dehydration and produces the initial symptoms. Be alert for early signs including:
 - Feeling thirsty
 - headache
 - poor concentration
 - dark yellow or orange urine
 - feeling tired
 - dry mouth.
- When planning journeys or rides out, give plenty of thought in advance to meeting venues or stopping points where refreshments are available. Think about refreshments at your starting and stopping points too.
- For motorcyclists, if on a ride out with friends or Associates, remember to maintain your hydration on the ride home as well.
- Planning hydration breaks during journeys may be a little more difficult at the moment, with some venues still closed, but a little prior planning will make it possible for you to stay hydrated and safe at all times.

Pete added: “As motorcyclists, we really do need to keep on top of hydration – as opposed to keeping on top of dehydration, when it may be too late to make a difference. This particularly extends to any friends, family or Associates with whom we are riding and who are new to motorcycling. They may not realise the effects of wearing all the kit, so it is important they are taught to recognise – and react - when they have not had enough fluid intake.

“So, please drink plenty and often, and carry more water than you think you may need. And in the immortal words of Sergeant Phil Esterhaus from Hill Street Blues ‘Let’s be careful out there!’”

Stay Safe

Jerry

Members Tit Bits

Many thanks to Keith Edwards for sharing part two of his “upgrade” and “Track” experiences.

BMW on Track

Sunday, 24th April 2022. A friend and I travelled to Anglesey, staying overnight in pub accommodation about ten miles from the Trac Môn racing circuit.

Monday, 25th April and after a hearty Welsh breakfast, we set off for the track. Check-in time was 8:00 am and as we arrived I noticed a familiar face fettling a BMW motorcycle in the garage. We said hello to TT legend Ian Hutchinson. Then off to the excellent on-site café for a coffee and to sign in. Already sitting in the café are Niall Mackenzie, Steve Plater and Steve Brogan. Together with Ian Hutchinson, these four motorcycle racers have over 300 top class race wins between them and where to be our mentors for the day. How brilliant is that!

I previously mentioned that my eBay leathers where a snug fit when I got them and I had fully intended to lose a few pounds. In fact I had gained a little, so they were even more snug, which wasn't helped by the fact that I had to squeeze a back protector in as well, this now being a requirement on track days. Also a requirement was the fact that I had to sign a damage waiver and give by credit card details over in case I damaged their motorcycle. In the event of me having an incident, I would have to pay £2,500 towards the cost of repair. Would the prospect of this be in the back of my mind, making me too cautious?

About a dozen or so riders were taking part and therefore with four mentors this would make for small groups of riders on the track. For me and two others, this was to be our first track experience and some had even raced. I clearly had a steep learning curve to climb. Just to name drop a little more, one of the first-time participants was a guy named Ollie Ollerton. Apparently, he features in the TV program 'SAS ~ Who Dares Wins'. Unlike some, I resisted the selfie thing!



We assembled in the control building for the initial briefing. From the control room you get a fantastic view out across the circuit and the Irish Sea to the Welsh mountains beyond. What an incredible view, made even better by the beautiful sunny weather. I looked around at the circuit and the sight of the 'Corkscrew' had me feeling somewhat apprehensive about my abilities. The downhill sweeping 'S' bends with variable camber looked decidedly scary to me. As it turned out, I found this part of the track the most fun once I had been shown the correct line.

During the briefing we were introduced to our mentors for the day (that Steve Plater chap is a real joker) and Steve Brogan talked us through the circuit using a large-scale diagram. We would be using the 1.55 mile Coastal circuit and he explained that small disks had been placed to show the apex point

on each of the bends. The warning flags were explained to us together with the fact that we had to be vigilant when passing the marshall stations so as to observe and respond to any signals. Then we were off to be allocated our machine for the day and our initial mentor.

I was allocated a BMW F900 R, minus the mirrors and indicators, and my first mentor was Ian Hutchinson. Other, more experienced riders, were on S1000 RR machinery. Ian led a group of four of us out. I was at the back and this five lap 'pootle' around was far from slow. After a couple of laps Ian dropped back to follow us, overtaking again on the final lap to lead us back into pit lane for a feedback chat. My feedback consisted of "Keith, you need to open the throttle and keep up". Oops, guess I was too slow then. I just thought I was keeping a safe distance from those in front, (only a fool breaks the two second rule)!

This first session around the track was followed by a riding position tutorial given by Steve Brogan. Having explained and demonstrated the desired body positions on a static S1000 RR, we took turns trying out the techniques under his guidance with the bike on its stand. Corners need to be taken with a maximum of one bum cheek on the seat and with your knee sticking out, only the balls of the feet on the footpegs unless breaking or charging gear. And you need to be able to move quickly from one side of the bike to the other ready for the next corner. All this being achieved whilst making sure you are in the right gear with the correct amount of speed or braking. **I.P.S.G.A.** on steroids! On the track this was great fun and I felt like I was almost emulating my racing hero's. However, Steve had warned us that it makes your legs ache until you are used to it and I can bear that out. After five laps my thighs were killing and I even got cramp in my calf. We had a few more observed laps with the different mentors. Steve Plater gave me some valuable advice about track positioning, particularly down the straight, which was actually far from straight, being a long shallow curve. You need to get this right to line up properly for the next two corners. I mentioned to him that I didn't seem to be using the brakes much. His response was that this track is mostly about using the gears with only the Rocket and Banking turns requiring the brakes. He didn't actually say it, but I suspect he really wanted to add "...at the speed you're going Keith you don't need the brakes." I have to say that the BMW gear shift assist pro worked brilliantly, especially when quickly dropping down four gears before entering Rocket. Lunch break next and the on-sight café really is excellent.

After lunch a technician from BMW Motorrad gave a demonstration of the various programmable settings available via the TFT screen. Mindboggling. Then it was back to the track, this time with 1:1 coaching sessions. I had by now been on the track with all four of the mentors, my 1:1's were now with Ian Hutchinson and Niall Mackenzie. What a trill to receive individual coaching from two such great motorcycle racing stars.

That was it for my day. Back to the hotel for a couple of pints of local beer and to reflect on my day. In retrospect I felt that the prospect of the £2,500 'fine' for dumping the bike did limit my enthusiasm for pushing it, but I still came away with a massive grin on my face. I didn't need the knee sliders after all, but I didn't do too bad for a 66-year-old lardy chap.

I would highly recommend the BMW Academy. Well organised and extremely friendly and approachable people. Add in the four top class sportsmen and all the ingredients were there for an unforgettable day's motorcycling.

Keith Edwards

Membership Update

Three new members to welcome since the last update:

Member	Observer
1003 Stephen Johnson from Hardwick	Alan Pugh
1004 Jason Hunt from Beckingham	Bruce Whetton
1005 Chris Mead from from Grasby	Full Member

Stephen Ackland who joined last month has been allocated to observer Andrew Kitchen.

There are no test passes to report, so still four so far in 2022.

The present composition of the group is as follows:

Full Members	129
Fellows	11
Associate Members	30
Total Group Membership	170

Please note that membership subscriptions are now overdue and a final emailed reminder will be sent to those yet to renew.

This will be the final newsletter for those failing to renew.

If you haven't received a letter or email your membership is not yet due.

Could those paying electronically please make their payment using the following Bank Account details:

Lincolnshire Group of Advanced Motorcyclists
Sort code 30-96-26 Account No. 67439968

That's all for this month, ride safely: *John Cheetham*

Diary of Events

Diary of Events when Covid-19 Permits

Social distancing. Avoid shaking hands. Follow NHS hygiene advice.
Hands. Face. Space. Motorcycles.

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

Waddington Airfield Viewing Area (WAVE) LN5 9FF East side of A15

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.

JUNE

- | | |
|----------------|---|
| Monday 6th | Social ride leaving Caenby Corner truck stop at 18.15
Informal get together so make your own arrangements on the night, regarding route, run leader etc. |
| Sunday 12th | Group Observed Run – Waddington Airfield Viewing Area (WAVE)
Meet 09.00 for prompt departure at 09.30 |
| Monday 13th | Committee Meeting - details to follow nearer the date |
| Sunday 26th | Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF
Barney's Diner, Melton Road, Barnetby, DN38 6LB |
| 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) |

JULY

- | | |
|------------|---|
| Monday 4th | Social ride leaving Caenby Corner truck stop at 18.15 |
|------------|---|

Informal get together so make your own arrangements on the night, regarding route, run leader etc.

Sunday 10th Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg
Meet 09.00 for prompt departure at 09.30

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)

Sunday 31st Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF
Barney's Diner, Melton Road, Barnetby, DN38 6LB

AUGUST

Monday 1st Social ride leaving Caenby Corner truck stop at 18.15
Informal get together so make your own arrangements on the night, regarding route, run leader etc.

Sunday 7th Group Observed Run - Willingham Woods Picnic Area near kiosk
Meet 09.00 for prompt departure at 9.30

Monday 8th Committee Meeting - details to follow nearer the date

Sunday 28th Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF
Barney's Diner, Melton Road, Barnetby, DN38 6LB

Wednesday 31st 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 5th Social ride leaving Caenby Corner truck stop at 18.15
Informal get together so make your own arrangements on the night, regarding route, run leader etc.

Sunday 11th Group Observed Run – Waddington Airfield Viewing Area (WAVE)
Meet 09.00 for prompt departure at 09.30

Sunday 25th Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF
Barney's Diner, Melton Road, Barnetby, DN38 6LB

Wednesday 28th Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2)

OCTOBER

Sunday 9th Group Observed Run - Ancholme Leisure Centre car park, Scawby Brook, Brigg
Meet 09.30 for prompt departure at 10.00

Monday 10th Committee Meeting - details to follow nearer the date

Wednesday 26th Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2)

Sunday 30th Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF

Barney's Diner, Melton Road, Barnetby, DN38 6LB

NOVEMBER

- Monday 7th Group ANNUAL GENERAL MEETING 19.30 (via ZOOM)
Email to be sent with link / login details for those wishing to participate
- Sunday 13th Group Observed Run - Willingham Woods Picnic Area near kiosk
Meet 9.30 for prompt departure at 10.00
- Sunday 27th Group Social Runs – Meeting 9.30 for prompt departure at 10.00
Waddington Airfield Viewing Area (WAVE) LN5 9FF
Barney's Diner, Melton Road, Barnetby, DN38 6LB
- Wednesday 30th Meeting for Observers and those interested in becoming Observers
For information contact Jerry Neale (details on page 2)

DECEMBER

- Sunday 11th Group Observed Run – Waddington Airfield Viewing Area (WAVE)
Meet 11.30 for prompt departure at 12.00
- Monday 12th Committee Meeting - details to follow nearer the date
- Monday 26th Group Social Runs – Meeting 10.30 for prompt departure at 11.00
The Homestead Pub, Canwick Avenue, Bracebridge Heath, LN4 2RS
Barney's Diner, Melton Road, Barnetby, DN38 6LB
"Come on, let's get out on Boxing Day!"

PLEASE NOTE there is no Observers meeting this month

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 Philip Gilbert pmgilbert7@yahoo.com or 07704 168227

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	£
Caps	Group Badge				£5.00	£
Beanies	Group Badge				£5.00	£
Colour required:					TO PAY	£
PAYMENT MUST BE RECEIVED WITH ORDER						

