

West Sussex Advanced Motorcyclists Newsletter - June 2018



Ride & Bike Fit (Part 3)

So.... We've bought a bike that suits us in terms of cc, power and style, we've made all the adjustments to make riding as easy and as comfortable as possible, and now we need to get out and ride. But the question is are you Ride Fit?



Ride Fit covers lots of different aspects, but they are all to do with you, the rider. The first thing is to run through the acronym I'MSAFE. This stands for Illness, are you too ill to ride? Medication, are you any medication that could adversely affect your ability to ride? Stress, are so stressed at work or home that you could become distracted? Alcohol, have you been drinking, even the night before? Fatigue, did you have a good nights sleep or do you feel tired? It's a simple checklist borrowed from our aviation cousins, but riding in a hazardous environment, it's still very valid.

We then have the stamina part of you, both physical and mental. How long can you comfortably ride for? Could you ride all day

and then ride all day the following day? As long as you take sensible breaks you should be able to ride 6 hours a day, broken into 4 x 90 minute chunks. If you find this a struggle and maybe go off the boil after a couple of hours, well then I'm afraid you need to practice.

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Diary for June 2018

Sunday 10th June 2018

WSAM Monthly Meeting

Today is our monthly gathering at Dial Post Village Hall, RH13 8NJ. The committee meet at 9.00am for an hour, and then after 10.00am everyone is welcome for tea, coffee, biscuits and a natter. Following today's meeting there will be a ride out to Brooklands Museum (see details on Page 2)

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Editor Max Webber

Marathon runners don't get race ready by just running 5 miles, but instead do various distances including running further than 26 miles. Have a look at this [blog](#) about how tiring it can be riding in the rain, so you fair weather riders need to practice this too.



Finally, we have the rider's personal fitness. How fit are you, and are you carrying a bit too much 'timber'? Not only will shedding a few pounds result in the bike accelerating quicker, but more importantly you will be able to stop in a shorter distance. Added to this you will also increase your bike's MPG, reduce wear and give the suspension less work to do. Getting fit is good for you too and will increase your physical stamina. Try this simple sit down/sit up test. See [here](#) and the accompanying video [here](#).

If my last 3 articles have only influenced 1 person in a positive way, then I will have succeeded. Hopefully there will be many, many more.

Welcome to WSAM

A warm welcome to the following new member this month.
Ian Edgerton - Littlehampton

WSAM Ride Out Dates

June 10th — Brooklands Museum, Weybridge. Following the monthly meeting Dial Post Village Hall, Peter Smith will be leading a ride up to Brooklands Museum, The ride will leave at 11.00am sharp, so make sure you are there by 10.45am to hear the briefing. See the museum website [here](#) and the wiki page [here](#).

June 10th — Brooklands Museum

July 8th — Sammy Millers

August 12th — Redhill Aerodrome Cafe

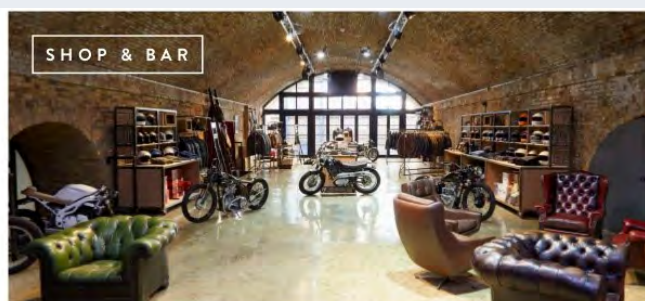
September 9th — Rye Marina and The Bosuns Bite

October 14th — London Tour

Following a recent visit, member Liam Hoad has kindly done a short write up for us.

The Bike Shed Motorcycle Show

May 25th – 27th 2018



I'd been wanting to visit the Bike Shed in London's Tobacco Dock for ages and when I saw an event listed on Facebook for the weekend 25th to 27th May I thought I should go and see what all the hype was about. With about 240 custom bikes on show numerous bars, a pub, food and coffee vendors it was definitely going to be an interesting event.

Over 300 exhibitors, Brands, Gear and Apparel shops all trying to ease a few pounds from your wallet plus live music kept us all busy for a while.

I must admit I was impressed, it's not my normal sort of thing, preferring a quieter time, but it was great to sit on an old chesterfield sofa drinking a pint of beer watching as people drooled over the fabulous bikes on show.

Tobacco dock itself is a great location, much larger than I'd expected and much akin to Covent Garden in my mind; open walkways and small shops on either side. Set on two levels although the show was only occupying the upper / ground floor and with a lovely vaulted glass roof letting the sun flood in.



I opted to go by train but there was ample free bike parking and an onsite cloakroom, so you didn't need to lug your gear around all day in the hot sun.

I know others from WSAM went and from what I saw on Facebook were equally impressed.

I definitely think I'll be heading back on a quieter day to enjoy lunch and a pint.

Liam

GDPR.

Yep, I'm afraid that it affects us too, both at local WSAM level and also at IAM HQ. We've had guidance from HQ that we are ok to continue sending emails and newsletters etc, but we have to give you the option to 'opt out' if you should so wish. HQ have devised a very simple form that in the event you would rather not be contacted, all you need to do is complete the attached form and send it in.

Any questions, please contact Rob Bright, our WSAM GDPR chap at bright315@btinternet.com

Welsh Wales

A few weeks ago, WSAM took the majority of it's Observers up to LLandrindod Wells for a Radio Training Weekend. Thanks to Rob Bright for this review.

Over the early Bank Holiday weekend in May a group of 15 Observers participated in a training event in mid Wales. The group met up at Tesco's in Chichester full of fuel and enthusiasm for the forthcoming trip. With a scheduled departure time of 10:30, our back door, Kevin, rocked up at 10:28!!

Aby led by Max Webber, we set off for the first leg of the journey, using the "drop off" method to keep together. Using 'A' and 'B' roads we arrived at the Solstice Services on the A303 for refreshments and a stretch of legs.

The next leg took us across the Salisbury plain, dodging the tank ordinance, and practicing our filtering skills on a short, but busy section of the M4.

Another stop at the Severn Bridge View Services before crossing the bridge to pick up some lovely winding roads through south Wales and arriving at our Hotel in Llandrindod Wells at about 5pm.

Unfortunately Roger picked up a puncture on this leg, and with help from John, managed to effect a temporary repair and arrived at the Hotel in plenty of time for dinner.



Saturday greeted us with clear blue skies and we started the day with some class-room training on briefing Associates, with a very convincing new Associate on their Harley Fergusson acted out by Helen, and David demonstrating how not to brief a newcomer and then how to be effective on a briefing.

We then had a discussion on the use of the newly provided Bluetooth Radio kit. We then split into our Cell Groups to practice using the Radios, and thoroughly enjoying the excellent roads on well planned routes, with the added bonus of dry roads. One group decided to explore the more rural roads, being slowed only by having to open and close farmer's gates!

The evening meal was an opportunity to feedback on the day and socialise.



Sunday proved to be another lovely day, and we set off in our groups for a ride out before returning back to the Hotel for a final de-brief and setting off for Sussex on more great roads.

Arriving back in Sussex at about 8pm, with riders "peeling off" during the later stages, we all arrived home safely, "sore but satisfied!"

A great event organised by the Training Team, a big thanks to Max for planning and leading the ride there and back.

And Finally.....

For this month we have 3 video offerings.

Firstly, I know our roads are terrible, but check out this 1920's advert for a Dodge Motor Car. See it [here](#)

Secondly is there anyone in WSAM with a) enough cardboard and b) the skill to build one of these. See what I mean [here](#)

And finally, just a bit of fun. Last month was a ping pong ball, this month a potato. See it [here](#)

That's all folks. Max