



SAM Weekly Newsletter - 14th April 2023

Biking news for ALL our advanced riders, their family and friends

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Editorial

Well it's the season for charity rides and it's kicked off with the Easter Egg run to the Sheffield Children's Hospital. Observer Steve Bennett is still planning an epic 1,000-mile ride in aid of the British Legion Poppy Appeal. Observer Pete Lenthall has joined the Relay Riders UK to raise money for the National Association for Bikers with a Disability. Both are worthy causes that deserve the support of SAM Club members, so be generous.

In this week's newsletter we start with the myths put out by social media contributors. The myth, a somewhat dangerous one, was to advertise that high speed cameras on the M1 and M25 were to be set at 72 mph. The posts were shared widely across social media in a stupid attempt to encourage road users to break the law. Still the Police are fighting back with unmarked, some say camouflaged, speed camera vans. There will be little or no warning of their presence and new camera technology is amazingly accurate, even in poor weather conditions.

If you'd like to get away from the silliness of social media and unmarked police vans, try Albania. You can read and watch a Zero SR/F going off road on what looks like an unpaved mountain track. Be warned, it's heart-in-the-mouth (or clenched buttocks if you prefer) at times. To help recover there is some advice for nervous bikers on how to deal with riding anxiety. Taken from a personal perspective it offers some practical ways in which bikers can cope with riding nerves.

The world of safer riding just got a little better. Aspar, a Spanish company, has just developed affordable Airbag Vests. Taking on the likes of Alpinestars, it looks like bikers will be paying a little less for safety gear. Also, take a look at how Honda's motorcycle crash detection system works. Charting the history of Honda's crash protection development, it describes the journey from 4-wheeled vehicles to 2-wheeled rides.

In other news, read about how Parisian voters took on the menace of e-scooters by voting to ban them from the city. You can also read about how heated clothing is not just for winter.

Onto the history slot with two stories. One about a cost-effective 4-cylinder classic bike. The other is about stuntwoman Debbie Evans. Happy reading.

Ways to stay in touch with your Club!

It's really easy to stay in touch with your Club! We provide emails, a website and use social media accounts for you to contact us. All of which is free of any cost to the Club. If you are not getting the Club information circulated, or simply want to tell us something, ***just let us know*** at sam-editor@iam-sheffield.bike. We'll be happy to ensure that we stay in touch with you. You can also now sign up for Club emails on the [SAM website](#). You can unsubscribe at any time by clicking the link in any SAM Club email.

Paul Conway

Editor & Webmaster, Sheffield Advanced Motorcyclists

SAM Members Supporting Charities



He's at it again! A real sucker for punishment, SAM Observer Steve Bennett is taking on another 1,000-mile challenge. This time it's in support of the Royal British Legion Poppy Appeal. I'm sure that SAM members will be very generous in supporting Steve on his latest charity ride. [Please donate here](#). Thank you.

There is getting up early and there is getting up really early to do a ride for charity. Pete Lenthall (SAM Observer) is riding for the National Association for Bikers with a Disability (NABD). The challenge? To take part in a relay ride around the UK with a bear Relay Riders UK. Getting out of bed at 2am to ride leg 142, Pete will be riding from 0300 hrs to take the bear from Mcdonalds in Barnsley to the Ship Inn in Doncaster. Each year Relay Rider UK raises funds for a nominated charity. [You can to this ride here.](#)





Biking News Online



POLICE BEGIN USING UNMARKED SPEED CAMERA VANS New speed camera vans currently being used in Northamptonshire are unmarked, and painted grey, to make them harder to spot. New 'stealth' speed camera vans are beginning to be utilised in the UK, starting with Northamptonshire Police. The new [speed camera](#) vans were rolled out for the first time by Northamptonshire Police at the beginning of April, but are intended to be used more widely throughout the UK. [Read more](#)

The Simple Philosophy of Spreading Good Along the Way. Who are we? Have you ever asked yourself this question? It may seem trivial, but it's not easily answered. Our story is one of passion, adventure, dark moments, and willpower. And, of course, a motorcycle trip. It started back in 2015 shortly after Luca and I met. At the time, I worked in tourism and Luca in fire prevention. We enjoyed our lives, and while I was constantly looking for my place in the world, he focused on career and physical training. Then, suddenly, everything changed in ways we could never have expected. [Read more](#)



[Paris Climate Accord Vs Paris e-scooters](#) Parisians vote to ban e-scooters from French capital. An overwhelming majority of Parisians voted to ban electric scooters from

the streets of the French capital on Sunday, in a non-binding referendum that city authorities have said they would follow. The ban won between 85.77% and 91.77% of the votes in the 20 Paris districts that published results, according to the City of Paris website on what was billed as a rare “public consultation” and prompted long queues at ballot boxes around the city. [Read more](#)

Cost Effective Classics – Honda CB750 F2N Four pots, good looks and reliability, all for under four grand! Even if you’re not into classic bikes, you’ll know about the legendary Honda 750/4, the world’s first true superbike. Launched in 1969, it rewrote the rules and swiftly made four-cylinder motorcycles the norm. Honda would go one to deliver liquid-cooled V-fours that utterly eclipsed the old CB750 for dead but they still kept faith in the concept. The CB750F2N is arguably the most refined of the genre. [Read more](#)



Heated gear is not just for Winter..Keeping warm when you’re on two wheels can be a bit of a challenge – even in Summer when the sun’s gone down! We’ve all been wearing heated motorcycle gear over the last few months, and it’s been a revelation. Here’s what Editor Ross has to say about his Gerbing: I’ve done my fair share of rides cursing myself for not being better prepared for the cold. But now I’ve got no excuse because I’ve got my hands on a couple of bits of heated gear from Gerbing, which have stopped me shivering on some seriously chilly treks. [Read more](#)

Spanish Startup Aspar Air Presents Two New Airbag Vests. The company is focusing on bringing affordable yet protective airbag vests to the market. Airbag vests are rapidly gaining popularity, with more and more people adding them to their gear collections. Indeed, airbag vests have made such a big difference in the world of protective equipment, that they've become mandatory in the global racing stage. That being said, airbag vests are now more affordable than ever, as more and more manufacturers are producing them at much lower costs. [Read more](#)



Watch A Zero SR/F Rider Traverse A Tricky Off Road Trail In Albania. Rocks, mud puddles, and water crossings, oh my. What a difference a month makes, hey? In March, 2023, moto traveler Marc Travels showed us that his Zero SR/F was reasonably capable at handling some light off-road duties while riding in Tunisia. Now that it's April, he and his girlfriend/travel companion Maree are riding through Albania. While that first off-road SR/F jaunt didn't have mud and water crossings, Albania's K1 route seems to have them in abundance. [Watch & Read more](#)

Riders You Should Know: Ace Hollywood Stuntwoman Debbie Evans. She's in all your favorite movies and TV shows, and maybe you didn't even know it. What kinds of movies and TV do you like to



watch? No matter what your answer is, if it has any kind of stunt driving or riding in it, there's an extremely good chance you've witnessed and enjoyed Debbie Evans' work. She's widely considered one of the top stunt drivers—and riders—in Hollywood, and as of November 2021, she has 396 stunt credits on IMDB to her name. [Read more](#)



HAVE SPEED CAMERAS ON M1 AND M25 BEEN SET TO 72MPH?

Information circulated on social media suggested that speed cameras would be set to 72mph on the M1 and M25, but is it true? It has been circulated in recent days that speed cameras on the M1 and M25

motorways in the UK have been set at 72mph, however this is untrue. Social media posts yesterday (5 April 2023) suggested that at midnight (00:00 on 6 April) speed cameras on the M1 and M25 [motorways](#) would be set to 72mph, with an automatic ticketing system for those exceeding the limit. [Read more](#)

Top tips for new nervous bikers. If you feel like your stress and anxiety are holding you back from achieving more on your motorbike, stay tuned because I will tell you my three simple tricks that have helped me overcome anxiety and ride further. Hey [Sprocketeers](#), welcome back to the blog. My name is [Saffy Sprocket](#),



and today we will talk about something a little different. It's a topic that more and more of you have been approaching me about lately, particularly at the London show, and a common conversational topic usually has gone a little bit like this:

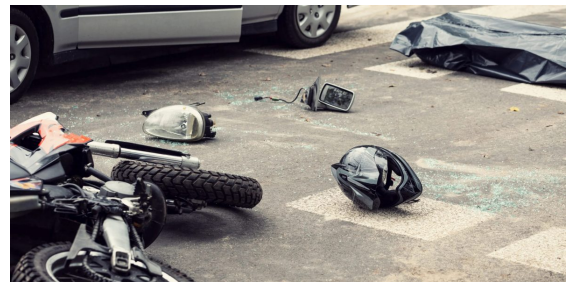
“How do you do it? How do you charge straight in, try new things, and not be scared.” [Read more](#)



How to overcome motorbiking anxiety. Do you get anxious when riding a motorcycle? In this video, I'll share four tips for overcoming motorbiking anxiety. These tips have helped me to enjoy my rides and stay safe while doing them! If you're

struggling with a fear of motorbiking, hopefully, some of the techniques I used will also help you. Watch here. [Watch here](#)

Honda's New Crash Detection System: How It Works. To those that follow the news about new and exciting motorcycle technologies, crashing is often the furthest thing from one's mind.



Indeed, many of the latest and greatest technological innovations are focusing on preventing crashes, either through new and updated traction control systems, anti-wheelie systems, and the like. This is why [Honda's](#) latest patent application in Japan is such an important one. [Read more](#)

SAM Meetings



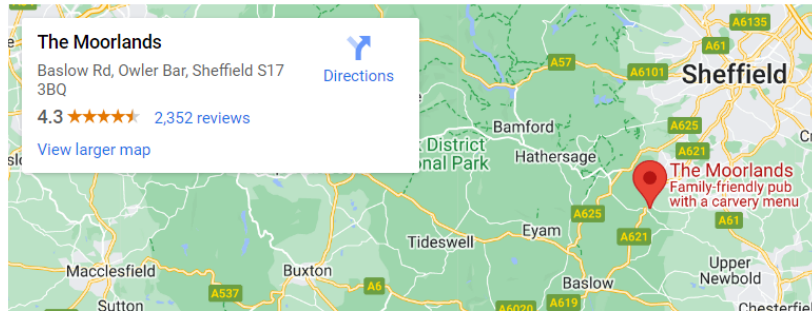
**SAM Club Saturday Meetings, Meadowhall Retail Park
9am every Saturday throughout the year.
Come and join us - you know you want to ride!**



Next SAM Club night: **1st May 2023 meet at 7.30pm for an 8pm start at [Treton Miners Welfare, Arundel St, Treton, Rotherham S60 5PW, UK](#)**



Always carry your **FREE Biker I.C.E. Card**. It gives emergency services staff vital information about the right treatment for you, should you be involved in an accident. Don't forget to update it if your health and/or social circumstances change. *SAM Club - dedicated to helping YOU to be a safer rider.*



SAM Members FREE Spring Breakfast

15th April 2023 → 9.00am – 10.15am

The Moorlands Baslow Road, Owler bar Sheffield S17 3BQ

ALL SAM members, family and friends are welcome to join us.



Whiteknights Blood Bikers

Whiteknights Yorkshire Blood Bikes would like to hear from people who are able to become volunteer fundraisers for this vital charity that benefits patients in Yorkshire.



Please get In touch. Even if you can only spare an hour to volunteer for us - we really need people to help us. Hope to hear from you soon.

Message us through Facebook or email:

[fundraising@whiteknights.org.Uk](mailto:fundraising@whiteknights.org.uk)

Our colleagues at [Shropshire](#) • [Staffordshire](#) • [Cheshire Blood Bikes](#) collected an urgent package for the Microbiom Treatment Centre In Birmingham at 8am this morning. Volunteer rider Chris D , carried this precious cargo on his blood bike up meet up with [Whiteknights Yorkshire Blood Bikes](#) rider Stephen B just off



J30 on the M1 at Barlborough for a rapid handover just after 9:30am For Stephen , it was ride up to meet our volunteer driver Anth F [Wetherby Moto Services A1M](#) just before 11am , we then transported the package to [North Tees University Hospital](#) where Anth handed it over to a doctor who was waiting for it to start treating a patient just before 12 o'clock. Today is another great example of how members of the National Association of Blood Bikes ([NABB](#)) the member groups and unpaid volunteers work together to help a patient they will never meet and an outcome they will never know. As massive thank you the duty controllers behinds the scene's coordinating todays run and to the volunteers

riding / driving today. Each group is locally funded by the generosity of the public and local businesses , their donations make days like today possible. [#blood247](#) www.bloodbikes.org.uk www.ssbgroup.org.uk www.whiteknights.org.uk www.bloodrun.co.uk



Another relay completed in our area. Thanks to Whiteknight Tony and Steve from Greater Manchester Blood Bikes.

[#bloodbikes](#)

What does giving blood mean to you?

Give hope this Easter by registering as a blood donor!

Each donation made saves up to three lives.

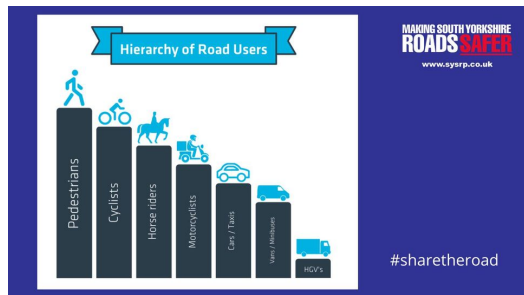
To book an appointment, click here [➡](#)

<https://bit.ly/3KbJLfs>



Happy Easter from [Whiteknights Yorkshire Blood Bikes](#). This picture of Whiteknight, Andy, was taken recently outside St Leonard's hospice. We're on duty across Yorkshire throughout the bank holiday weekend .

South Yorkshire Safer Roads Partnership



TWO WHEEL SAFETY. Morning guys. Over the next 2 weeks we'll be joining road safety teams across the country to promote motorcycle & cycle safety. "We urge every road user to be observant and courteous in sharing the road space with those

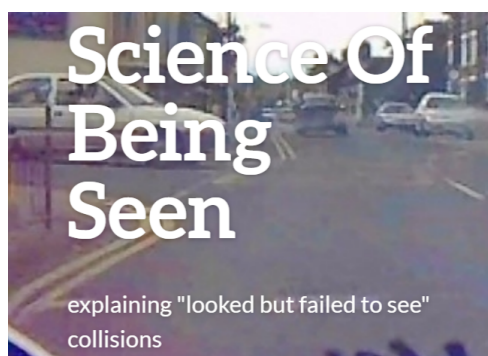
who face a higher risk of injury."

<https://sysrp.co.uk/Highway-Code>

BetheBest – we have created a generic logo to encourage all riders to take additional training in one format or another; such as IAM, BikeSafe or ERS. The new logo and #BetheBest tagline has been printed on promotional snoods to promote the campaign (available at SAM Club Nights). The snoods have been produced in a series of different motorbike brand colours, (Red, Orange, Green and Blue), to test if this approach is more appealing to riders.



Kevin Williams



For many years road safety experts, police and motorcyclists have known that the most common collision between a motorcycle and another vehicle happens when the motorcyclist has right-of-way and another driver

turns into the rider's path. All the way back in 1977, US researcher Harry Hurt stated:

"The most likely comment of an automobile driver involved in a traffic collision with a motorcycle is that he, or she, did not SEE the motorcycle..." [Read more...](#) Also, see all Kevin's posts at ko-fi.com/survivalskills.

LAST WEEK'S ROUND-UP

Riding a scoot? Don't hedgehop! A few days ago, I parked the car, checked the door mirror, the road behind was clear so I started to open the door... as I did, I heard a scooter approaching. I still couldn't see it in the door mirror but waited - as it wasn't ahead of me, it must have been behind me and hidden from view by the van I'd just parked ahead of. [Read more](#)



Elevenes 322 Wed 5 April - motorcycle news, tips & views

in today's show... residents in Paris vote to ban e-stepscooters...

consultation on more speed cuts in London... East Sussex spends £0.5 million to identify where A and B road speed limits could be reduced... free 'advice hub' for novice bikers from RoSPA... facial recognition said to be coming to BMW's bikes... software update by BMW turns off launch control without warning rider... Energica score a fifth place against ICE bikes on the Daytona banking... in today's discussion point - what's behind the ban on e-stepscooters in Paris? [Watch here](#)

*** VIDEO NASTY *** "The right speed for a bend.....is one that allow you to stop."

That was the point I made on Saturday in the fifth of my 'Quick-n-Easy' series of perking up our riding ready for the spring (when it finally

arrives in the UK, anyway). I made the point that whilst SLOW IN is a good starting point, CAUTIOUSLY ROUND is essential - and often missing from our planning when we only talk about following slow in with fast out. [Watch here](#)



This 'Masterclass' 50+ page e-book from Survival Skills tackles a question I've been asked for years - how to get better in corners. Written in ten sections, each looking at a different aspect of bends, this book will give you all you need to fix your own cornering issues. [Read more](#)

Violations and 'reckless behaviour'. Over the last few weeks we've taken a look at how our human nature makes us fallible and prone to doing things that in theory we shouldn't. I've looked at the human error behind slips and lapses, how we make mistakes. We've seen that at-risk behaviours frequently result from a lack of skill or knowledge rather than any kind of deliberate choice, and even how 'rule-breaking' violations aren't inevitably intentional. Even when we do choose to break a rule, it's not necessarily a decision that shows a total disregard for safety as so often inferred. [Read more](#)





Quick-n-Easy #6 Fast(er) out. Over the last five weeks I've looked at some relatively straightforward fixes to some cornering problems, and today's it time for the final step in the 'Slow in, Cautiously round,

Fast(er) out' routine for bends. The reason for 'Slow in' should be fairly obviously, if you read last week's item you'll understand why I add the 'Cautiously round' element in the middle. So today it's time for 'Fast(er) out'. [Watch here](#)

Many of the problems and mistakes we make when riding motorcycles are actually ridiculously simple. But that does mean one good thing. The fixes are usually equally simple. So nothing you'll find in these exercises will worry you, nor will they take long - just ten minutes per session repeated every couple of weeks will show immediate benefits. For example, the first set of exercises is all about smoothing out braking, and it's a surprisingly effective fix to smooth out our riding. [See here](#)



Elevenes 323 Sun 9 April - motorcycle news, tips & views. in today's show... Wandsworth's 20 limit deemed illegal... Euro report suggests 'smart and straightforward measures' to fix 'unacceptable' number of bike crashes... cost of fixing roads reaches £68,000 per

mile... but the government's inspection charges are unlikely to change anything... today's discussion point - visiting Professor Chris Hurren's MotoCAP bike clothing testing lab - the second part

of two... [Read more](#)

The roads are appalling but don't worry...the government says they are going to fix things. If you've been out on the roads already this spring, you'll probably have noted that the mix of ice and snow, then heavy rain, has made the surfaces even worse than this time last year. It's hard to believe that they could get worse, but that's the conclusion of the Asphalt Industry Alliance (AIA). [Read more](#)



IAM RoadSmart News

[Could Britain be the next country to say 'au revoir' to e-scooters after Paris ban?](#) Road safety charity, IAM RoadSmart, is raising awareness of the dangers of e-scooters following a landmark ban in Paris, which saw residents of the city vote overwhelmingly in favour of banning the controversial battery-powered vehicles.

[More information](#)

['Dorchester and West Dorset' and 'Bournemouth and Wessex' Advanced Motorcyclists Joint Observer Training Weekend in Devon](#)

Over 40 Observers from the two clubs, together with two guests from the Plymouth group, all met in Tiverton, Dorset, for a successful weekend of Observer training. [More information](#)



Choose the right helmet for your needs, budget and safety, so buy new and from a reputable retailer. Take a look at [Department for Transport SHARP helmet safety scheme website](#) for help and advice

<https://sharp.dft.gov.uk/>

[#MotorcycleSafety](#)

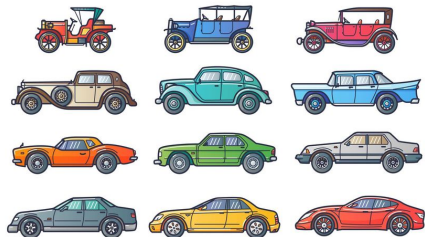
Make sure you're prepared when on the roads this Easter weekend.

Check out our hints & tips on how you can best prepare for any road trip.

<https://iamroadsmart.net/3U24dnA>

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It's World Health Day and the 75th anniversary of the World Health Organisation. Road safety has always been a high priority for WHO, and over the last 7 decades we have seen huge changes in vehicle safety improvement.

In recent years we have seen the implementation of automatic braking, pedestrian detection, and self-steering in vehicles.

Let us know your thoughts on how road safety has changed for you over the years.

Many collisions happen when drivers don't see the motorcyclist. It's not always because they didn't look properly. It can be the optical illusions that can make it hard to see you on the road! A free [#BikerDown](#) session can give advice and riding techniques to help avoid a collision. [#MotorcycleSafety](#) [Find your local Biker Down](#)





Susan - IAM RoadSmart's Executive Assistant and Office Manager, recently completed her Advanced Driver test. She corrected any bad habits she had picked up over the years and learnt some new Advanced skills to improve her everyday journeys. When asked if she'd recommend the course, Susan said, "Yes totally, it makes you more aware of your driving standard and

that can only be a benefit to all road users." Spot Susan in [our Advanced Driver video](#)

Want to become a better rider? Our Advanced Riding Course can help. The roads can be a dangerous place, even for the most alert and cautious riders. While you can never be 100% safe, becoming an advanced rider will equip you with the skills to correctly anticipate, and plan for, the hazards you encounter on your rides. [Find out more](#)



SAM members have you got some news to share? Send it to sam-editor@iam-sheffield.bike and share it with all your SAM Club friends...

Stay healthy and ride safe

Paul Conway (on behalf of the SAM Committee) Sheffield Advanced Motorcyclists

Charity no. 1089671 IAM Group no. 4152



Saturday Meetings are for club members, observers, associates and ANY biker interested in taking an advanced rider course. Meetings are usually for one of these purposes:

- members take the opportunity to catch up with each other and generally socialise
- observers will be taking their associates out as part of their preparation for the advanced test
- other members will form smaller groups and ride out usually for breakfast somewhere
- Bikers who want to learn about how to become an advanced motorcyclist

If you'd like to find out more about us, join us at 9am any Saturday throughout the year, at Meadowhall Retail Park, Sheffield S9 2YZ, just off J34, M1.

Being a member of the SAM Club

To be a member of the SAM Club you MUST also be a current member of IAM RoadSmart. As a registered UK charity the SAM Club has charitable objectives to provide advanced motorcycle education and training. Our charity has to abide by the national standards, testing and liability insurance cover to continue these activities. Liability insurance ensures that, within the events covered, both the SAM Club, its Trustees and members are safeguarded against most untoward events; this includes all formal training and social events. Also, the SAM Club is dedicated

to promoting the education and training of bikers in advanced riding knowledge and skills, both locally and nationally. At a total cost of £50/year, i.e. 96p/week, you help ALL your fellow bikers to improve their riding knowledge and skills. Thank you.

Associates: SAM's highly trained, dedicated, self-funding, volunteer Observers, meet all their own expenditure in providing your training. When you go out on observed rides with your Observer, we are asking you to donate £10 to offset a little of their running costs in helping you to become an advanced motorcycle rider. Thank you.

Extra bits

- Next SAM Committee Meeting: **26th April 2023**
- Next SAM Club Night: **1st May 2023 at 7.30pm for an 8pm start** [Treeton Miners Welfare, Arundel St, Treeton, Rotherham S60 5PW, UK](#)
- **Gift Aid Form:** Gift Aid allows UK charities to claim back the basic rate tax already paid on donations. This means we can claim back from the government on your behalf 25p for every £1 donated, boosting the value of the donation by a quarter. Use this link to fill in the form on the SAM website and send it to treasurer@iam-sheffield.bike.
- **Not getting your SAM emails?** If any member is NOT getting SAM Club emails, first check your junk folder, then send a request to sameditor@iam-sheffield.bike. Pass on this message to any members who are complaining about not getting their SAM Club emails.
- **Changing your email address:** If you change your email address then let me know so that we can keep you informed of all the exciting things
- happening in your club.

- **IAM RoadSmart member discounts:** SAM members, are you making the most of your IAM RoadSmart membership? There are lots of discount savings that can offset your IAM RoadSmart and SAM membership fees, so grab a bargain TODAY!
 - **Share with your friends:** Know someone who is interested in biking? Why not share this SAM Update and help them to be an advanced rider.
 - **Follow us on** [Facebook](#), [Twitter](#) & [Instagram](#).
-

What are we about...

The Sheffield and District Advanced Motorcyclists (SAM) are an independent charity that provides public education, and training in advanced motorcycling skills. Its aims are to increase public awareness and understanding of motorcycling and the advanced knowledge and skill skills required to ride safely on public roads. It is an affiliate group of the Institute of Advanced Motorists (IAM RoadSmart) and works closely with statutory and non-statutory organisations in promoting public information and education on motorcyclists and motorcycling in its designated region. SAM's volunteer motorcyclists are all trained to and maintain national standards of advanced motorcycle riding. They provide ongoing guidance and support to prepare motorcyclists for UK nationally recognised advanced motorcycling tests. SAM works closely with other charitable groups who require advanced motorcyclists to support public events, NHS dispatch rider services and many other socially responsible activities. SAM provides an essential public service in encouraging, promoting and marketing improved safety on public roads in the UK and internationally through IAM RoadSmart. SAM also has a very active social events programme that encourages its members, family, friends and the public, to both support the charity's socially responsible objectives and enjoy the camaraderie and support provided by the club.

Club Merchandise

"YOU can proudly support YOUR Club"



Clothing can be ordered online direct from:

APRINT LTD

138 Morthern Road

Wickersley

Rotherham

S66 1EA

Telephone: 01709 709977

Fax: 01709 709987