

SHEEP TAILS

Welcome...

...to the first edition of 'Sheep Tails'



With the launch of the new website and club kit we thought it would be nice to keep our riders informed of what we've been up to and what we have planned in the coming weeks.

So welcome to the very first edition of 'Sheep Tails' (*thanks Dave*), the publication that aims to keep you, our merry flock, in

the loop with everything we're doing and keeping the social side of cycling alive.

Each issue promises to bring you something slightly different from celebrity interviews, bike maintenance tips, favourite trails to what's hot *and not*, in the world of cycling.

In this issue...

We ask the questions of one of our flock and they give us the *truthful* answers.

Caption Competition, the best caption for the featured photo wins a small prize.

Foxdale provides us with a brief insight in to a social ride. If you fancy yourself as a bit of a writer send your Ride Blogs, and photos in to gadge@loaghtanloaded.com where we will publish them on the website.

We want pictures of you and your bike.

The bells are ringing, but not your bike bell.

Time to give your bike the spring clean it deserves. Top tips for trouble free biking.

-Gadge

How to get in touch:

www.loaghtanloaded.com

info@loaghtanloaded.com

SPRING HAS FINALLY SPRUNG OR HAS IT...

Well the flowers and trees certainly think it has. We're not sure the weather has realised it though, one week glorious sunshine and warm days, the next gale force winds, rain, sleet and even a smattering of snow on the higher hills.

So what has this indecisive and inclement weather meant for our hardy flock who last week saw them shed their fleeces ready for the warm Spring weather? Well for the hardy bunch that

venture out on the Tuesday and Thursday Social Rides, over the last few weeks they have been rewarded with home made cakes for their efforts thanks to chief caterer Rach!

If you haven't sampled any of Rachel's wares yet then be sure to pop along to one of the regular social rides where you will be made more than welcome. All we ask is that you bring a sense of humour along with you.



15 QUESTIONS WITH.....PETE

Welcome to our regular feature, 15 Questions, where we ask the questions and our riders answer them. First to answer the questions, in fact he was first to reply and wins himself a nice bottle of Red

wine is Peter Corrin from FIT4HIRE (www.fit4hire.com), well done Pete!

Name: Peter Corrin

Nick Name: Mr Peeps

D.O.B: 8th February

Home Town: Ballasalla

Bike/s: Specialized Camber Expert (Triggers Broom) and a GT Avalanche 1.0 (Warhorse)

Favourite Drink: Alcoholic - Liquer 43 / Soft - Lucozade

Favourite Food: Starter - Spring Roll / Main - Steak with anything / Desert - Cheesecake

Favourite Colour: Red

Lucky Number: 5

Musical Influences: Noah and the Whale & The Killers (at the moment)

Favourite Movie: Superbad

Currently Reading: Nicholas Nickleby (honest!!)

Tea or Coffee: Tea

Milk, Dark or White: Dark

Hard or Runny: Hard...I think!

MAC or PC: PC

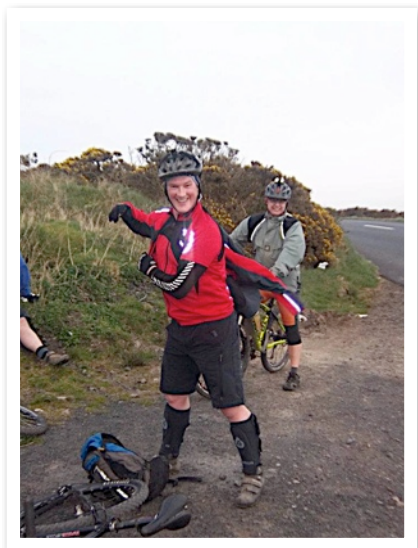
One person to be stranded on a desert island with: As the wife is standing over me..I have to say her, if she wasn't here then Bear Grylls (at least I'd live to tell the tale!)

Three things to be stranded on a desert island with: Mountain Bike (if the island was a decent size), sun cream (my milk bottle skin burns easily) and Wilson the ball

Interesting fact about yourself: The fact I can't answer this has made me realise how boring I am...OH I once appeared on News Northwest for...wait for it...Manx Dancing!

CAPTION COMPETITION

BLOWN MORE TIMES THAN HUGH GRANT...RIDE BLOG



Submit your captions to info@loaghtanloaded.com by no later than the 30th April to be in with a chance of winning a prize.

The winning and top captions will be published in the next issue.

We met at The Highwayman for tonight's event, much to Skippy's annoyance we rode past every takeaway in Peel, the aroma of chips soon disappeared as we began to climb up Peel Hill, Skippy looked back one last time at the Chippy with a tear in his eye.

It was quite a tough climb into a strong head wind, at the top we were nearly blown off. The wind so strong that Skippy's cast iron bike could be used as a kite, Bazaar kept us amused with his repertoire of sound effects from the Archers. The descent was more a case of going where the wind took you.

Once down we went through Patrick, the smell of chip shops replaced with the smell of cow shit, it was onto BarnellYippee....yet another head wind and another slog after realising that trying to shelter behind Stevio was pointless. As we went about the ascent we had a short respite at the top before heading onto the babies head track...

ggggrrrrreeeeaaaaattttt another head wind, then at last a descent, sadly Bazaar and Neil failed to take advantage both suffering from pinch flats half way down, John stayed to help Bazaar and Skippy stayed to help Neil though this was a ruse so he could rummage through his Camelbak for food.

As time was running out it was a quick road ride up 'brack a broom' and back to the pub, the main topic of discussion on the way back was 'Is it possible to fart whilst in the saddle?' Answers on a post card to canyoufartonasaddle@loaghtloaded.com

CONGRATULATIONS TO CATREENA PRICE AND ROB QUIRK
ON THEIR RECENT MARRIAGE



The Groom makes sure the wife has her own hair!

After demolishing the buffet, Skippy moves onto women's shoes

The Happy Couple! We would like to extend our congratulations and best wishes to Cat and Rob on their recent marriage.

UPCOMING BIRTHDAYS AND EVENTS

6th April - Tim's Birthday
8th April - Rachel's Birthday
21st April - Gadge's Birthday
4th - 8th May - Tour!
15th June - LDLR sign-on
16th/17th June LDLR

Entries for Longest Day, Longest Ride soft close on Friday 27th April and will hard close on Friday 8th June. Visit www.ldlr.im for further details and register your entry.

GIVE YOUR BIKE THE SPRING CLEAN IT DESERVES

Remove the seatpost and lube the shaft and seat clamp bolt. Clean down the inside of the seat tube with a large bottle brush or a rag on the end of a stick.

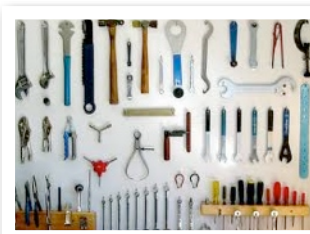
Dodgy rear shifting can be caused by a loose derailleur hanger, rear derailleur or cassette lockring. It's worth checking all three are tight and using Loctite on the former if it comes loose more than once.



Undo and remove the stem. Remove the bolts and clean the threads. Regrease them, then refit. Inspect both the bar and steerer areas.

Clean any gunk off the fork seals. Trickle a small amount of oil (chain lube will suffice) onto the seal area and compress the fork, wipe of the excess.

Check your tyres for rips, bulges, thorns or glass embedded in the surface. Check the pressure. If you have time, remove both the tyres and tubes sprinkle talc inside the tyre and refit.



THIS MONTHS TOP TIP

Buy some latex gloves, bike oil is a nightmare to get out from under your nails. If it's too late for that, scrub your hands with washing up liquid and sugar, only adding water right at the end.

MORE TOP TIPS NEXT MONTH