

# SHEEP TAILS

## Welcome...

...to the light and our second edition of 'Sheep Tails'



Now that the nights are stretching out and the weather is getting better we look forward to those dusty social rides finished off with a nice refreshing pint.

March saw the return of Gadge to the social scene with a ride out with the boys on very dusty tracks, a sign of good times ahead? Find out how that and

other rides went by logging on to our website ride blogs page, [www.loaghtanloaded.com/ride-blogs/](http://www.loaghtanloaded.com/ride-blogs/), and read all about them.

If you would like to join us on any of our social rides simply drop Coops an E-mail [coops@loaghtanloaded.com](mailto:coops@loaghtanloaded.com) with your details and he'll add you in to the distribution list.

## In this issue...

The *in-famous* walk amongst the flock. We ask the questions of one of our flock and they give us the *truthful* answers.

More from 'Behind the Bars' by Foxdale.

GPS or no GPS, see how to track your rides cheaply with our 'Top Tip' Feature.

Social Ride & Events Calendar for the month ahead.

Recipe/Drink of the month. *A must read for Skippy!*

-Gadge

How to get in touch:

[www.loaghtanloaded.com](http://www.loaghtanloaded.com)  
[info@loaghtanloaded.com](mailto:info@loaghtanloaded.com)

Follow us on Twitter:-  
[@loaghtanloaded.com](https://twitter.com/loaghtanloaded)

Follow us on Facebook:-  
[www.facebook.com/groups/LoaghtanLoaded](http://www.facebook.com/groups/LoaghtanLoaded)

## THE CLOCK IS TICKING...

We are now just 48 days\* away from the start of the Longest Day, Longest Ride 24hr Charity MTB Endurance event which is now in its 3rd year.

Each year the club organise the event and have helped raise nearly £10,000 for local charities and hope to increase on this again this year. The chosen charities this year are Autism in Mann and Rebecca House, both we think you will agree are worthy charities.

Entries will close on Friday 8th June with rider sign-on taking place Friday 15th June at St Georges AFC from 4pm until 8pm.

Did you know that in the last two years of the Longest Day, Longest Ride event there have been; 1,915 laps completed  
Over 5,783 miles cycled (4,415 in 2011 alone!)

\*At time of going to press.

15 QUESTIONS WITH.....SEAMUS



Welcome to our regular feature, 15 Questions, where we ask the questions and our riders answer them. This month we get to know a little more about Séamus Shea.

**Name:** Séamus Shea

**Nick Name:** Hamish

**D.O.B:** XXX

**Home Town:** Dublin, Oireland

**Bike/s:** Trek Remedy 8 (The Mother Ship), Trek 6000 - (The Support Module) & Trek 800 Cromoly - fully rigid circa 198? - (The Supply Vessel)

**Favourite Drink:** Alcoholic - Guinness / Soft - Root Beer

**Favourite Food:** Starter - Smoked Chicken salad with balsamic vinaigrette on a bed of more smoked chicken and balsamic..... / Main - Breast of Duck, cooked rare, with almost any sauce / Desert - Profiteroles injected with fresh cream and hot chocolate sauce (dark)

**Favourite Colour:** Blue with white polka dots

**Lucky Number:** 1

**Musical Influences:** Séamus Ennis

**Favourite Movie:** Rumble Fish

**Currently Reading:** 'Right Ho, Jeeves' by P.G. Wodehouse's

**Tea or Coffee:** Coffee in the morning, tea in the afternoon

**Milk, Dark or White:** All are nice

**Hard or Runny:** Brown

**MAC or PC:** Both a blight really

**One person to be stranded on a desert island with:** Winston 'The Wolf' Wolfe, Harvey Keitel's character in Pulp Fiction

**Three things to be stranded on a desert island with:** My bike, a fishing net and a box of matches

**Interesting fact about yourself:** Through my job I have given lifts in my car to, Danny La Rue, Tony Hadley, Debbie Harry and best of all was John Peel and we spoke about music for 45 minutes - most enthralling!

CAPTION COMPETITION



Submit your captions to [info@loaghtanloaded.com](mailto:info@loaghtanloaded.com) by no later than the 31st May to be in with a chance of winning a prize.

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

WET ONES - BY FOXDALE

I rode in from Foxdale, the air was thick with smoke from the open fires, people burning papers from the recent witch trials I suspect.

Tonight's ride started from the NSC after a little wait we decided to head off, two no shows Barry due to the tooth fairy visiting him today (a brave little soldier) and Stevio due to either a small amount of dampness or he was going over Harry Rednapps tax return.

The ride was eventful if only because it was uneventful, Gav and Bolty behaved themselves though, this was mainly due to them being separated going up Trollaby.

At the top we went up Nab Farm lane stopping at the summit so Bolty could ring his trader about the price of gold. Down the Millennium Way and onto Bluebell Lane where Coops pulled a fast one obscuring my view of the large puddle at the bottom I parted it like the Red Sea.

A quick blast on the railway lines to 7 gates then up to Archie where we introduced Selwyn to the joys of riding through trees with poor visibility due to the fog. At the carpark I headed back to Foxdale leaving the others to ride back to Douglas.

A pretty uneventful ride, good job it stayed reasonably dry or we could have got wet.....A special mention to Gav for doing well on his first ride out without stabilizers.

TRACK YOUR RIDES WITHOUT AN EXPENSIVE GPS



Here's a cheap way to record your rides without the need to spend hundreds of pounds on a flashy GPS.

Find an old phone you have lying around in the bottom of a drawer — turn it on and check the batteries still work.

Check it has Bluetooth and expandable memory (via the SD card take off the back and you'll see the slot).

Go online and buy a cheap Bluetooth GPS receiver (try this: [bit.ly/gpsbluetooth](http://bit.ly/gpsbluetooth)).

Download the free application Trek Buddy [www.trekbuddy.net](http://www.trekbuddy.net) and install it on your phone. You can get versions to work with Symbian, Android, Blackberry, Windows or Palm.

You're set. Turn everything on, pair up the phone and GPS through Bluetooth and open the Trek Buddy app. Wait for the GPS fix and ride!

JOKE OF THE MONTH



Q: Why do bicycles fall over?

A: *Because they are two-tired!*

If you have any funny jokes or quirky tales to tell then we'd like to hear from you. Simply drop an E-mail to [info@loaghtanloaded.com](mailto:info@loaghtanloaded.com) and we'll get them published in the next issue.

GUESS WHO?



Who is our mystery rider from bygone years?

RECIPE OF THE MONTH

WELSH RAREBIT (serves 2) *'the perfect post ride snack'*

INGREDIENTS

- 200g Welsh hard cheese
- rooml Welsh ale (optional) or whole milk
- 2 tablespoons of finely shredded leek
- 1 teaspoon grain mustard
- 1 dessertspoon plain flour
- 1 free-range egg, beaten
- To serve - 2 thick slices of toast

METHOD

1. Grate the cheese.
2. Heat the ale/milk with the mustard and leeks. Gently cook until the leeks are soft.
3. Add the grated cheese and stir over a low heat until melted.
4. Remove from the heat and add the flour, place back on the heat and stir until thickened slightly.
5. Remove from the heat and stir in the egg, then leave to cool.
6. Liberally spread onto the toast, place under a hot grill, or in a hot oven and cook until puffed and golden.





LAST MONTHS CAPTION  
COMPETITION



WINNER - *'Skippy decided to put on his eating jacket (without help), before investigating the dead leg left abandoned in the hedge!'* - Will Nulty

*'I got no strings.....I'm a real boy!'* - Tim Shearman

*'If we are going back to Brokeback Mountain track again.....I'm dam tooting getting ready first.....'* - Séamus Shea

*'Skippy wished he had a hot date to put his extra arm to good use on!'* - Steve Ormerod

*'Skippy's endless trouble with wind!'* - Dave Newsham

*'Although smiling, Gadge was sick of having to hold Skippy's third arm for the whole ride!'* - Clare Cooper

*'Where did I put my money for chips...?'* - Simon Cooper

*'Where did I put my money for chips...?'* - Simon Cooper

Thanks to everyone who submitted captions and well done to Will Nulty.

Calendar

**May 3rd**

Vicki & Pete Corrin's 4th Wedding Anniversary, CONGRATULATIONS!

**May 4th - 8th**

Annual Tour - Losehill Hall, Castleton

**May 12th**

Douglas Bay beach clean, please register and show your support.

**Throughout May**

Social Rides, check website for further details

**June 15th**

Longest Day, Longest Ride - Rider signing on, St Georges AFC, 4-8pm

**June 16th & 17th**

Longest Day, Longest Ride - Conrhenny

If you would like to advertise in this publication please E-mail [info@loaghtanloaded.com](mailto:info@loaghtanloaded.com) for further details.



Fitness Equipment

Rental, Sales and Servicing

For rental - treadmills, cross trainers, rowing machines, exercise bikes and vibration plates - see pictures.



Keep fit in the comfort of your own home.

Hire before you buy treadmills, cross trainers, rowing machines, exercise bikes and vibration plates.

Purchase any fitness equipment from treadmills, to multi-gyms - no gym too large or small - we can also provide advice for the design of your gym.

We can service and repair your current equipment so that it works like new.

Free Island wide delivery for all rental equipment.



Visit - [www.fit4hire.com](http://www.fit4hire.com)

E-mail - [fit4hire@hotmail.co.uk](mailto:fit4hire@hotmail.co.uk)

Call / Text - 07624 432444