

SHEEP TAILS

Welcome...

...to 'Sheep Tails', the Feeling Peaky Tour Special Edition.



Now that the Flock has returned from its annual tour, this year to the Peak District, it is time to get on and focus on getting fit and getting out on more Social Rides. You can read more about the tour on the club website www.loaghtanloaded.com

If you fancy joining the Flock on tour here is a list of where we have been so far;

- 2005 Coed Y Brenin, N Wales
- 2006 Sinbad's Solo Lakes
- 2007 Hawkshead, Lake District
- 2008 Snowdon / Coedy, N Wales
- 2009 SW Scotland
- 2010 Hawkshead, Lake District
- 2011 Kettlewell, Yorkshire
- 2012 Castleton, Peak District
- 2013 ?????? you could have a say in next years tour destination!

In this issue...

We do our bit to help the local community.

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

More from 'Behind the Bars' by Foxdale.

Social Ride & Events Calendar for the month ahead.

Recipe/Drink of the month. *A must read for any serious athlete!*

-Gadge

How to get in touch:

www.loaghtanloaded.com
info@loaghtanloaded.com

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

Follow us on Facebook:-
www.facebook.com/groups/LoaghtanLoaded

MARINE CONSERVATION SOCIETY

Loaghtan Loaded MTB are committed to giving back to the community, the environment and recently took part in the nationwide Marine Conservation Society beach clean which saw a handful of club members, young and old, take to Douglas beach and help out picking up litter.

In the hour all the volunteers were there they managed to collect over 70kg of rubbish, mainly plastics. All this was in a stretch of shore approximately 200 meters long and 10 meters wide.

For further information on how you can get involved with the Marine Conservation Society please visit www.mcsuk.org/.





15 QUESTIONS WITH.....BARRY

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 Barry Martin.

Name: Barry Martin

Nick Name: Bazzar

D.O.B: 31/01/1970

Home Town: Onchan

Bike/s: 2008 Trek Fuel Ex9, 1998/9 Trek 8000

Favourite Drink: Alcoholic: Too many to name one individual favourite, but Whiskey and Bitter are amongst the top

Soft: Vimto at home or ginger beer if I have a softy at the pub

Favourite Food: Starter: Usually anything as long as there is some chili in it

Main: Pies

Dessert: Don't really like many sweet deserts so would end up with Cheese and Biscuits

Favourite Colour: Blue

Lucky Number: Not really got one

Musical Influences: AC/DC, Chillipeppers, U2, Bon jovi, have got a large taste in music from Heavy to Dance

Favourite Movie: Dude Where's My Car

Currently Reading: Boring technical manuals for work

Tea or Coffee: Don't like tea so it was coffee but have been of that for nearly a year so it is Peppermint Tea lol

Milk, Dark or White: Milk

Hard or Runny: Unsure what but gut reaction is hard

Mac or PC: PC

One person to be stranded on a desert island with: Never really given this much thought, suppose it would have to be Danny my little lad

Three things to be stranded on a desert island with: Fishing rod with tackle, a limitless supply of good food and a barbeque to cook on

Interesting fact about yourself: On the mountain bike usually will give anything a go, uphill, downhill, technical or plain stupid! I am usually there to give it a try lol

.....AND THEN WE CLIMBED SOME MORE - BY FOXDALE

We were honoured tonight to have Sinbad out first time for a while, apparently he's found God (he was under the stairs) and been doing missionary work in Willaston.

The meeting place was Kirk Michael which can only mean up straight from the start, a couple had never done the Baltic before, and they can't wait for it to come round again. A short rest at the gate to regroup and for Skippy to cough his lung up, then on to pick up the EzE course and left down to Ballacob, the tops ride really well this way.

We turned right at the first gate towards Ballaugh plantation, were Coops told us tales of witchcraft in the area (bones, blood and pentagons) just seemed like a normal Saturday night to me in Foxdale. The climb out of Ballaugh was great, it was fun to hear a man of the cloth swear so much. By the time we had got to the top Sinbad had promised to unsubscribe from the ride notifications and block Coops from the email list. The climb was worth it in the end if only to see the islands new tourist attraction 'the biggest stile in the world'.

At the top it was a short climb up the Druidale Rd over towards Mount Karrin, Sinbad was now panting so bad he took the opportunity to ring a 0845 number 'Dirty Mbr's-come and check my Nobby Nic out', Skippy was close behind Sinbad in looking like a rabid dog on heat till he remembered it could be chippy van day in Ballaugh, suddenly he got a second wind, it was then onto Ballacubbaragh, Skippy made the descent look easy till we realised his bike (pre industrial revolution made of pig iron) was on block brakes and couldn't stop.

With the legs now starting to feel heavy it was decided to stay on the road back to Kirk Michael, Neil led the way back, I just about hung onto his tail with the rest in close behind. A nice recovery/energy drink in The Mitre, guest beer 'Riders on the Storm', hit the spot. Seamus passed the test that me and Coops set him with flying colours by managing to open all the gates without any problems, unlike a previous fiasco.

Special mention to Sinbad and John who did well considering they haven't been out much recently.

JOKE OF THE MONTH



Q. Why did the burglar jump into the sea?
 A. *He wanted to start a crime wave.*

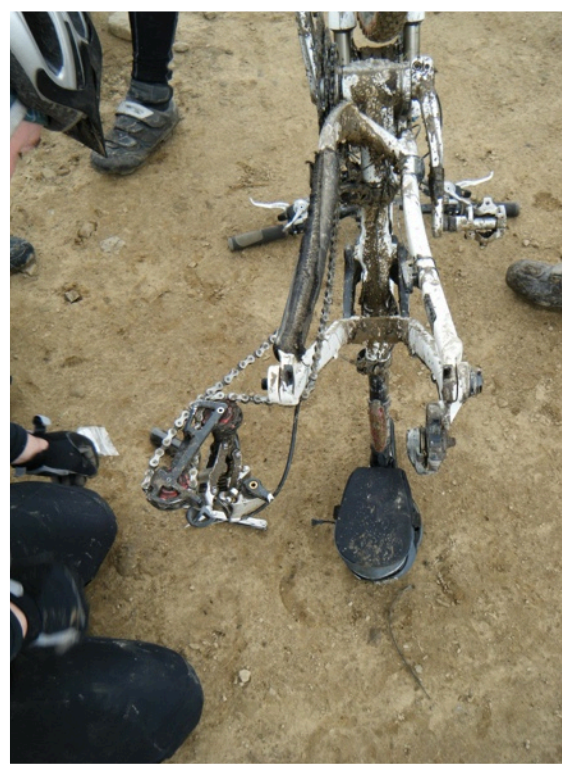
If you have any funny jokes or quirky tales to tell then we'd like to hear from you. Simply drop an E-mail to info@loaghtanloaded.com and we'll get them published in the next issue.

DID YOU KNOW?

Did you know that Loaghtan Loaded MTB club have a dedicated club bank account where you can setup a regular standing order to help spread the costs of new kit if you need it, club subscriptions and tour expenses.

If you would like more information or account details please contact coops@loaghtanloaded.com

OOOPPPSSS!!!



Bazzar busts hanger no. 3!

BEER OF THE MONTH

WELLS BOMBARDIER

Alcohol: 4.3%
Brewery: Wells & Young's
Style: English Bitter

A flagship beer of Wells & Young's, and increasingly popular, Wells Bombardier is a true best bitter. Despite its strength of 4.3% ABV (alcohol by volume), I felt that it is a good introduction to ales as it doesn't shock you with unexpected flavours.

The Wells Bombardier is a rich brown beer which sits well on the palate.

At first taste, its quite neutral in flavour, but after each mouthful a rich, slightly sweet flavour developed, reminding me of dried fruit and with a hint of winter spices.

A light maltiness started to show through as I continued to drink, balanced by just the right amount of hop.

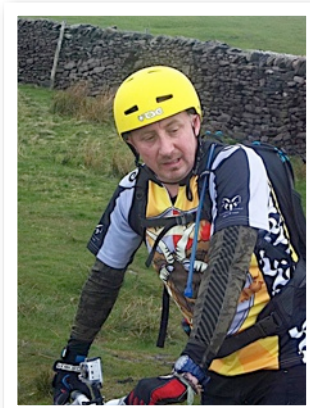
The more I thought about it, I began to realise that Bombardier probably suits the traditional Manx taste in ales, which is for a slight sweetness and without strong hoppy bitterness.

The wow! factor in Bombardier is that it leaves you with a warm feeling of 'that was a nice, pleasant beer'.

This mightn't sound too revelatory, but Bombardier is fulfilling in terms of the flavours and, personally, I would happily drink it again and again, as it never disappoints.



CAPTION COMPETITION



Submit your captions to 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.



Photo by Amy Bannister



Photo by Amy Bannister

SUMMER RIDING TIPS

Cool Drinking:- Drink before you are thirsty. Make sure you hydrate well the day before and on the morning of a big ride.

Most people these days have a Camel-Bak of some sorts and their utility has been proved. However, as anyone who's been out for a long, hot ride will know lukewarm or even hot water flowing from a plastic tube isn't very refreshing or tasty so we came up with the idea of filling the 'bladder' with ice cubes. Unfortunately this can be a pain as some bladders have small openings and the cubes don't fit through the hole and the cubes tend to melt in next to no time.

The solution is to 1/4 fill the bladder the night before and throw it in the freezer. Come the day of the ride, you just full up the remaining 3/4 with water and off you go.

Energy:- HobNobs are a good non-melting energy fuel for the hottest (and coldest) of days. Yo will need some water to drink whilst eating them though.

Cool Box:- If you drive to the start of your ride then why not pack a cool box with chocolate rolls and other goodies in the boot for that delicious treat after a long hot ride.



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.

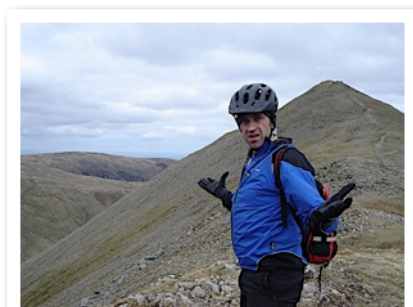
We can service and repair your current equipment so that it works like new.

Free Island wide delivery for all rental equipment.



Visit - www.fit4hire.com E-mail - fit4hire@hotmail.co.uk Call / Text - 07624 432444

LAST MONTHS CAPTION COMPETITION



WINNER - 'What the *%&* ?' Sinbad said left at the lights and it's all flat!' - Dave Newsham

'Lift up thine eyes, O Israel, lift up thine eyes "unto the hills," whence cometh thy help. (Ps 121:1)' - Seamus Shea

'Well I am sure to get a brain.' - Barry Martin

'Anyone seen the biggest mountain in England anywhere?' - Darren Quirk

'If you're lost and you know it, and you really want to show it clap your hands' - Darren Quirk

'Ok, I give up, where's the Slaughtered Lamb?' - Andy Simpson

Calendar

June 14th/15th

Final course preparations for the Longest Day, Longest Ride

June 15th

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

June 16th & 17th

Longest Day, Longest Ride - Conrhenny

Throughout June

Social Rides, check website for further details

If you would like to advertise in this publication please E-mail info@loaghtanloaded.com for further details.