

# SHEEP TAILS

## Welcome...

...to 'Sheep Tails', the Post Solstice (LDLR 2012) Special Edition.



The weather was looking set to be against us for the big event, all eyes were on the weather forecast the week before and it was ever changing; would we be lucky enough to miss all the rain that so much of the country was experiencing?

Thursday day was glorious, then it went down hill rather quickly with the rain setting in for the best part of the weekend!

Not too worry, we wouldn't let the weather dampen our days and spoil our fun. LDLR 2012 was here at last!

The months of preparation and planning would soon come in to their own and the challenge was set; for the riders, could they cycle for 24hrs; for the organisers, could they hold out?

The weather would provide a new test for man and machine!

### In this issue...

LDLR 2012, the results are checked, verified and confirmed.

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

More from 'Behind the Bars' by Hamish.

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:

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### EARLY MORNING RIDE PREPARATION

As spring and summer roll along we find ourselves miraculously getting up at the crack of dawn to get in a ride before the workday begins or meet up for an early morning group adventure. Though the temperature will rise with the sun, we need to consider how we layer to be most comfortable throughout the ride.

Arm warmers and a vest seem to be the best for cooler morning rides and easy to take on and off while on the bike. In addition, cyclists like to keep their legs warm in order to avoid cramping and to continue pedaling without additional strain. Trying a pair of knee or leg warmers that can be removed is better than tights during these milder days as overheating is as problematic as being cold. These removable layers are great for once the warm up portion of the ride has ended and the real riding begins.

15 QUESTIONS WITH.....DAVE



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 Dave Newsham.

**Name:** Dave Newsham

**Nick Name:** Foxdale

**D.O.B:** 8/8/1964 Just Day and Month if you'd prefer not to disclose your true age (Mr Quirk)

**Home Town:** Foxdale

**Bike/s:** Specialized Rockhopper – Trek fuel EX8 – Ghost SE 7000 LTD Edition – Kona Paddy Wagon single speed (GRB) Specialized Roubaix Carbon Elite (GRB)

**Favourite Drink:** Alcoholic: Any hand pumped Bitter

Soft: Diet Coke

**Favourite Food:** Starter: Garlic Bread with Cheese, I've seen the future

Main: Sunday Roast

Dessert: Lemon Drizzle

made by Cat

**Favourite Colour:** Black

**Lucky Number:** N/A

**Musical Influences:** Black Rebel Motorcycle Club – Oasis – Lords of the new church – Placebo – Depeche Mode and Ultravox before the Scottish shit joined them

**Favourite Movie:** Kellys Heroes

**Currently Reading:** All hell let loose – Max Hastings

**Tea or Coffee:** Coffee

**Milk, Dark or White:** Milk

**Hard or Runny:** Hard

**Mac or PC:** PC

**One person to be stranded on a desert island with:** Eddie Izzard

**Three things to be stranded on a desert island with:** Radio, Gerber Multi tool and Viz

**Interesting fact about yourself:** Once had football trials for Preston North End and Carlisle Utd many moons ago.

SPOT THE ODD ONE OUT!



This is not as easy as it may seem at first glance! Once the difference has been made more obvious you will kick yourself saying 'Why didn't I guess that?'

## THE STIFFEE IS DEAD, LONG LIVE THE HUSTLER! - BY HAMISH

This evening marked the sad end of the STIFFY – Discarded, strewn onto the hard tail scrap heap, abandoned in one of the many sheds (awaiting retrospective planning permission) in the leafy garden suburb of down town Crosby – But before the cruel execution was to be preformed a lonely two Loaghtans, Coops and myself, were joined by Neil, the boy West, new comer fresh from South Africa way (via Derbyshire!) and two from the Zoo, or was it the Circus?? – 6 in all set off up the Staarvey unaware of the somewhat ‘holly leaf’ shaped route that Squadron Leader Coops (title earlier bestowed upon him by HRH Charlie who had a few spare honours left over due to no shows) had in mind.

Down Laurel Bank onto the main road then a short road ride to the ‘run the gauntlet’ rise that is the Vaish. Then back on the Staarvey Road and on to the head of Mannanin’s Chair. Luckily as Mannanin had shed his cloak earlier in a vein attempt to put the Royal visitors off track, the clarity of the early evening air was clear, sweet, spring like and middgy free so the run was mellifluous and packed with mud and fun on a somewhat soggy stretch up to the Cronk Y Voddy straight.

Quite a bit of road led us to the top of Spooyt Vain which exposed us to the challenging decent, which has definitely reshaped in time, but once the traversing and right lines were achieved the smell of hot breaks could be picked up again! No river crossing this time as it was reaching its spring tide highest, or no? wait was it the deluge the night before? On back up towards Begarrow on the energy sapping tarmac, so much of the dam stuff. Then left onto Southfork Drive, no? its called what??.....well you could have fooled me??? WTF is that monstrosity?? How did Coops not get planning permission for his 18+ garden sheds and this ugly eyesore was allowed to blot and even block the landscape???

Anyway fueled with proletariat rage Coops and I let rip down Cooldarry into Glen Willan all the while worrying about the new appearance of several ‘quick sand’ hollows in between leaps and the ever grabbing brambles and gorse flanking on either side. Allegedly we were spitting out loose stones as a rear guard action to slow down the others, but as there is no photographic evidence I deny any wrong doing on my part. A quick check for trustworthy tyres and off again passing the smoking chimney cottages with the smell of wood burning stoves and sintered break pads – Coops now had no back break, not that he uses them much.

Back south and a quick gloopy mud loop around the Berk, Middle Berk, Lower Berk and Berk the elder etc etc etc and back onto the coast road. Our new riders envisaging the home straight was in site now only to be told we were going back UP and onto the Staarvey again (see the holly leaf shape???) with the treat of Lhergycolvine which a blast and with the downhill eminently rideable after the quagmire of the higher ground. Along the Switch Back, with Mannanin getting out his watering can, we ventured pastures new around the back of the Giants Grave where we paid our dues to two Lamas looking suitably pissed off with Mannanins precipitous offerings – A far feckin’ cry from the dry dusty trails of the Andes we all concurred!!

Anyway, final assault home and a nice deep bike wash through the ford as we returned to cars and vans and a surety of a hot mug of tea and a marmite sandwich within our imminent grasp!! Great ride, a good leg buster and so good to get out in such fantastic conditions with some cheerful like minded mad men!!!!

The Stiffy was placed in the back of the Custard Bus, stripped of its dignity and front wheel... never before has a mechanical steed ever been so faithful through the dark and tempestuous winter months only to be relegated to shed obscurity, ironically the week before the annual bike trip.....it’s a cruel cruel world....But bring on the full bounce, there are virgin hills to be attacked on that HUSTLER....Wonder is, will Coops get a HANDJOB next????

JOKE OF THE MONTH



Q. What would the Queen be if she was only one foot tall?  
 A. *A twelve-inch ruler.*

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.

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](mailto:coops@loaghtanloaded.com)

LOAGHTAN Q MAKES OLYMPIC HISTORY



Loaghtan Q with the Olympic Torch

DESERT OF THE MONTH (*HINT HINT CAT*)

**What you need**

- 1 pkg. (15.5 oz.) OREO Cookies, divided
- 1/3 cup Butter or Margarine, melted
- 3 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
- 3/4 cup Sugar
- 1 cup Sour Cream
- 1 tsp. Vanilla
- 4 Eggs

**How to make it**

**HEAT** oven to 350°F.

**CRUSH** 28 cookies finely; coarsely chop remaining cookies. Mix crushed cookies with butter; press onto bottom and 2 inches up side of 9-inch springform pan.

**BEAT** cream cheese and sugar in large bowl with mixer until blended. Add sour cream and vanilla; mix well. Add eggs, 1 at a time, mixing on low speed after each just until blended. Stir in chopped cookies. Pour into crust.

**BAKE** 55 min. to 1 hour or until center is almost set. Run knife around rim of pan to loosen cake; cool before removing rim. Refrigerate 4 hours.

**HEALTHY LIVING:** Save 60 calories and 7g of fat, including 5g of sat fat, per serving by preparing with Reduced Fat OREO Cookies, PHILADELPHIA Cream Cheese and Light Sour Cream.

**NOTE:** If using a dark nonstick 9-inch spring-form pan, reduce oven temperature to 325°F.

**HOW TO PREVENT OVER-BROWNING:** To prevent top of cheesecake from becoming too brown, tent with foil for the last 15 to 20 min. of the baking time, if necessary.



## 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.*

ENTRIES FOR THE LONGEST DAY,  
LONGEST RIDE 2013 NOW OPEN!

Entries for the 2013 Longest Day, Longest Ride are now open and we would urge everyone to pop on over to [www.ldlr.im](http://www.ldlr.im) and check out the website and read all about the event and see some fantastic photographs.

**The Accolades**

**Solo Men:** Graeme Saunders  
Stephen Kelly  
Dave Rielly

**Solo Ladies:** Catreena Quirk

**Team:** One Old Bugger and a Whippersnapper  
Team Body Shack Fitness  
The Claytons  
Nitro Ned & The Dead Beats

**Spirit of the Event:** Racing Rockets B Team

**Most Outstanding Effort:** On Your Broomsticks

## RECIEPE OF THE MONTH

## BEEF WELLINGTON

## INGREDIENTS

- Beef fillet - 100g per person trimmed and left whole
- 500g field mushrooms - very finely chopped
- 8 slices Parma ham
- 1 sheet of pre rolled puff pastry
- Salt & Pepper
- A good veal reduction (can be bought from a supermarket)



## METHOD

1. Take a hot pan and sear the beef fillet on all sides, take care when searing the meat. Place on a tea towel to absorb all the excess blood and juices.
2. Take the pastry and lay on a tea towel and lay the slices of parma ham on covering one inch from the edges.
3. Sweat the mushrooms down in a little oil then place on a kitchen towel to remove all moisture.
4. Place the mushrooms on to the Parma ham spreading thinly and then place beef fillet on top then brush the exposed pastry with egg yolk to stick.
5. Then with the tea towel roll the whole thing round the beef wrapping tightly.
6. Remove from the tea towel onto a floured baking tray, crimp down the edges with a fork and cut little marks in the top of the pastry.
7. Brush with egg yolk and place in a hot oven (200°C) until pastry is golden brown then leave to stand for 20 minutes before serving.
8. Serve with a simple gravy and for a summer twist serve with roasted courgettes, aubergine and red peppers and salad leaves.



## 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.



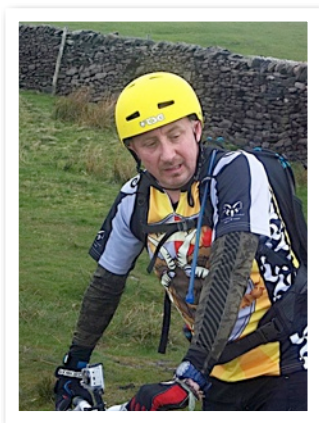
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### LAST MONTHS CAPTION COMPETITION



WINNER - *'Do you want to see my other HELMET?' - Will Nulty*  
*'Boys, I knew that 6th pint of Bombardier was a bad idea...I think I just soiled my shorts!' - Gadge Cooper*

### SPECIAL THANKS

The organisers of the 2012 Longest Day, Longest Ride would like to extend their thanks to the following for all their support and assistance with the event.

- Dave & Lynn Newsham
- Andy & Jax Simpson
- Simon & Rachel Cooper
- Clare Cooper
- Pete & Vicki Corrin
- Darren Quirk
- Seamus Shea
- Will & Sue Nulty
- Steve & Claire Ormerod
- Selwyn & Jeanette Facey
- Barry & Jenny Martin
- Dave Rielly
- Cameron Crabtree
- Rich Sims

### Calendar

**July 1st**, Clare Cooper's 31st Birthday!

**July 6th**, Scott Cooper's Birthday.

**July 7th/8th**, Trail work party at Conrhenny. 8.30am for a 9.00am start.

**July 21st/22nd**, Trail work party at Conrhenny. 8.30am for a 9.00am start.

**July 28th**, LDLR Helpers & Social Night, St Georges AFC tickets only, £15 includes Chinese Buffet

#### Throughout July

Social Rides, check website for further details

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