

SHEEP TAILS

Welcome...

...to 'Sheep Tails', the nearly Monthly News Letter.

2013 is upon us, well not quite but as this is the first issue of 2013 it kind of is. So what does 2013 have in store for us I hear you ask?

Well it would seem that the world of Mountain Bikes has gone MAD! First there were these clown bikes (29er's) popping up all over the place and in the later stages of 2012 the even more bizarre FAT Bikes have started to infiltrate the camp. What next?



In this issue...

Conrhenny Build Days.

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:

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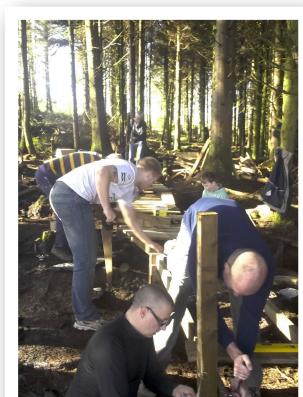
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WORK CONTINUES ON THE LDLR COURSE.....ENTRIES ARE OPEN FOR 2013!

Over the last few weekends there has been some great work undertaken to improve sections of the Longest Day, Longest Ride course for 2013 and the organisers and club members have been working closely with DEFA to negotiate and further extend the trails within Conrhenny Plantation.

Work parties are being held on a Saturday morning, generally between 9am and 12 noon, to build new exciting features as well as make existing features more sustainable for wider use. If you would like to know more or lend a hand please contact Gadge on gadge@loaghtanloaded.com or Mobile 453016.





15 QUESTIONS WITH.....WILL

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 Will Nulty.

- Name:** Will Nulty
- Nick Name:** None as 'Nulty' got on my tits!
- D.O.B:** 3/11/78
- Home Town:** Onchan
- Bike/s:** 2011 Cube AMS
- Favourite Drink:** Alcoholic: After 5 or 6 pints of beer anything except Whiskey (Brain Hemerages, Minty Aero's etc.)
Soft: n/a
- Favourite Food:** Starter: n/a
Main: My mum's homemade Lasagna, with home made wedges
Dessert: Don't do deserts
- Favourite Colour:** Blue
- Lucky Number:** 3
- Musical Influences:** Dance, Blues and Rock
- Favourite Movie:** Debbie Does Dallas

- Currently Reading:** Job adverts in the job centre after passing my exams to become an electrician and lost my job!! :-)
- Tea or Coffee:** Tea, coffee makes me piss too much!
- Milk, Dark or White:** Milk
- Hard or Runny:** Hard
- Mac or PC:** PC
- One person to be stranded on a desert island with:** Cheryl Cole
- Three things to be stranded on a desert island with:** Tube of KY Jelly, Ashley Cole's Book and a penis pump!
- Interesting fact about yourself:** My being conceived and born was the celebration of a new kitchen in my parents house.

CAPTION COMPETITION



- WINNER:**
Will Nulty - 'Q: Fook me, there is a pic of two ghosts on here!!!'
- Simon Cooper - 'Get Off, this is my Trig Point. Get your own.....'
- Simon Cooper - 'Now everybody say cheese.....'
- Simon Cooper - 'A view with a view to the "Twin Peaks" of Rut Slut'

The System www.systemcomic.com

When someone yells at you from their car...

<p>You could yell back. But how about creative retribution?</p>	<p>Tell them their tail light is out.</p>	<p>Get a song stuck in their head.</p>	<p>Mime the sign to "call me".</p>
<p>Give the "slow clap."</p>	<p>Look confused.</p>	<p>Flash them.</p>	<p>Or just wave.</p>
<p>When people are confronted, they meet it with anger.</p>	<p>But when you meet it with the unexpected, they are forced to think.</p>	<p>Which is the meanest and nicest thing you can do.</p>	<p>Because it sticks with them all day.</p>

NEDS PAPER ROUND & BAZZARS DOUBLE PINCH PROBLEM
BY FOXDALE

Riders.....many Neil and Ned

The ride started at Union Mills, looking at the bikes on show it was like a retro ride only one 29er the rest 26ers apart from Ned who turned up on his single speed BMX, still looked a little big for him. It was a clear night with a nip in the air (tora tora tora) we headed up Trollaby then onto Nab Lane at the top of the Nab we decided to inspect Neds paper round bike more closely, Will I am Nulty suggested that he must have got it cheaper as you don't pay VAT on kiddies bikes, I have never seen so many colours on a bike and rider since the drug fuelled days of the Hacienda Club.

The ride down the Millennium was a hoot especially for Bazzar (the tart) who after barging his way to the front of the pack had to pull up half way down due to both tyres puncturing, with much concern we all rode past him laughing, Bazzar limped down to the bottom of the trail where a new game was created 'speed tube changing', on the front tyre the professional and expert in all things rubber ranging from JCB tyres to gimp masks, Neil K, on the rear the amateur and challenger Bazzar, the result would have been a dead heat but for Bazzar not bothering to seat the tyre on the rim (what a cock).

Once repaired we went down Bluebell lane, Cams turn now, he got a puncture at the bottom but managed to change the tube without a song and dance like the other two clowns.

A quick blast on the lines and up Seven Gates, Ned struggled going up, his newspaper bag weighing him down with all the supplements, Bazzar had another breakdown and a bit of a mental one as well, Neil K managed to mend it (he does have his uses) meanwhile at the top of Seven Gates Cam was still trying to get the right P.S.I. of air in his tyre after his earlier puncture; after wrecking two pumps he settled on using the air cartridge putting 220 P.S.I in.

Once regrouped we went onto Archallagan to do a few trails, Will managing to come off twice not seeing the roots (as there's not many in there) whilst at the beer-can junction decided to self harm landing on his cross bar, we were all concerned for his welfare you could tell by the laughing.

I set off back to the urban sprawl that is Foxdale to look at the villages new attraction Catseyes which have been fitted on the new stretch of road, though the residents are still nervous of this magic and run back indoors when they light up.

As I rode off I could hear Ned cursing his BMX and next time he is coming out on his 'Raleigh Grifter'.

Well done to Gadge on only his 2nd ride since the Peak District Tour in May, and to Coops who had a uneventful ride for a change on his Ron Jeremy sponsored Pixie Porno Blue Cove.

Foxdale

RECIEPE OF THE MONTH

Lemon and Lime Panacotta with Poached Rhubarb (serves 4)

INGREDIENTS

- 500g double cream
- 1 lemon zest
- 1 lime zest
- 150g caster sugar
- 1½ leaves of gelatine
- 300g rhubarb
- 100ml cranberry juice

METHOD

1. For the panacotta... soak the gelatine in cold water until softened. Boil the cream with 50g of sugar, lemon and lime zest, then take off the boil and whisk in the gelatine. Poor the cream through a fine sieve and into moulds. Refrigerate for 6 hours.
2. For the rhubarb... wash and chop the rhubarb, boil the cranberry juice and 100g of sugar. Place the rhubarb in the liquid and poach for 10 - 15 minutes. When cooked strain the rhubarb, reserving the liquid. Reduce the liquid until thick and syrupy.
3. To plate... place a spoonful of the rhubarb on the plate, place the panacotta on top, dress with the syrup and seasonal berries.



INTERESTING BIKE REVIEW

Whilst doing a little research on a potential new ride for 2013 I came across the following review for the Kona Tanuki. I think you will agree it makes for interesting reading.



In case you didn't already know, in Japanese folklore, the Tanuki has eight special traits:

- 1) a hat to protect against bad weather
- 2) big eyes to make good decisions
- 3) a sake bottle to represent virtue
- 4) a big tail for steadiness and strength
- 5) gargantuan testicles for obvious reasons
- 6) cash for confidence
- 7) a big belly to symbolize decisiveness
- 8) a friendly smile.

The Kona Tanuki Supreme 2012 Mountain Bike puts these traits on a bike that can do it all, from XC racing to light-duty all-mountain, from backcountry epics to backyard loops. You go mystical Japanese raccoon dog. You go.



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CAPTION COMPETITION



Submit your captions to info@loaghtanloaded.com by no later than the 31st January to be in with a chance of winning a prize.

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

Calendar

January 5th, Trail Building - Conrhenny - 9am - 12 noon

January 8th, Social Ride - Details TBC

January 10th, Social Ride - Details TBC

January 15th, Social Ride - Details TBC

January 17th, Social Ride - Details TBC

January 19th, Trail Building - TBC

January 22nd, Social Ride - Details TBC

January 24th, Social Ride - Details TBC

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