



July 2004



Read All About It

Simon Says:

Hi All

Ride this Wed 9th is from Sowerby Bros. in Mirfield with usual start time of 7.30pm but we will be going for a curry afterwards for a bit of biking bonding !

Hope to see a few more out, Pat, Donna, Julie, Sheila, Jon, Julian, Nick, Viv and Will etc and Tony if he's back.

Weekend away to Glentress, camping in Peebles on June 18/19. Give Tony V a ring.

Couple of Sun. rides missing at end of month as most of us Sun. Riders are away then.

Simon

Armchair Mountain Biking

To view or print this month's TV coverage of Mountain Biking themes [CLICK HERE](#)

Armchair Tour de France

To view or print the TV coverage of the Tour de France [CLICK HERE](#)

Blonde Again...

A young ventriloquist is touring the clubs and one night he's doing a show in a small club in a small town in Arkansas. With his dummy on his knee, he's going through his usual dumb blonde jokes when a blonde woman in the fourth row stands on her chair and starts shouting: "I've heard enough of your stupid blonde jokes. What makes you think you can stereotype women that way? What does the colour of a person's hair have to do with her worth as a human being? It's guys like you who keep women like me from being respected at work and in the community and from reaching our full potential as a person, because you and your kind continue to perpetuate discrimination against, not only blondes, but women in general...and all in the name of humour!"

The ventriloquist is embarrassed and begins to apologize, when the blonde yells, "You stay out of this, mister! I'm talking to that little jerk on your knee!"

Ride with Sowerby Bros. Gang Wed

9th June

"A ride and a curry" saw the return of a few truants. It was quite a fast tough ride with a steep climb which only Dave rode (I think!) and an awkward drop which I think none of the RRs rode. Good fun! There were a few pauses to find errant riders which I appreciated. It was such a long ride that I did not have time to go for the curry. Was it good?

"Many Parks of Leeds" Ride Wed 30

June

Roadie led Simon, Harry and me (some distance behind) around a lot of fun singletrack from Weetwood Hall (which has rather a nice - expensive - pub with a lot of beers) The payback was later cleaning off the urban mud which is a lot stickier than the moorland variety! The quad link on my new replacement Marin frame allowed me to transport a large sample of that mud.

Sheila's Shenanigans

Wed 28 Aug.

Sheila led us around the countryside surrounding Brighouse. A warm evening - short sleeves weather (I got it wrong!) A brisk pace was set but everyone kept up well although this was made harder by some failures to "look out for the person behind you"

Sun Postponed in Addingham

Sat 31 Aug.

The "Blistering Sunshine" that was forecast, fortunately, did not appear until later in the afternoon. A great ride over the high moors with fine views. We added Flasby Fell to the basic route where Simon became hopelessly lost on Sharp Haw. (Well, at least by 100 metres...) Andrew (hope I got that right!) was the only one to not put a foot down on the ascent of Rylstone Fell. However our spirits (male) were lifted by a couple of scantily-clad girl cyclists who we passed (several times...)

I felt that we all earned that pint in the pub!

Don't Die Through Ignorance

These two brothers died seconds later as lightning struck. I once saw someone's hair stand on end like this. He was terrified.



Lightning Safety Plan of Action

The key to a **lightning safety plan of action** is knowing the answer to the following two questions: 1) how far away am I (or the group who I am responsible for) from a safe location? and, 2) How long will it take me (and/or my group) to get to the safe location? These questions need to be

answered *before* lightning storms threaten. Knowing the answer will greatly increase your chances of **not** becoming a lightning strike victim.

1) It is recommended that you should begin to seek shelter if the time between the lightning flash and the rumble of thunder is **30** seconds or less.

2) You should not resume activities until after **30** minutes after the last audible thunder.

The combination of 1 and 2 above is known as the **30/30 Lightning Rule**.

One thing to remember: Sometimes lightning storms can develop overhead. This means that the first lightning strike from the cloud might be in your immediate location. It is recommended that you should be alert for developing thunderclouds overhead when outdoors. If you see thunderclouds developing, you should implement your lightning safety plan of action.

No place is absolutely safe from lightning! However, some places are much safer than others.

Safe locations include large enclosed structures and enclosed vehicles. Once in a sturdy building, stay away from metal objects (faucets, showers, pipes) and phones, unless it is an emergency (cordless phones and battery operated cell phones are safe). Computers now a days are also dangerous as phone lines are usually connected to them.

Not all types of buildings or vehicles are safe during thunderstorms. Examples of buildings which are NOT safe (even if they are "grounded") include beach shacks, small metal sheds, picnic shelters, baseball dugouts etc. In general, buildings which are NOT safe have exposed openings such as those mentioned above. Vehicles such as automobiles, vans, school buses, etc. offer excellent protection from lightning, however, convertibles offer no safety from lightning, even if the top is "up". Other vehicles which are not safe during lightning storms are vehicles which have "open" cabs, such as golf carts, open cab tractors/construction equipment, etc.

You should NEVER EVER allow yourself to get caught in the open in a lightning storm!!!

However, if you should catch yourself out in the open during a storm, stay away from tall, exposed objects (even if they offer shelter from the rain) or away from open areas (such as lakes, beaches, above treeline in the mountains, etc). Past history has shown that many people who are struck by lightning in Colorado were "in the open", either under/near trees or [caught while hiking in the mountains](#). If you are caught in the open and lightning is nearby, the safest position to be in is crouched down on the balls of your feet. Do not allow your hands (or other body parts) to touch the ground, and keep your feet as close to one another as possible.

Why is it important to crouch down on the balls of your feet? The reason why is that when lightning strikes an object, the electricity of the lightning discharge does not necessarily go straight down into the ground. Quite often the electricity will travel along the surface of the ground for quite a large distance. This is known as a "side flash". Many people who are "struck" by lightning are not hit directly by the main lightning channel, but are affected by the side flash as it travels along the surface of the ground (this can be especially true if the ground is wet). By keeping the surface area of your body relative to the ground to a minimum (that is, keep your feet together and do not allow any other part of your body to contact the ground [see picture above right]), you can reduce the threat of the electricity traveling across the ground from affecting you.

A bolt from the blue is a lightning flash which comes out of the side of the thunderstorm updraft, travels a relatively large distance in clear air **away** from the storm cloud, and then angles down and strikes the ground. Note the large distance the lightning travels in clear air in this before hitting the ground!



Lightning flashes have been documented to travel more than **25 miles** away from the storm updraft (below). This is why it is still dangerous to be outside when thunderstorms are nearby, the lightning can, **and does**, strike many miles away from the storm itself. This is a good idea why to wait 30 minutes or more after the rain ends before resuming





The MTB World Cup series is almost over. Here are some links to photos and reviews

[Madrid](#)
[Houffalize \(Belgium\)](#)
[Fort William](#)

Liam Killeen (GBR) did rather well!
Schladming (Austria)

[--Men](#)
[--Women](#)

[Mont Sainte Anne \(Canada\)](#)
[Calgary \(Canada\)](#)

The results for all seven are here:

[ALL RESULTS](#)

Gunn-Rita Dahle
(Multivan Merida) on
her way to her tenth
consecutive world
cup win



Liam Killeen (GBR)
came 8th in Calgary. A
sudden storm during
the race brought hail
and rain to the men's
race - which suited
Filip Meirhaeghe.



POLARIS

Summer 2004



A few of the WYRR riders who
competed and whose pictures I
could find!

Polaris Results

Cat Pos n	Over ll Posn	Category	SUMMER POLARIS 2004 Name/s	Tot. Pts.	TOTAL Time	Controls in Order Visited Day 1	Day1 Time	Day 1 Pen	Day1 TOTAL	Controls in Order Visited Day 2	Day2 Time	Day2 Pen	
1	27	Mixed Vets	Jane Meeks / Gary Baum	576	11:57:0 0	36 03 32 07 12 06 05 31 24 23 25 30 10 21 33	06:48:58	0	355	36 33 24 05 06 12 07 32 03 35 02 01	05:08:02	9	
8	142	Mixed Vets	Helen Costelloe / Peter Eagan	406	12:01:5 3	36 35 03 24 31 05 06 12 07 32 02 01 33	07:08:13	9	266	36 03 35 14 11 13 08 07 32	04:53:40	0	
9	193	Mixed Vets	Paul Frobisher / Jude Elford	370	11:48:1 7	20 21 22 10 30 25 23 24 31	06:53:17	0	215	03 32 07 12 05 06 36	04:55:00	0	
1	10	Parent & Offspring	Kevin Douglas / Andrew Douglas	638	12:05:2 6	01 02 35 14 08 12 06 05 31 24 23 25 30 10 04 36 13	06:55:11	0	385	36 04 10 25 23 24 05 06 12 07 32 03 01	05:10:15	12	
2	23	Parent & Offspring	Robert Sanby / Chris Sleath	588	12:12:2 7	03 35 14 07 12 06 05 31 24 23 25 30 10 21 04 36 13	06:57:26	0	380	01 02 34 20 27 16 28 18 19 26 10 04	05:15:01	22	
4	138	Parent & Offspring	Keith Dawson / Liam Dawson	410	11:40:5 9	36 04 23 25 30 10 22 21 26 20 34 02 01	06:52:47	0	260	01 02 34 20 19 18 16 27 36	04:48:12	0	
5	147	Parent & Offspring	Pat Corker / Harry Corker	404	11:57:1 9	06 05 31 24 23 25 30 10 04 33	07:05:19	6	249	36 04 23 25 10 21 26 20	04:52:00	0	
1	1	Seniors	Steve Heading	831	11:58:0 6	36 04 10 30 25 23 24 31 05 06 12 07 08 14 11 15 17 16 18 27 34 20 13	07:03:52	4	526	36 04 10 25 23 24 05 06 12 07 08 13 14 35 03	04:54:14	0	
10	16	Seniors	William Barraclough / Stephen Kaye	615	11:44:4 4	32 06 12 05 31 24 23 25 30 10 22 21 20 34 02 01	06:56:56	0	395	02 34 20 27 16 18 21 10 25 23 04 36	04:47:48	0	
99	186	Seniors	Gary Day / Simon Collis	374	12:05:0 8	36 04 23 25 30 10 21 22 26 29 28	07:12:17	16	244	03 35 14 11 13 08 07 32	04:52:51	0	
1	51	Ladies	Julie Phelan	515	11:41:3 5	32 07 12 06 05 31 24 25 30 23 04 36 01 33	06:53:11	0	315	03 33 32 07 12 06 05 24 04 36	04:48:24	0	
2	75	Ladies	Carolyn Binns	475	12:01:1 7	36 04 23 25 30 10 22 21 26 18 20 34 02 01	07:04:40	5	275	36 04 23 25 10 21 26 20 34 02 01	04:56:37	0	
3	93	Ladies	Lisa Godrey / Sonya Clark	458	12:02:3 4	20 21 22 10 30 25 23 24 31 05	07:06:12	7	248	01 02 03 33 32 07 12 06 05 24	04:56:22	0	

If you find your picture on the Polaris website then email it's URL to me and I will include it on this website and in the mag for the slubbers - we would like to see you!



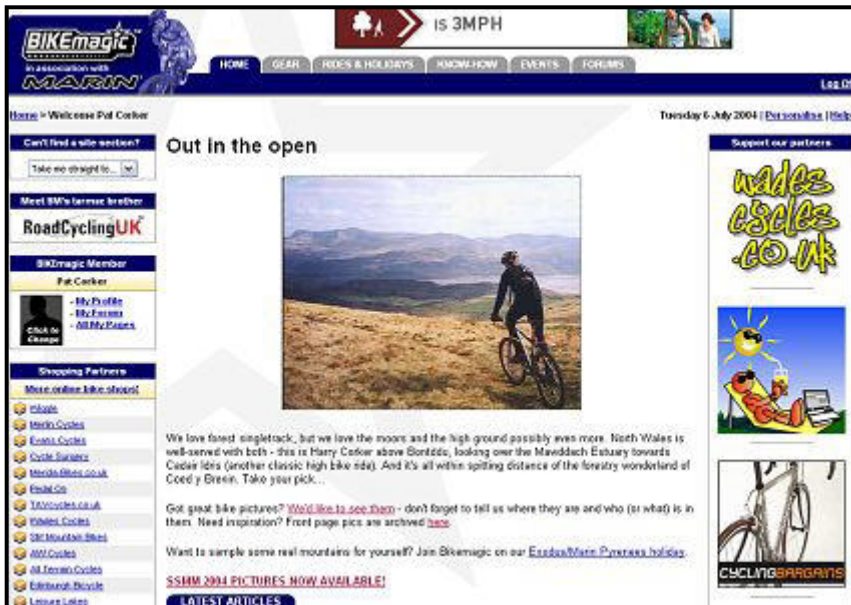
Carolyn with the other prize-winners

Review from Polaris Website

The start on Saturday was a bit wet and windy but as usual everyone was in high spirits and raring to go. All checkpoints (apart from the one with a shotgun guarding it) were open and the points meant that there was a lot of route choice. This meant riders were scattering themselves all over the Peak District with no distinct loops to follow. Throughout the day we had several riders returning from bad falls that resulted in broken bikes and mad dashes to a local bike shop (Bespoked of Bakewell) to buy new bits but most riders managed to stay the course and arrive back in the nick of time having visited some new trails and gathered some points. Many had trouble finding CP13 (but we checked it hadn't been stolen and found out that they were looking for the wrong wood corner). At the end of the day Steve Heading from Matlock (530

points out of a possible 770) had a clear lead over Aiden Leyup and Alan Sheldon.

We then all headed in to the Big Tent for an evening with the band - well you had to be there to believe them - not really what we expected or wanted and the tent cleared pretty quickly - oops - apologies from the organisers for that one - we have no idea how that happened as the band we booked had a mishap and the lead singer broke his leg the week before the event! Still everyone was ready for the Sunday ride of 5 hours. If the riders went north they got soaked in more downpours but all the riders that went south were blessed with gorgeous sunshine. Steve could not be caught and won the event with 831 points.



Fame !

Harry got his picture on the front cover of Bike-magic. The blurb reads:
"We love forest singletrack, but we love the moors and the high ground possibly even more. North Wales is well-served with both - this is Harry Corker above Bontddu, looking over the Mawddach Estuary towards Cadair Idris (another classic high bike ride). And it's all within spitting distance of the forestry wonderland of Coed y Brenin. Take your pick..."

<http://www.bikemagic.com/news/article/mps/UAN/3900/V/1/SP/>



Climbing at Cannock Chase - Midlands Series



Jogging in the mud at Wharnccliffe after being buried in a crash at the start (Midlands Series)



Another 1st. place trophy at Leisure Lakes Series (Southport)



Fast and flat at Sherwood - NPS Series



Drumlanrig NPS Series was a mud-bath!

The Witches Trail. Fort Bill...



National Cross-Country Mountain Bike Championships

See photos and results at British Cycling's website at:

http://www.bcf.uk.com/disciplines/mtb/mtb_frontpage.shtml

They were held at Fort William on the same course that the International World Cup round raced on in June.

Harry managed 9th place in this National event.

It poured just before the race but the course has little mud; just slippery rock-chute descents!

It's open to the public so make a point of riding it if you are up that way - it's great fun!

Harry's a corker to win again



By ANDREW FLYNN
 South Reporter

SIXTEEN-YEAR-OLD Harry Corker, of New Mill, is living up to his name after achieving a string of top performances in the tough world of mountainbiking.

Corker is a recent addition to the Bingley-based VS Cycling Racing Team - the same team looking for a new star at the Bingley youth international roadman Richard Hurreth.

Corker's latest success brought him his second victory in the third round of the Leisure Lakes Cross Country series at the Leisure Lakes complex at Merthyr near Southport.

Said Corker: "The race didn't seem to dampen the riders' spirits and I was pleased to win again although a heavy start off the line meant it was far more of a fierce battle than last time."

Corker, who rides in the youth men's class (the category also won the second round of the series of events last month on the wooded cross-country course which covers about 10 miles over the area before the Under 16 category ride).

The conditions were much better last time but still, although it's a friendly and relaxed meeting the course and the riding is seriously fun so it was very pleasant with the sun especially in the new kit, which performed well in the scorching hot conditions.

His second place was Michael Toms (Clayton Vale).

Corker also had a good result in the recent national event at Sherwood Forest, getting 12th place and only one minute outside the top 10. The youth event was won with an impressive ride by Adam Turner.

Corker said: "A pile-up on the first singletrack section was a bit of a disaster but the rest of the race was fine and the superb course was really good."

TOP SHOW: Harry Corker is making his presence felt in the mountain-biking world

Meets for June July and August

JUNE 2004

Wed 9 Mirfield-Sowerby's Gary Day 01484 609155
Sat 12 Highburton Steve Garrett 01484 602368
Sun 13 Ingleton Nige Barugh 01132 743110
Wed 16 Sair Inn Paul 01484 847576
Sat 19 Glentress Tony Vangrove 01484 662551
Sun 20 Glentress
Wed 23 Brighouse Sheila Davison 01484 712854
Sat 26 Brighouse Sheila Davison 01484 712854
Wed 30 Leeds Nige Barugh 01132 743110

JULY 2004

Sat 3 Honley Tony Vangrove 01484 662551
Sun 4 XC racing at Wharnccliffe. Various categories. £10 enter on the day. Website at:
<http://www.shokwave-racing.co.uk>
Wed 7 Slubbers
Sat 10th Heath Common Steve Airstone 01924 273217
Sun 11th Pateley Bridge Tony Vangrove 01484 662551
Wed 14th Roberttown Julian Morton 01924 408380
Sat 17th Penistone Kirstie 01226 767385
Sun 18th *No Ride Planned*
Wed 21st Ringstone Edge Stuart McCormick 01484 312598
Sat 24th Ogden-Shibden Donna Byrne 01422 251657
Sun 25th Cropton Nigel Barugh 0113 2743110
Wed 28th Judy Woods Shiela Davison 01484 712854
Sat 31st Glossop Circuit* Tony Vangrove 01484 662551

AUGUST 2004

Sun 1st Harewood Simon Trickett** 0113 2886605
Wed 4th Slubbers