



Teign Valley Pedal Bashers celebrate their

Birthday! - It all started 16 years ago at the Sandygate Inn Kingsteignton- Lead by “our leader” Pottsie, ably assisted by Mudsie a group of 6 bashers made history by setting off on the 1st Thursday bash ride. 3 managed to complete the 21½ mile ride due to a multitude of reasons including a fly in the eye, puncture (with no puncture repair kit or spare tube!) and “getting lost” the others succumbing to various watering places along the way !! (nothings really changed!). In honour of this great sporting occasion the TVPB went back to the same pub and Beano lead the exact ride although not using the same cycling equipment-most is now to be found in museums! Amazingly some of the original bashers attended and were still able to ride! It was a similar warm night to the original day, the main difference being a “pub” stop had now been included into the ride (the original beer stop being cancelled due to a lack of illumination!) The ride went smoothly, not too many mechanicals but various bashers took unintentional short cut options to reflect the original traumas of the 1st bash ride, although I could not find anyone sustaining a “fly in the eye” injury! - food was laid on for the bash with balloons & Poppy made a tasty TVPB birthday Cake! **HAPPY BIRTHDAY TO THE BASH**

Birthday Bashers- 2 of our bashers have celebrated “significant” birthdays this year, both throwing extravagant birthday bashes - Broken Man hit the ripe old age of 70 and Tonto hit the youthful age of 60 **HAPPY BIRTHDAY TO YOU BOTH**



Bash guidelines: An aging copy of the original bash guidelines has recently been uncovered in a loft in Teignmouth. This delicate, slightly discoloured document is thought to have dated back to 1993, although not valued there is talk within the antiques world that a document of this kind and condition could be priceless. It is hand written we think by the "The Great Leader" Pottsie with a spell check by Farther! Having been one of the chosen few to handle and read this valuable document, it is amazing to see how the bash has not strayed from this foundation of bash commandments

Teign Valley Pedal Bashers 18 commandments

- 1: Thou shall not ride longer than 2 hours 15 minutes*
- 2: Thou shall not ride off road- we are not mountain bikers*
- 3: Thou shall avoid hard long climbs*
- 4: Thou shall avoid main roads*
- 5: Thou shall inform pubs of arrival time, numbers & requirements*
- 6: Thou shall try out the ride prior to leading it*
- 7: Thou shall mark or provide directions for the ride*
- 8: Thou shall provide clear instructions for the pub stop & re-groups*
- 9: Thou shall not leave fallen comrades -contingency plans for bashers to abort the ride must be available*
- 10: Thou must wear out fitter bashers-provide them with longer loops & extra climbs*
- 11: Thou must work in pairs - leader & sweeper*
- 12: Thou must not change venues*
- 13: Thou must carry lights*
- 14: Thou must stay clean - use mudguards*
- 15: Thou must carry puncture repair kit, pump, inner tube & tyre leavers*
- 16: Thou must keep in contact with other cyclists*
- 17: Thou shall not be competitive*
- 18: Thou shall cycle up an appetite & thirst*

Opportunity knocks for V2:

V2's Dilemma - Shinpad's had gone out shopping with the birds leaving V2 in charge of cleaning & tidying the kitchen. As he looked around the kitchen in despair at the mess..how had it got this bad?. He started loading the dish washer dreaming of feeling "the wind rushing though his hair as he maxed it downhill"... Suddenly he heard a voice.. "Hi how are you?, is this Kenton cottages? How's your mum", he turned round to find the most beautiful, blond haired large breasted women standing in front of him smiling as she took her coat off. "Fine he reply". "That's good" she replied, "where do you want me to start then?" she asked as she rolled up her sleeves & smiled whilst putting her frilly piney on.....

But what did V2 do?. Did he:

- A. Take her upstairs to "start" in the bedroom?
- B. Leave her a list of jobs and go out mountain biking?
- C. Turn the fire up to warm the room, sit in the armchair with a cup of tea whilst watching her work?
- D. Tell her that she was in the wrong house and tell deb immediately on her return

The answer to V2's dilemma is further into birdseye



**Which came first - the sally or the egg!!!!
bet Mustang Sally is a free range bird!!!!**

The Cheesy chip, an innocent enough food or

is it? The cheesy chip has long been recognised as the food of the Wednesday Warrior, however other cyclists are enjoying the pub delicacy too. Its generally ordered in advance en route to the pub ensuring bikers don't miss out after a hard slog. Some break away groups cycle in search of the finest cheesy chip, surveying pubs in the area drawing up a list of contenders for a potential award. Conversations are had regarding the cheese, what's your favourite-Mature or mild? How do you like it; Melted or grilled? Accompanied by Ketchup, Mayo, cracked black pepper or as nature intended. This is 'pub talk' often dominating Wednesday rides. Peer pressure cajoles some bikers into ordering cheesy chips; these so called peers often rob them of their chips, munching them whilst keeping them entertained with 'techy' talk.

The Cheesy chip's heavy media exposure is seen on a Wednesday night, however weekend's in honour of the mature 'cheesy cheddar' chip have occurred. One basher's appendage has been likened to a cheesy chip! The longing for the cheesy chip is a progressive one; Most of us have a healthy relationship with the cheesy chip, we are happy to eat them casually with friends, making it a pleasant social gathering. However some (and you will recognise yourself or a fellow biker) will crave the cheesy chip. Evidencing a physical dependence (not being able to go a Wednesday night with out a bowl full) and having a high tolerance to the amount that can be consumed. Denial can set in, for example ordering a bowl for two as this ensures you get more cheesy chips for the money. The serious cheesy chipper will even eat them alone, remaining at the bar area to avoid having to share. Beer has been the sustenance of bashers, beer credits are earned following a ride; however we now hear warriors talk of cheesy chip credits; is this now the way of all bikers..

Bashers say they are **drinkers with a cycling problem** but is it now becoming more of a case of **bashers with a biting fetish.**

.....*raving reporter, cheesy chip correspondent.*



Dandy's Dinky Legs 11 Tour - Dinky Legs (11th Tour-Legs Eleven..Geddit?) tour- an unqualified success. Dandy ordered good weather (You can do that when you're a consultant-unlike Bob-biball!!!) cloud free for 5 days. With excellent riding, we ate and drank like royalty combined with extra curriculum activities too!. These vocational courses on offer included-



- Wood burning stove installation by Dodgy- a special module in upside-down flue technology
- Fault finding diagnostics for petrol driven strimmer's by Blaster.
- The sports faculty hosted sailing & (unplanned) lifesaving courses.
- Knife sharpening master-class by Buktu (his black puddings became richer with practice!)
- Screw insertion with Deer boy!.
- Moving logs from pile 1 to pile 2 by Manky & Bobbiball (aka special needs group!)
- Bird watching & table tennis tournament by Debacle (he won!)
- Bike maintenance by Aunt Sally

Dandy sadly showed his age by forgetting that it was a weekend! Manky proved he really needs new glasses by seeing what he thought was a tanned starfish in the garden-closer examination revealed it was Mustang Sally sunbathing. Deer Boy's early dementia became evident when lost his wallet...later remembering about his "secret backpack compartment!!". Bobbiball turned out to be a great judge in the traditional trials. With any misdemeanour risking hanging he showed unprecedented leniency, despite the clerk of the court encouraging a more bloodthirsty approach, luckily for the accused, Bobbiball was as "pissed as a fart" forgiving everybody! The Clerk lost her composure momentarily when engulfed by her unruly bush- as her chair gave way, but she quickly recovered after another glass or two of red wine and a good trimming!

The highlight of the riding was a great VTT at Plumelec - hundreds of riders, miles of trails with food and drinks stops, marshalling at road crossings, and the entrance fee included a free drink and baguette as well as a shopping bag! Unless you were last back like mustang who had a lighter (more empty) bag than anyone else!

Thanks to Dandy and Catriona (AKA Catweasel) For a great time.....



An Ode to Aunt Sally

Aunt Sally Built a Bicycle

Aunt Sally built a bicycle unsuitable for speed, it's crammed with more accessories than anyone could need, there's an AM-FM radio, a deck to play cassettes, a refrigerator-freezer, and a pair of TV sets.

There are shelves for shirts and sweaters, there are hangers for his jeans, a drawer for socks and underwear, a rack for magazines, there's a fishtank and a birdcage perched upon the handlebars, a bookcase, and a telescope to watch the moon and stars.

Dinky Legs 11

The pictures they didn't want publishing



There's a telephone, a blender, and a stove to cook his meals, there's a sink to do the dishes somehow fastened to the wheels, there's a portable piano, and a set of model trains, and automatic bumbershoot that opens when it rains.



There's a desk for typing letters on his fabulous machine, a stall for taking showers, and a broom to keep things clean, but you'll never see him ride it, for it isn't quite complete, Aunt Sally left no room for pedals, and there isn't any seat
We think Lord Stretch commissioned this bike!

Lee & Hippy's Premier End to End in 9 days:

They arrived in Scotland on the 20th May for the start of their epic length of England ride accompanied by the 2 Johns. Their bikes already courier to the B&B they flew from Exeter to Edinburgh- having to walk around the airport to find their 36 seater Dash 8 aircraft they then watched its flat battery being jump started! - could it get worse? Yes- a female pilot took the controls- they all hung on for dear life experiencing the most bumpiest ride and landing at Wick! At least she managed to park the plane ok (but it



was the only one in the airport!) To start the journey they had to cycle 16 miles to John O'Groats! They continued onto the Crask Inn- a small deserted B&B (owners out walking dog when they got there!) with no electricity and terrible porridge- they were pleased to leave for civilisation the next morning! – having slummed it the 1st night most of the rest of their accommodation was booked at “Premier Inns” allowing a hot bath, Beer & relaxing nights sleep!- so relaxing Lee woke 1 night to find himself sharing his bed with a little furry pussy! (cat had joined him during his slumber!) Their journey the length of Great Britain was challenging- at times each of them having high and low points - one cyclist struggling with “ill health” for 2 days (the results of the Crask inn porridge!), broken buckled wheel (£190 bill for new wheel), multiple punctures (Malcolm!) plus a mix of rain, heavy rain and a continuous head wind (apart from the last 6 miles before arriving at Lands End!) with intermittent sunny spells. They averaged 100 miles per day with the longest being 125 miles spending approximately 10 hours daily in the saddle. It was noted that Lee efforts at leading the “slip streaming” was generally down hill!!!! Up hill his butt was seen disappearing into the distance!!!! An amazing effort from all saw them arrive at Lands End on time being met by a small group (3!) with party poppers- unfortunately due to a private function the pub at lands end was shut so it was a drink from their water bottles & a photo!!

Was that the end of their incredible journey...NO! They started the cycle home!!!! Bothway's End to End (well Lands End to Exmouth actually...but it's a start!) Having met the boys at lands end armed with party poppers, I sneaked my clothes into Lee's pannier when he wasn't looking and joined the boys on their homeward journey. We cycled back to Hayle from Lands End. Then over the next 2 days we cycled to Callington then onto Exmouth via Moretonhampstead. It was a hot, sunny weekend with surprising head winds all the way (has anyone ever cycled without a head wind?). Fortunately the boys by now were knackered... so I looked quite fit & fast!!! Managing to keep pace with them most of the way but struggling over the moor's to Moretonhampstead (but we did do 35 miles in 3 hours!).

A BIG WELL DONE to the boys for completing their challenge... I think they should do Australia End to End in 9 days next year...what do you think?!!!!

Pass Portes du Soleil

4 wanna be headbangers-Diddy, Jonno, Bobbiball & Tripey set off for 5 days riding in Morzine sharing luxury chalet with 12 other bikers. Once unpacked they found the mountain bikers bar "Bar Robinsons"- was it the exhaustion or the 8 – 12% local beers that had quite an effect on balance etc! definitely the bar to go to at the end of a day! hic!

After an alcohol fuelled night getting to know the other guests Friday they set off for local ride around Les Gets including a black downhill run before lunch! Rain made the afternoons riding interesting to say the least- lots of wet roots catching them off guard on a many occasions.

Saturday was a shorter cross country ride visiting the centre of Morzine to see the various bike show stands (part of the Pass Portes du Soleil weekend) and watch the awesome demos of skill and trickery by a display team.

Sunday, they rode (with the chalet host plus 3 other guests) the 50 mile loop of the Pass du Soleil-a VTT event. After getting the first cable car at 8.15am, it didn't take too long for the first mechanical-Jonno's chain broke!! From then on they suffered minor problems, e.g. Punctures, finding themselves back in Bar Robinsons by 4.30 for a well earned pint.

Monday had the most technical riding including the mechanical and crash of the weekend! They all had a go at the techy stuff mastering it most of the time. The mechanical of the trip goes to, yep you guessed it "Bobbiball"- 500m above Morzine, before the downhill section, he lost 2 chain ring bolts snapping his middle ring (ooh painful!) leaving his big ring hanging on by 2 loose bolts!. He ended up spinning home in just his granny ring!. Jono's crash of the trip saw him losing control, regaining it then losing it again missing the track bend coming out of the woods, flying down a bank hitting a small dip blowing his front tube ending in a heap on the track! All this much to the amusement of the group. Diddy's claim to fame was riding with (and getting tips off) an all woman group including Sam (chalet owner) and Fionn Griffiths (British number 1 cyclist)!

Tripey's only aim (apart from survival) was to master "The Canyon"! An attempt of Friday afternoon saw him coming a cropper with the wet roots a number of times so he set himself a mission to crack by the end of the trip. The return match came on Tuesday afternoon, when he managed to rid his body and mind of those demons. We all had a great time, 5 days of riding, only half a day of bad weather, a luxury chalet with some lush food and some great company and all washed down with a bit of alcohol! Visit www.moremountain.com for details of the chalet.



Bashers that are Crashers:
 Snakey- an over excited wheelie by snakey in the car park found himself flat on his back still clipped in with bike on top of him resulting in possible cracked ribs but defiantly an injury to his pride!!!
 Hippy recently came a cropper whilst road riding. He hit a hedge landing on top of the poor cyclist in front who had just come off but survived hitting Lee at 38 mph & losing control falling in front of him. Despite the soft landing he suffered back injuries.
 Beano - not quite a crasher but certainly an injury - after 10 ½ hours in the saddle completing the Devon Classic his arse was so red that when he went to the zoo recently he was mistaken for this cheeky chappie below!

Pass Portes du Soleil



Answer to V2's dilemma:
 Dodgy finally finds a place he can call home! D of course