



# Extremists

MOUNTAINBIKE CLUB

[www.extremists.co.uk](http://www.extremists.co.uk)

## Newsletter Summer 2005

### Skyline Report

Five of us were off to South Wales again for another weekend of mayhem. Afan Forest now has a brand new MTB centre at Glyncoirwg complete with shop, cafe and a jet wash facility which saw some heavy use on the day. In fact the car park was nearly full and the whole place was buzzing despite the April drizzle.

After the warm up lap of the excellent White's Level trail in the morning, we had to decide whether to do the whole of the 30 mile Skyline or try the July trail (which is basically the Skyline with a short cut). Not wishing to wimp out on anything, we had to try the full circuit.

The Skyline shares the same brutal initial climb as the White's Level. That meant slogging up that seemingly everlasting loose rocky hillside for the second time that day. Then it was off deep into the forest for the next few hours. The Skyline consists of a dozen or so sections of technical trail linked by some quite lengthy stretches of fire road. Being wet, it was a slog in places, especially that final killer climb. Ah, then there was that funny orange coloured mud. Slippery as hell after all that rain but there was always a submerged piece of rock to grip on when things started to get sketchy. Except when I strayed slightly off line and totally lost it. Those rocks do hurt! The highlights were a couple of scree sections that really tested the frame and fork stiffness, and the lengthy final descent. Sadly we were all too knackered to fully appreciate that finale, even super-fit Tony who had somehow survived the weekend on a 14 year old fully rigid Marin with a loose headset was starting to feel pain.

[mtbbritain.co.uk](http://mtbbritain.co.uk) has a helmet cam video of the final descent.

It was gone seven when we got back to the now empty car park. Five hours of riding left us wishing we'd done the July trail!

Sunday saw us on the Gower peninsula near Swansea doing an MBR route. A reasonably technical start followed by a big push up a hillside and a decent fast downhill. Probably more fun had we done the route in reverse. Some other time perhaps, but that'll be a few years away.

**Bitz**..... Easter Sunday saw us up on the Purbecks. We've been doing this area almost since the club started and there's always been a problem with lousy pubs, muddy terrain and coastal fog. Not this time though, the ride was the right length, the weather perfect and the pub served hot food. Sorted..... IOW Cycling Festival is between 17<sup>th</sup> and 25<sup>th</sup> of September. There is another randonnee on the 18<sup>th</sup>, but the highlight is the "annual" 7 (or 14) Hills Killer on the 25<sup>th</sup>. Details from [www.sunseaandcycling.com](http://www.sunseaandcycling.com).

## Events and Club Rides Calendar

All Island club rides 10.00 a.m start unless stated otherwise. Note these are meeting points only, however one of the ride leaders will usually be there. Rides are open to anyone (including visitors) of a reasonable level of fitness.

Sun Jul 17<sup>th</sup> ..... Brighstone Forest (Jubilee Car Park)  
Sun Jul 31<sup>st</sup> ..... Carisbrooke Priory Lay-by  
Sun Aug 14<sup>th</sup> ..... Brighstone Forest (Jubilee Car Park)  
Aug Bank Holiday weekend ..... Trip to Wales (TBA)  
Sun Sep 11<sup>th</sup> ..... Carisbrooke Priory Lay-by  
Sun Sep 25<sup>th</sup> ..... 7 Hills Killer..... Meet 9.30 Freshwater Bay Car Park  
Plus one other mainland day trip (TBA)

[http://sports.groups.yahoo.com/group/Extremists\\_IOW/](http://sports.groups.yahoo.com/group/Extremists_IOW/) for latest info and the TBA stuff.

Leaders: Adrian Wheeler, Dave Stratford, Glenn Beynon, Stuart Sibley.

## Contacts

### Shop sales and demo bikes

Extreme Cycles, Church St, Ventnor  
Tel 01983 852232 Fax 855644  
[www.extremecycles.co.uk](http://www.extremecycles.co.uk)

Please note that the shop can get very busy at times, especially Saturdays.

### Ride info and newsletter

Dave Stratford 07880 690093 (or txt)  
[www.extremists.co.uk](http://www.extremists.co.uk)  
Website updated by Mandy Beck  
Email [dave@extremists.co.uk](mailto:dave@extremists.co.uk)

## For first time readers

Extremists is a club set up in 1996 by Extreme Cycles, IOW. It provides a means for mountainbike owners to meet for regular cross country rides of about 20 miles on the island. There are mainland rides from days out to longer ventures further away. There is no subscription fee. If you do not have access to the Web, just send SAE's (there are 3-4 issues per year) to the address opposite.