

Nettle Rash

If anyone tells you that stinging nettle rash does not hurt, try diving face first into a bed of nettles with a short sleeve shirt and cycle shorts on - Today's ride with George and James started with me foolishly mentioning I had not fallen from my bike since starting OTT (falling = a ritual by ALL new members, inc G & J), plus my colour co-ordinated new tyres would be great for the last few dry days of Sept. So my eventual fall, over the handlebars in slo-mo towards the ground into "urtica dioica" - common nettle to you and me, was inevitable. The little b****rs contain formic acid, which I am told can be neutralised with Baking Soda, now located in my mini first kit!. I would like to say thanks to the team of road cyclists who witnessed me face in the dirt and continued riding past.

NB I won't publish my comment at the time.

Apart from my little detour the ride was great, 3 hours through mixed road and byways, including the Chiltern Way, which took us North past the current Luton runway then East towards the villages of Peters Green, Bendish, Whitwell and Kings Walden. The down-hill off road section from Peters Green towards Bendish is 10 minutes of high speed with only two gates to slow you down.

Sunday PM - I now feel and look like a 10 year old with chicken pox - covered in calomine lotion and dosed up with anti-histamine.

