

Sunday, July 9, 2006

Wheel Easy! Ride Report No. 10



Over 30 Wheel Easy! riders turned out to ride despite a rather iffy and grey start to the day.

The shorter ride followed the now well established route round the bike paths and quiet roads which encircle Harrogate. Next Sunday's ride will follow a new route to Norwood.

Captain Phil split the longer ride into two groups and Paul led 8 of us off at a cracking pace especially on the Knaresborough-Little Ribston-Wetherby section. His excuse was that new rider Pauline was pushing him. Jane asked me if I'd like to overtake her but I pointed out that as she was racing along at 16mph I was more than happy to stay where I was.

Phil's group finally made it to Wetherby, from where the two groups continued together along the cycle path (which is part of Sustrans Route 66), past the racecourse to the Walton road and through the villages of Thorpe Arch and Boston Spa.

After the busy section towards Collingham we turned off to Linton and then to the peaceful run along the Wetherby-Spofforth cycle path (another part of Sustrans Route 66). Several of us stopped at The Harewood Arms in Follifoot for a drink and a chat. Total distance was about 30 miles.

Nearly all riders made it home in time to watch the start of Federer v. Nadal, and before the rain came down (except Geraldine and Joe who stopped for lunch at The Lascelles!)

On Monday, 25 members enjoyed a free bike repair and maintenance training session and wine evening kindly offered to the group by Helsby Cycles, of Leeds Road, Harrogate. Most of us now appreciate how easy it is to repair a puncture, adjust your brakes and clean your bike (though still not quite as easy as having a willing partner/friend who can do it several times as fast as you can!)

GM

