

Sunday, September 10, 2006

Wheel Easy! Ride Report No. 19



Most of the Wheel Easy! action shifted to Pateley Bridge for the Great Milk (stout) Ride in aid of Macmillan Cancer Care. At least 20 members took part, among the 500 plus on the ride, substantially the largest ever number in its 14 year history.

All of our group chose to tackle 'The Full Monty' through 20 miles of beautiful Nidderdale, rather than the 11 mile 'Half Litre'. The large number of riders, some in fancy dress, gives the event a carnival atmosphere which helped ease the effort as we climbed and descended over the moderately demanding course, first west to Wath, looping back to Pateley and then passing through Summerbridge, Hartwith and Brimham Rocks.

Afterwards we picnicked in the sunshine next to the Wheel Easy! HQ (campervan) where the club chef provided tea, coffee, pain au chocolat and crumpets to replenish our energy stores. There may be more enjoyable ways of getting healthy exercise, but I doubt it.

MM

Five of us plus a baby set off down Almsford Bank to the bypass then took first left after the roundabout (Walton Head Lane to Kirkby Overblow). From there we made good progress to Sicklinghall and finally Wetherby overtaking quite a crowd of other cyclists who remarkably were slower than us!

Although it started out a bit dull and drizzly it was not long before the sun appeared. We soon found ourselves at Follifoot whence it was Rudding Park and quickly back home. All in all about 25 miles.

CM

With many regulars at Pateley Bridge just two riders, Keith and Dave, set off on the long ride from Hornbeam station and so were able to enjoy a faster than usual pace, (few stops and only for water - no coffees, thank you, or cheese and tomato sandwiches!!) as well as perfect

weather.

We sped through Hampsthwaite to Ripon, returning via Bishop Monkton and Rocliffe and then cut through a little-known private road past the old Copgrove stud yard, where Dave recounted stories of his riding days and pointed out some fine specimens of horse flesh. 'Not many people use this road' he said - which is certainly true, except that one of them just happened to be coming in the opposite direction almost as soon as he had spoken, driving a tractor and pulling a low loader trailer big enough to cause us to swerve off the road and into the long grass !

Back in Harrogate in just around the three hour mark, and by then in blazing sunshine. Definitely one for the 'no pain no gain' fraternity. Variety is the spice of cycling, as all other, life !

KP

