

Sunday, February 4, 2007

Wheel Easy! Ride Report No. 40



Some days we just run out of superlatives and Sunday 4th February was one of those days that was made for cycling. Blue skies, dry roads, and warmth from the winter sun made it a special day. Twenty nine riders met at Hornbeam Park and split into three groups.

Short ride

Four very sedate slow riders and Tony set off on the inaugural outing of Max's flashing luminous disco lit jacket slow ride. We ambled and chatted our way to Little Almscliffe via religion, meditation, the Dutch enclave in Denmark and not feeling your actual age, thinking eighteen when you are actually nearer sixty. It took us 1 3/4 hours to do the 14 miles and I managed to return to Hornbeam Station having only 'lost' 3 riders on the way back.

A super ride with no wind and lots of sun and we were sure we saw on the horizon in the far distance the speedy or intermediate riders zoom past Menwith Hill as we reached Little Almscliffe.

CG

Intermediate ride

View from the front -

Eleven set out to cycle on the intermediate run up to Menwith Hill. After a glass strewn start to the Dragon Road cycle path we reached Knox and cut through to Long Lane and down into Hampsthwaite. After a steep, sharp climb to Swincliffe we stopped to rest legs and lungs. Those of us who have a more recent optician's prescription were able to identify the Grey Heron, keeping an eye on us from the adjacent field.

After some pedalling down and up hill we stopped at Staupes Lane before the next assault up Cote Hill. A very short but very steep hill that some walked up. No shame there as if you don't get the gearing right you can find the back wheel trying to overtake the front one. A majority decision was made at the top to return to Harrogate which then did not require any pedalling

uphill but just a long downhill to Hampsthwaite.

When Stuart flew past the sharp right turn, it gave him the chance to show off an excellent controlled braking slide which would have made any of those town centre, tiny, silver coloured clowns' bike cycling teenagers jealous. A bi-plane even flew over in salute. (Stuart, please note. Showing off is against club rules! Ed.)

A final effort uphill led to the end of Long Lane. From here Joe took the majority back to the cycle path. Return was around 12:30hrs.

JP

View from the back -

It was a glorious and sunny ride, 11 cyclists enjoying the quiet country lanes up to the outskirts of Menwith Hill, passing through Hampsthwaite and forward to Darley. A couple of stops were made to admire the view over Hampsthwaite and indeed the lone heron pecking in a field!

Having reached the top, one by one, each rider decided the best way home was down hill all the way back into Hampsthwaite. Indeed a very pleasant 20+ miles.

ST

Long ride

The long ride with 13 good riders, including two tandems, set off to Knaresborough and Farnham where a very unexpected small patch of ice caused one rider to fall, fortunately without any injury. Then it was on to Bishop Monkton, and a long climb up to Brimham Rocks, via Warsill. At Brimham Rocks, despite an enormous crowd of visitors the National Trust tea stall was closed and after some debate Plan B was put in place and we set off to find a tea and sandwiches stop. The extra distance was a pleasure on this fabulous day.

We arrived at Darley Mill via Summerbridge and a group of hungry cyclists set about emptying the café food store. Well refreshed, we climbed the hill out of Darley up past Menwith Hill, and returned in the brilliant winter sunshine past the Sun Inn, into Beckwithshaw, and Harrogate.

MW

Wheel Speedy

Dennis & myself were the only early risers this week. Somewhat repeating last week's ride, we set off to Tadcaster via Ridding Park, Follifoot, Spofforth, Wetherby, Boston Spa & Bramham. We returned towards Wighill before turning towards Cowthorpe. Everything was going well until we went through Cowthorpe village. I can only assume that I hit a patch of black ice but my front wheel went from under me leaving me lying in the middle of the road with a bit of "road rash" & a very sore wrist.

As all good cyclists should, I remounted as soon as possible and we continued through Little Ribston to Knaresborough. At this point, I had to give up and call in the support vehicle. Dennis made his own way home. A subsequent trip to Harrogate A&E revealed I had broken the scaphoid on my right wrist and will be in plaster for the next 3-6 weeks.

To Knaresborough, we had completed 35 miles in around 2 hours and 40 minutes.

PD

