

Sunday, November 11, 2007

Wheel Easy! Ride Report No. 80



Long ride. Nine riders set out in glorious sunshine (and cold north wind!) to do a familiar route peppered with every type of hill. Going via Hampsthwaite and Glasshouses, we paused to eat a few snacks at Pateley Bridge and bid farewell to one of our number heading home. Then came Silver Hill - possibly the toughest hill on any of the rides we've done with a sustained 16% incline. Briefly warmed up, and with spectacular views in the winter sunshine, we crossed Dallow Moor, through Grantley and onto the Fountains Abbey Café with it's popular cakes and coffee and less popular slow moving queue. Pretty quick ride back to Knaresborough via Markington and Copgrove in dropping temperatures. A total of 43 miles. JF

Fourteen riders opted for the **medium ride**. It was a lovely morning with clear views. There was a great deal of variety on the route with country lanes, main roads, tracks, flat stretches and many hills. There was even one hill that Jill may have struggled with or perhaps not!

The route from Hornbeam Park went via Burnbridge, Brackenthwaite Lane and North Rigton onto Almscliffe Crag, where we observed the two minutes silence. The wind was against us on the way to the Crag but we managed to keep up a good pace. After a short rest and hearing about experiences of being in the Services we continued to Huby and Weeton where we joined the familiar route to Dunkswick and headed towards Kirkby Overblow. Some of the group had a close up view of a red kite!

After a short stretch on the A61 the group split with some making their way home and ten continued to Wetherby via Sicklinghall. On arriving at Wetherby the group leader discovered he had lost Dennis and Crawford! Oh dear I hope I am forgiven. However, we still enjoyed a coffee before returning via the cycle track to Spofforth and Follifoot where we dispersed and made our way home. The route was about 27 miles. PT

Surprisingly six people chose the **short ride** this morning. This was probably due to the icy cold north wind trying to blow away the pleasant autumn sun, or a multitude of important jobs to be done before lunch time. So, noting a sense of urgency, the short slightly speeded up riders set off, narrowly avoiding being swept off with the fast long ride to Carlisle or somewhere a long

way off and all hills west. We were heading for the supermarkets of Harrogate, minus the proposed Tesco site. Hookstone Woods sheltered the first stage of our journey, but we headed pluckily up Forest Road (or something) in a force 10 icy northerly gale, or so it seemed. Crossing the Knaresborough Road above Starbeck, we pedalled for cover on the top Beryl B Cycle track and set off towards the Gardeners Arms, which didn't appear to be open. As we reached the Bilton Track we remembered the two minute silence, and had a peaceful quiet moment of thought. Thus refreshed the conversation continued, possibly hindering our speed, as it had done for the whole outing. We lost Paul on Victoria Avenue, as he rushed off to work, and nearly lost some of the ladies as we passed four buses being loaded with soldiers on Beech Grove. Making sure all the riders could easily get home without too much quality riding (HILLS), we powered up West End Avenue and onto the Mallinson Estate, where we re encountered two riders from another cycling group, who liked the idea of cycling and conversation, and would have joined us had we not been finishing our ride. Pascale and Sue set off homewards on Leeds Road, and the rest of us completed a perfect circle at Hornbeam. A quite speedy one hour and a half to do 13.5 miles under a quite sheltered autumn sun. CG

Saturday's **Speedy ride** went to Boroughbridge and back by Bishop Monkton and Markington.
PD