

Wednesday, August 12, 2009

## EG's and Poddlers Rides



Six EG`s met at Low Bridge with the promise of good weather, Dave P, Eric, Jeff, John Paul and Roy. Unfortunately Dave Watson has had a short spell in hospital, and Bill W has had a bad reaction to wasp stings so they were both missing today. So from the EG`s best wishes, a speedy recovery and back on your bikes soon.

Destination chosen Kilburn via Coxwold. Along Waterside where the "small boys" side of the EG`s took over to wait and watch a "Black Five" that's a steam locomotive to the uninitiated, pause on and eventually cross Knaresborough viaduct.

Then on to Boroughbridge via Farnham and Staveley missing out the Ladies at Minskip (hope they don`t think we have deserted them). On to Thornton Manor bridge, Pilmoor, Little Sessay, Hutton Sessay, left at Carlton Husthwaite to approach Coxwold from the east where a short but steep hill awaits you (a hill on a DP ride? - shocking). Then down into Kilburn for refreshment at the Mouseman Cafe.

Prior to ordering Eric told us about his experience on Park Rash (probably Yorkshire`s answer to Mont Ventoux) and what it took out of him, so he recommended some carbo loading. Eric and Roy went for "Pannini Power" but John chose a Portuguese Custard Tart. It actually must have been a Spanish Custard, for its effect on John was that he went up the remaining hills like Alberto Contador.

Then back via Coxwold, Husthwaite, Acaster Hill (what's another hill doing on a DP ride?).

On to Easingwold, Alne, Aldwark Bridge with a banana break in Great Ouseburn, where Jeff left us for a quick sprint back to Knaresborough. After the break on to Arkendale, Farnham and Harrogate.

A good day's cycling, excellent weather, riders from the east side of Harrogate would have done approx 60 miles door to door. DP

#### Poddlers

Day dawned at the wrong time, but it was cool and sunny and just right for a bit of exercise. As Max and I reached Hornbeam, we saw a host of Poddlers, and more arrived every second. By the time we snaked off we had 11 prospective poddlers. We snaked off (notice snaked not scuttled, this week, as there were so many of us) towards Hookstone Woods, where sadly Paul T. realised he could not keep up the pace and kidnapped Andrea, maintaining that he needed a coffee in Knaresborough. Sad what retirement does to your confidence. (We think he was secretly going to check his pension at the bank). As we continued snaking to Follifoot, Spofforth, and Wetherby, I kept getting left behind as I kept meeting people I had not seen for years and needed to chat. Kindly the group had several catch up stops and I managed to keep snaking with the Boy Racer Denis who had a free morning, Tall John, the John, Rambler Paul with his natty bike, new Trevor with his new bike and outfits Alison for whom this was the last poddle but is going to come on Sundays, now she has to work. We admired the Wetherby path and nearly collided with some Wednesday Wheelers from York, led by Alec, although Sue said he was at home. Reaching Wetherby we turned for home, although we could have gone on, so glorious was the day. We snaked eagerly through Kirk Deighton, to Knaresborough, and all chose our own particular favourite route out of Knaresborough home, Beryl Burton was surprisingly the most popular, my own perfect favourite, via Calcutt and John's hill avoidance route to Wetherby Road was least favoured. A good mornings riding, with a gratifyingly snake like group. 22 miles and back for lunch. CG

#### Extra note from Dave P:

Whilst down in Suffolk over the week end visiting grandchildren. Saw this on the sports page of The East Anglian Daily Times, from the cycling column ( which was quite lengthy):

Connie Tapper, of West Suffolk Wheelers set a new national age record when she covered 10 miles in 28 mins 25 secs at the age of 80. It goes on to say. 'Connie who is from Elmswell knocked nearly a minute off Barbara Braithwaite`s 2002 record, and also beat Mary Dawson`s time set for ladies when she was "just" 79.'

I and a few EG`s would be pushed to get near that time. So the youngsters of 60+ should get some TT`s in now.

