

Wednesday, September 30, 2009

Wednesday Rides



There was an excellent turnout in perfect conditions for all 3 rides today, with 26 cyclists in total starting from Hornbeam and Knaresborough.

Wheel Easy Ride

At Hornbeam there was an even split with 8 on each ride. The Poddlers sailed off to Almscliffe and Pennypot while the Wednesday ride went first to The Farm Shop at Beningbrough for a hot drink. Four riders needed to return home but four carried on along Route 65 to York, treated ourselves to a fine lunch at Café Concerto, and then battled west against a fair wind through Long Marston, Little Ribston and Spofforth back to Harrogate. Just under 60 miles, quite hard work, a lovely day! Malcolm

EG's Ride

Firstly, apologies to John Russell and Dennis. The clock had just past 10 when the EG`s departed. This keenness to hit the road was probably due to our high level of physical fitness. We had just finished a session of callisthenics for the elderly , involving stretching ie touching the knees and raising the hands to the ears also lifting the feet half an inch. We were so fired up it was difficult to contain us.

So eight riders winged their way to Tadcaster via the cycle path and Boston Spa. It was beautiful weather despite despite a rubbish weather forecast and we were soon in Tykes Tea Rooms exchanging greeting with other cyclists. We managed two tables of four, on one table it was non stop jokes, after refreshment Peter B and Dave R had to return to Harrogate (was it the quality of the jokes?).

The remaining six headed for York via Bolton Percy and Acaster Malbis in the sunshine with

the wind on our backs, whilst we tried to recall (and humm) Glenn Millar music, (except for Terry none of us should give up our day jobs).

Tea, Coffee, Pannini`s and soup in the cafe near Cliffords Tower, then back to Harrogate via Askham Richard and Long Marston. We had a banana break at Marston Moor then into the wind to Tockwith.

This was line astern, six riders single file, with Bill and Colin pushing the wind we maintained a good speed, it was just like Team Columbia leading out Mark Cavendish for the final sprint. Please don`t say "in your dreams" it hurts the EG`s feelings.

Total mileage around 60 miles. Great weather and as Cilla Black would say " a lorra laughs". DP

