

Sunday, January 17, 2010

Wheel Easy Ride Report 195



The Park Charity Ride Report from Saturday 16th January
Many thanks to everyone who turned out on Saturday morning to support The Park and Water Aid. Below is the press report I am sending in to The Harrogate Advertiser. The following people were good enough to give up their time and achieve the magnificent total of 446 km by the Wheel Easy team. Paul, Hazel, Lorna, Eric, Diane, Phil, John, Sue, Les, Isobel, Hugo, Sue (X 2), Caroline, Peter, Steve, Jean, Nita, Holly, Geraldine, Joe, Sarah, Alison, John, Malcolm, Gia, Yvonne, Martin (with apologies to anyone I missed). Martin

PRESS RELEASE --- WHEEL EASY SUPPORTS "THE PARK" AT HORNBEAM IN CHARITY "RIDE"
The snow wasn't bad news for all cyclists and last Saturday saw members of the Wheel Easy cycling club turn up at The Park pub and restaurant at Hornbeam to help the staff achieve a remarkable target of 643 km in support of the Water Aid charity. With three static bikes in place the event ran through the morning and there were plenty of riders and supporters enjoying the sociable atmosphere and the hospitality provided by The Park's staff. The youngest rider was Hugo, supported by his sister, Isobel, who clocked up 15k between them. Warren, The Park's Duty Manager, said "I have been delighted with the support from Wheel Easy, who have put in a lot of hard work in support of the pedalling contributed by our staff. However, to them it seemed more enjoyment than hard work! In total, the distance achieved in the week has been 644km, and more than 400km was contributed by the Wheel Easy team". The Chair of Wheel Easy, Martin Weeks, was delighted with the enthusiasm shown by the club members. He said "Twenty-eight of our members turned out. It took only one email to raise this level of interest and we were almost over-whelmed by this fantastic support. There were some very impressive rides put in by both youngsters and the more mature members of the club. Most people were delighted to get back on bikes after the enforced lay-off of the last four weeks".

Short Ride Report
Hello here is the ride report for the slow medium slow elite woossers ride group. An air of

uncertainty hung over Hornbeam, as the ride leaders announced where the rides were going. Even the long ride leaders wondered about attacking Yorke's Folly and thought they might make easy detours. The medium ride sounded very civilized at a gentle eighteen, and only Martin with his added loop sounded confident with his determined forty five miles. Once the slow medium slow ride leader had remembered where on earth she could cycle and how on earth you could get there, the group gingerly mounted their bikes and tried to remember how to cycle in a straight line without falling off. Finally all saddled up and ready to go we sped with growing confidence towards The Showground. We were not expecting the ice face of the Crimple Golf Club car park to present such problems, as did the descent of the slope towards the LOVELY NEW SHOWGROUND PATH and the actual path itself. However on an all conquering roll, we reached the hill at Rudding and sliced up it at speed. At the bypass kind Darren and Paul B escorted a new member called Barbara back to the group having fixed something important on her bike. We decided to follow the main road into Follifoot, avoiding more hard packed ice and sliding. As we powered towards Spofforth the sun came out and the wandering bird watchers noticed a heron basking in the middle of a field, enjoying the warmth, as we were. It became even more spring-like as we passed Kirk Deighton, and North Rigton, and stopped for a photo opportunity in bright sunlight Paul and Trevor glowing in a day glo halo as they vied for prime position in next years calendar, with natural page 3 boys John W, Peter and Darren. The ladies of course were more interested in cycling on than photo opportunities. As we hit Knaresborough, we took the Abbey Road route along the river to go our separate ways home. Several south side dwellers felt the Calcutt way preferable to the main, joyously easy main Knaresborough Road and only Paul B braved the Beryl Burton ice sheet towards Killinghall. We set out with 9 riders and returned rather surprisingly after our slippery start, with 9 riders (thank you Darren for your lovely backmarking) and covered a gentle confidence building 16 sunny miles, without needing a tempting cafe stop.
CG

Medium Ride Report

I was so excited this morning as I was getting back on my bike after a lengthy lay off. Cycling up Almsford Bank I realised I had lost my fitness and a medium ride would be a good introduction to my 2010 cycling.

Twelve equally keen cyclists left Hornbeam for Wetherby via Knaresborough, Little Ribston and Kirk Deighton. We could see the medium plus riders ahead of us but we kept a slower pace to ensure there was a good gap for overtaking motorists. Both medium groups met up for coffee in Wetherby where our main concern was 'Where is Dennis'?

Returning to Harrogate via Sicklinghall and Kirkby Overblow we encountered a few inconsiderate drivers. The group came up with some very creative ideas for dealing with such people. All twelve riders enjoyed the 22 mile ride. Paul

Medium Plus Ride Report

It was such a treat to get on the bike and ride properly at last after all the snow and ice. We headed to Knaresborough, then Little Ribston and on to Wetherby for an early coffee. Yvonne found out from the owner of the cafe in the Shambles that they had minimal takings since November so to have the cafe crowded with cyclists must have been a relief for them. Nine of us headed north after coffee to Walshford and Hunsingore to Whixley. One rider deliberately dawdled and then took a short cut so getting to Great Ouseburn, Aldborough and Boroughbridge before us. But we know who you are and it will go down in the Wheel Easy Black Book. We could all swear that the hills were a bit more steep than usual getting back to Knaresborough and Harrogate, but that has more to do with our enforced lay-off than any change in topography. The sun shone for much of the ride so for January it was a great day out. 40 miles covered. Martin W

Long Ride Report

The frustration of two weeks when I've been unable to cycle led me to choose one of the

hardest local routes that I could devise and I can report that cycling definitely hasn't got easier during the enforced rest.

Seven other cyclists must have felt the same pent up frustration and we set off enthusiastically in the morning sunshine. We had a brief stop near Farnham to remove excess clothing and headed towards Markington. By the time we reached Brimham Rocks it was freezing cold and overcast so it was back on with all the clothes. The ride from Brimham to Smelthouses was absolutely beautiful - the views across the Dale were spectacular and of course the sun came back out. We reached Pateley for lunch at the usual haunt of the Lemon Meringue Tearooms but our lunch was subdued by the loss of Charles. Nobody knew where he had got to, Jeff went back to look but there was no sign of him. So, apologies Charles that is the first time I've lost a rider. After lunch it was on to the main feature of the day - Yorke's Folly - and yes it was tough but thankfully like all other roads it was perfectly clear of snow. I managed a welcome rest half way up as my chain came off when moving to the small ring (I know it's a weak excuse). The long swooping descent to Darley and along the valley to Birstwith was a fine reward for the stiff climb.

We returned to Harrogate via Hampsthwaite and Knox where we had the only ice of the day, the pack horse bridge was tricky even on foot.

A brilliant ride of 43 miles completed by 7 riders. A grand total of 301 miles for Malcolm's log.
Phil

2010 Wheel Easy Miles (approx) Today 1087 YTD 1223



