

Sunday, April 11, 2010
Wheel Easy Ride Report 207



Short Ride Report 1

I like bike rides, but I like them even more when I find new tea-rooms serving delicious coffee and scones. So four lucky people set off for a pleasant ride towards Beckwithshaw, Stainburn Forest, and Almscliffe Crag in super clear air with lovely views. There was no intention of a coffee stop until we saw the sign to the "Honey Room" at Braythorne. In the words of Mae West "I can resist anything except temptation" and coffee in these surroundings was too good a possibility to pass up.

Turning into the Honey Farm there was a feeling that we may have stumbled on Eldorado. It was a quaint farm straight out of the "Darling Buds of May" with chickens strolling about, and a warm welcome from Sarah who took our orders and served up drinks and delicious warm scones with the farm's own honey and jam. There were seven at the table - four cyclists from Wheel Easy, Sidney the cockerel, and two hens who didn't introduce themselves but enjoyed the crumbs. Then we rode home via Almscliffe Crag and North Rigton. A super 20 mile ride enjoyed by four of us.

Ride Report 2

So great was the temptation that I collected Yvonne, Steve and Neeta and we went back again on our tandems for more. And I have to report it was even better, this time with clotted cream as well! Sidney and his harem were well into getting the crumbs by now and soon all took station under the table. Cycling with Wheel Easy is tough going - sometimes. Another four did twenty miles. Martin W

Click on slide show for all today's photos

Medium Ride Report

The day developed into one of those proper lazy, hazy days of summer and as the group dispersed,

re-grouped and moved on there was much removing of layers and brave talk of abandoning thick woolly socks and getting our legs waxed. The women thought it was much too early in the season for all that. Eighteen of us started out from Hornbeam in somewhat disparate groups (but with Joe and Crawford expertly backmarking), through Follifoot and Spofforth then along the cycle path all the way to Thorp Arch where we were promised some renowned scones at The Greenery Cafe. Not everyone succumbed to the sin of gluttony and, after basking in the sunshine for a while, Dennis plus six formed a breakaway group at this point and disappeared over the horizon, leaving eleven of us to wipe the crumbs off our shirts and bumble on. We went back up the old Roman Road of Rudgate, so if anyone ever asks you "What did the Romans ever do for us?" you can tell them with confidence that they built the road to Thorp Arch Trading Estate. We continued on to Cattal and Whixley where we made a detour through the old hospital grounds and through Whixley Village, scene of the current exhibition of the painter Neil Simone. Unfortunately the gallery was not due to open for an hour, so he lost a few sales there. On we coasted to Thorpe Underwood then stopped to view the Mausoleum in the churchyard at Little Ouseburn - then to Great Ouseburn, Upper Dunsforth, Arkendale, Farnham, Knaresborough and, finally, Mornington Crescent. We thoroughly enjoyed our first foray into leading a ride on an idyllic day. It wasn't nearly as difficult as herding cats; more like herding meercats - simples !! We covered 36 miles at a relaxed, bumbling average (RBA) of 10.7 mph. Helen & Keith

Medium Plus Ride Report
 Everyone was feeling as sunny as the weather today, so much so that Paul P, William and Mark agreed with great humour to "tri" lead the faster medium plus ride. This opened up the 45 mile ride to those of us wanting to do the ride at a steadier pace. We changed the route to go the "other way round" to the medium ride, met Norman and Terry at Low Bridge who were surprised to hear that Dave W had abandoned them and gone to Hornbeam for Eric's touring long ride. We rattled along to Farnham, Copgrove, and Roecliffe to have our photo taken with the elegant stooges sitting outside the pub. Here we were caught up by Peter J who had nipped home to change his bike. On to Boroughbridge for a loo stop then through the villages of Aldborough, The Dunsforths, The Ouseburns, on to Thorp Underwood where we saw an enormous turkey wandering on the side of the road. At Cattal we met not one, not two, not three, but four Wheel Easy groups coming towards us all looking well fed and watered and very happy as the medium plus leader flogged her group on to Wetherby for their first coffee break in 35 miles! What would the EG's say about that? There we met with Eric's long ride at The Shambles, enjoying the sunshine, the medium plus fast group mixing with the long ride and everyone looking thoroughly happy and content. Max who had a great ride went home via the Harland Way, Simon went home for an early lunch whilst Sue still on Sarah's whizzy bike, Debs, Paul T, Peter J and Gia took new rider Vali on the lovely scenic ride home via Kirkby Overblow. It was a perfect spring day, the flowers especially pretty in the sunshine. 45 miles x 8 riders (plus one an hour or so later). Gia

Faster medium plus
 Well, it's those hazy, crazy, days of summer. Well OK, maybe not quite, but even so, maybe the best cycling day of the year so far? Gia had already boosted the ego of William, Paul and myself with the words "you speedy, fast boys (a phrase I never thought I would hear connected with me and cycling) can go off with a group and lead them", so full of bravado, off set the time trial boys (and girls, not forgetting you Alison) in the direction of Farnham and Copgrove. So much for the speedy boys, it was Darren, aka "the legs" and Paul "I've got a Boardman and I am not afraid to use it" who sped off to the front showing us what speed really is. Onto the cycle way at Roecliffe, and into Boroughbridge, where one moment I was talking to William, the next

second.....he was gone - now look, I know I can be boring at times but really! He had spotted someone outside a café he knew and while the smell of bacon butties almost proved too strong, we waited a very short while for him to catch us up. The pace was quite steady, and without realising, such was the convivial conversation we were all having we had clocked a few miles up already, and with what little breeze there was now behind us we picked up the pace through Thorpe Underwood, Whixley and onto Cattal, seeing a number of other fellow cyclists enjoying the fantastic weather, and onto the cycle path to Wetherby, where, it seemed, the whole of Wheel Easy! had stopped outside the Shambles for coffee and cake! The lure of sitting in the sun and eating all afternoon (Debs idea, and a good one I might add) was almost proving too much, but, refuelled, we sped off onto the cycle track to Spofforth, onto Follifoot, through the cycle path in the Yorkshire Showground, where a few of us tried to blast the hill by the golf course. We will live and learn! 45 miles of great company and cycling. Special mention to new member Alison, who had no problem keeping up with us at all, and we hope she enjoyed the ride and we will see her again. Mark T

Long Ride Report - Touring Pace

There were 15 volunteers for the long ride, so the 4 speedy boys (Phil, Chris, Geoff, and James) were strongly encouraged - by giving them a map of the ride and turn by turn route guidance - to set off ahead at their faster pace. So a few minutes later 11 of us set off on the 'touring pace' long ride, and as we averaged 13mph over the 65 mile route, we gave our customers "what it said on the tin".

Our route took us out through Beckwithshaw, with the long haul up to Little Alms Cliff, where we paused for a photo stop, and to admire the long distance views. Please look closely at the photo and you'll observe Ian cutting a fine dash in his collar and tie and nattily patterned waistcoat. Oh yes, he kept them on throughout the ride, setting new standards of sartorial elegance for other Wheel Easy members to emulate! Shortly afterwards we took the short sharp diversion to Jack Hill, which our leader quickly regretted when he picked up a puncture on his front wheel. So after a fairly speedy change of inner tube we were on our way again, but that little scenic detour had consequently taken a fair bit longer than expected. We continued to Lindley, another climb to Almscliffe Crag, with an enjoyable descent to Huby, with a wonderful display of cherry blossom - well ahead of Harrogate and yet less than 10 miles away. We continued through Weeton before crossing the Leeds Road and climbing the aptly named 'Kearby Cliff' for the spectacular long range views over Wharfedale on the one side and the Vale of York, and The White Horse at Sutton Bank on the other. After Sicklinghall we arrived at about midday for our lunch stop at The Shambles in Wetherby. The place was heaving! The speedy boys were still there (how had we caught them up?), as was the Medium Plus ride, and shortly after the Medium ride arrived too. So there must have been 40 to 50 of us. As you can imagine, service was inevitably affected, so it was a good hour before we were able to resume. Denis had to return home to paint the fence, so 10 of us took the cycle path to Thorp Arch, and then into a fairly strong headwind through Wighill, Healaugh and Askham Richard. We then turned round and started the return leg via Long Marston and Tockwith, where we lost Ian, collar and tie and nattily patterned waistcoat needing to make a speedy return to Harrogate. 9 of us then headed northwards to Cattal, Whixley, Thorpe Underwood, and Ouseburn where we paused for a while at the Millennium shelter. Sandy continued her journey northwards, whilst the remaining 8 turned westward for the final part of the journey through Marton, Arkendale, Ferrensby, and Knaresborough. After that, any remaining bodies seemed to disappear in all directions (good job I don't take this personally!). Home at 5pm after a very pleasant ride. Eric Entry for the Captain's Log: total mileage for the touring pace long ride: 700 (plus an estimated additional 250 miles for the speedy boys if they haven't submitted a separate report). Eric

2010	Wheel	Easy	Miles	(approx)	Today	2523	YTD	30136
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