

Sunday, May 23, 2010

## Wheel Easy Ride Report 213

---



Acorn Ride Report. Saturday, May 22nd .  
Around 40 Wheel Easy members joined the Acorn ride on one of the hottest days of the year. Everyone made their own way to Bishop Monkton, some by car and those who cycled there added nearly 90 miles for the day. As always the organisation by the Acorn Committee was excellent and after some picture taking we set off. The fast boys and girls went off fast while Gia led a group of about twenty who were happy to trundle round, collect Pete at Easingwold with his fully charged batteries, and to stop at every drink stop which on this very hot day was essential. Meeting back at Bishop Monkton to devour tea and cakes made by the committee we reflected on the great achievement for those who had cycled 60 miles for whom two years ago this was a target too far. Well done everyone, it was a thoroughly enjoyable day. Sorry if you weren't in a picture, I couldn't catch you! Gia  
Captain's log: Not sure how many cycled there but let's say 30 x 60 miles and 10 x 87.

Click on slide show for all Acorn Ride photos

Short Ride Report  
A select group of 3 departed from Hornbeam - the ever encouraging and enthusiastic Darren, who acted as chaperone to Sarah A and Sarah C. Almscliffe was reached via Burn Bridge, Brackenthwaite Lane in to North Rigton. Climbers as well as cyclists enjoyed the sunshine at Almscliffe Crag.  
The return journey via Beckwithshaw was steady. An enjoyable morning. 15 miles. Sarah C

Click on slide show for all today's photos

Medium Ride Report

Congrats to all those who rode the Acorn Ride yesterday and came back for more miles today on an even hotter day. Malcolm led off the faster medium group which left thirteen of us to cycle out to Knaresborough and Little Ribston. At Cowthorpe we added in a loop through Tockwith and gathered at Thorp Arch to buy more drinks, ice creams and use the facilities. We all enjoyed the cool conditions through the cycle path along the old railway line and said cheerio to Angela who cycled back to Kearby from Wetherby. After Spofforth we took the usual route through Follifoot and then the showground where Will, Bridget and Gia decided to stop for a coffee at Fodders where we met Malcolm who had waited for us. Many thanks to Joe who was an excellent backmarker. Well done to everyone, a lovely ride on a fabulous day. 32miles x 13. Gia

Nine set off on the 'very slightly faster medium ride' and with only one print out of the route between us, we had to proceed with extreme caution. It soon became clear that there was a small band of hustlers among us, pedalling gently along for a few miles, and then accelerating away at Warp Factor 5 when it suited them, usually when a tempting incline beckoned. The pace felt nippy enough to the mere mortals among us, at least for the first half of the ride through Knaresborough and Little Ribston, to Cowthorpe. Once we turned right up Rudgate towards Thorp Arch the increasing heat began to tell and the gap between the haves (speed) and the have nots opened up, the former catching up with the medium pluses at the entrance to the Industrial Estate but then kindly waiting for the rest of us to catch up. Alec was about to jump ship and join the pluses but fortunately remembered in the nick of time that he had very strong domestic reasons for not lengthening his ride, and stayed put. We ambled more slowly along the cycle path out of the Estate to Wetherby, and on the continuation of the old railway line to Spofforth, stopping to take a photo to commemorate the spot where Malcolm first met Alec and Sue W and gave them the Wheel Easy leaflet almost exactly 3 years ago. They are two of the club's great success stories! Negotiating the end of the path one of us had the misfortune to tip over into some nettles, but fortunately this was one of our supermen who rather magnificently refused all offers of help and sympathy and even turned away a proffered dock leaf. Wheel Easy cyclists are made of solid stuff. After Spofforth we started to lose riders heading homeward, but 6 of us finally shipped up at Fodders, sat out on the patio for a few minutes waiting for a waiter to take notice and then, realising we were being burned to crisps, took refuge indoors where not too much later we were recuperating with the aid of coffees, lemonades, sandwiches and flapjacks. Our team was John, Roy, Carl, Alec, Sue, Malcolm, Simon, Trevor, Terry and Paul, who did a perfect job as backmarker. Around 32 miles. Photo of the newly rebuilt Crimple Bridge in the slideshow was taken on the way to Hornbeam in the morning. It's taken nearly 3 years to replace the one destroyed by flood, but looks virtually indestructible.

Malcolm

Medium Plus Ride Report  
 After our trip in to outer space with Eric last week, it was nice to be back on the planet Earth. However, I think we may have slipped in to a parallel universe because it was strangely and startlingly bright and warm and we all seemed just that little bit younger, fitter and more beautiful than before. Anyway, we gathered up our 11 riders and set off for Knaresborough and then Little Ribston. At Ribston Hall, the gates again magically opened by an unseen hand and through we went, continuing happily through Walshford, Hunsingore, Cattal and in to Thorp Arch Trading Estate via Rudgate, our favourite Roman road. As promised, Keith took us on a short diversion to view the Municipal Tip. As he explained to the Aghast Man in Charge, he had brought his friends to see how a tip should be run. The Aghast Man in Charge said nothing but I distinctly heart a Glaswegian voice mutter, "haven't yous got anything better to do". Undeterred we toured round the tip, admiring the stone statues, ornaments, industrial artefacts and tubs of flowers - and even, strangely, a stuffed tiger (definitely a sign of a

parallel universe).  
 Next stop was the Gourmet Café in the Shambles at Wetherby, which was as good as ever. We then followed the route through Sicklinghall, Clap Gate, Netherby, on to Dunkeswick and Weeton where we diverted again to view Weeton Church and stood around in the delightful shade talking about gargoyles, spooks and cops. The heat was beginning to sap our speed and energy but, so long as you kept moving, it was possible to create a cooling breeze. After North Rigton we paused at the crossroads above Beckwithshaw where Bill plus three set off home via Beckwithshaw and the remaining seven returned through Pannal Ash, then worked our way through Rossett back to Hornbeam. Grateful thanks to Jill who did sterling work in charge of morale as back marker. Keith and I are off to Scotland walking and bird-watching for a couple of weeks so we will miss the next three Sundays but - we'll be back! 42 hot sticky miles at an average speed of 11.9 (call it 12). Keith & Helen

Long Ride Report  
 Seven riders opted for the long ride to Middleham. The route out was fairly easy going but the wind was against us, coming back was more hilly (the hill from Jervaulx to Ellingstring being particularly nasty) but we had the wind on our backs. Couldn't be better! For the mileage stats 7 x 75 = 525 miles. Phil

2010 Wheel Easy Miles (approx) Weekend 4448 YTD 51335  
 Click on slide show for Angela's C2C photos

Wheel Easy on Tour. Coast to Coast  
 We could not have picked a more glorious weekend for the Whitehaven to Newcastle coast to coast ride, chosen as it was in the depths of winter. The sun shone down on us as we carefully picked our way through the broken bottles in Whitehaven to quickly leave behind the urbanisation for the wonderful panorama of the lake district. Every corner and every summit brought another fabulous view of lakes and rolling hills. After the only strenuous climb of the day up to Winlatatter Pass we reached Keswick in time for a leisurely lunch spent basking in the sunshine in a cafe on the village square. From Keswick we carefully continued to follow C2C signs diligently heading off up the Old Coach Road on a 10 mile hilly route only to find ourselves back at Keswick!!! so pace had to be increased a little onwards to Penrith, our destination for the first night. Passing many others on the route after a couple of miles we were again able to take it easy realising we were still on track to arrive at a sensible time and took the opportunity to cool ourselves down with some delicious local ice cream, well deserved we thought, after erroneously adding another 10 miles to our day. Day two was definitely the most challenging of the ride starting off with the ascent to Hartside Summit. Fortunately the tail wind helped to push us up the hills and at Garrigill any help was certainly more than welcome. Two bottles of water were required given the temperatures of the day and we took every opportunity to keep filling them up. Essential drink stops on the long ascents were a great chance to stop for a breather and a chat with the many other cyclists on the C2C it was becoming a very sociable ride indeed. We passed the mountain bikers on the way up the hills and having a lot more bottle than us they flew past on the way down. Reaching the dizzy heights of almost 2000 feet we could see for miles over the moors and felt on top of the world. At the end of a long day Sarah and I opted for the off road stretch across the grouse moor to our accommodation at Park Head Station for a wonderful home cooked meal and celebratory bottle of wine knowing that day 3 was to be almost all downhill (payback for day 2). Another glorious morning and we set off for Tyneside on a downward sloping traffic free route, the Waskerley Way. Across Hownsgill Viaduct with its spectacular views we flew, again carefully following the C2C signs. However our amazing sense of direction again came into question when after many miles of wondering where all our fellow cyclists from yesterday were, we got out our map to see if there was a problem. Were we just so fast that we were miles ahead or so slow that we were miles behind? No we were about 5 miles from Sunderland on another C2C route! And we

had our return coach waiting for us at the harbour in Tyneside. Leafy traffic free lanes had to be quickly substituted for the death defying A195 as we negotiated our way across to cross the Tyne at the Millennium Bridge. If our navigational skills were called into question then our re-navigation skills worked perfectly getting us back onto the correct C2C route and still in time for the transport within 1 minute of the deadline to a slow handclap (how dare they!!!) Our only puncture occurred within 1 mile of the finish! So, after a fantastic weekend of cycling in Mediterranean climate, through lush and spectacularly wonderful scenery we arrived back to well deserved cakes and bubbly with a few more miles on the clock than the official C2C. Note I am now happy to be ride leader for the Wheel Easy C2C now that I know where not to go, unless of course you also want the extra miles and a few surplus hills thrown in!! Angela (approx 160 miles that I'll admit to).



