

Sunday, May 30, 2010

## Wheel Easy Ride Report 214

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30th May 2010  
Short Ride Report

Thanks to the gentlemanly Great Grandpa Russell (who had GrandPrix and football arrangements) and Derring-do Warner (who had car problems to sort), the Short Ride left the "Beam" and headed for Follifoot via the Showground Cycle Path and the Heights of Rudding. Battling against strong winds, the trusty trio crossed the A661 and reached Calcutt via the old Knaresborough road to Wetherby. This traffic-free section allowed for discussion on the finer points of wrestling with the grandchildren and the means of escape via the bike plus the technicalities required to produce the winning bed for the forthcoming annual Bed Race. Darren's team is raising money for "Young Carers" and sponsorship is welcome. The waterfront at Knaresborough was negotiated in seconds and thence the climb up the A59, where the leadership took place from the rear and the young gallants surged ahead to a welcome rest on the seat at the top! The route via Bogs Lane allowed for a coalition of geographical minds to decide upon the return strategy through the Granby highways and byways and subsequently to the Stray and back to the "Beam". Credit is due to the members of the triumvirate who pressed buttons at crossings thus allowing for the safe traversing by the leader, who was home for coffee by 11am! Sue D

Click on slide show for all today's photos

Medium Ride Report

18 riders split into 2 groups to tackle parts of Knaresborough unknown to WE rides. The subsidiary group cheated, though, and reached Farnham before the main group. It's always nice to welcome new faces and even nicer in a way to have visiting cyclists. The former comprised Nick, a regular commuting cyclist, and also Jade, all the way from York. She was eyeing Mervyn's bike suspiciously as she'd had an identical one nicked outside Tesco's. Is Mervyn a tea leaf? Surely not. Ian and Charlotte, CTC members from Essex, hailing from near 'Sahfend', were

the visitors.  
Big John was feeling on the badly side of tickety-boo so left us after Bar Lane, but the reunited group headed for Bishop Monkton, some via the road, the bulk via the track out of Copgrove. On to the Sticky Wicket caff in Markington. Did you know that the nice, hospitable people there very cleverly check out the WE website to see if it's their turn to be inundated? With time pressing, the ride was shortened slightly and, perhaps more importantly, made easier by heading for Ripley after Bishop Thornton. Three minutes, if that, of haily rain soaked everyone going around Killinghall, where the leader handed over to the Deputy Leader for the final leg back via Knox. This Deputy declined to do the ride report with the spurious excuse of not having enough time. Apparently she had to go to the bookies following the successful placing of a monkey on a turkey, or summat like that, in the Eurovision.  
17 x 28 miles plus about 12 from Big John. Paul B

Medium Plus Ride Report  
Twelve of us set off but were soon down to ten. Our backmarker Roy helped Chris mend a broken toe-clip and they then found themselves alone with neither having reading glasses to read the route slip and neither having a sufficient sense of direction to work it out! They did get to the Sticky Wicket in Markington and met the medium ride but decided that they'd continue on their own route which got them back just after 1.00pm. The ten of us also got back just after 1.00pm. We had a fairly rapid ride to Ripon's Spa cafe followed by a ride up to Fountains Abbey against a headwind and rain. The wind was then behind us for a delightful ride back to Harrogate through Markington, Shaw Mills and Hampsthwaite. We were joined by Jim from Wakefield who was so impressed that he is going to suggest that some of his West Yorkshire cycling buddies drive to Studley Roger and explore a bit of North Yorkshire on their bikes. Denis K  
The two missing riders did get back. I looked at the W.E., site on my phone this morning and thought that I would do one of the medium rides. At the last minute decided the Plus ride would help my bid for fitness. I went to the back of the group just in front of the back marker. When we left Knaresborough I took on the role of Lantern Rouge. I could see that Chris had a problem. We stopped. Chris had lost a nut from his pedal clip. The end result was to take it off. The rest of the group were out of site and we continued. My mind map could not quite place Bishop Monkton so we ended up getting to Markington on the scenic route. We did not get to Fountains Abbey. However, we did make the 'Sticky Wicket Cafe. We chatted about floods in Matlock 50 years ago, then when the other medium ride came in left for home and the football. We hope that the other group did not spend too much time looking for us! Roy

Long Ride Report from the Stalwarts at the Back  
It took until Menwith Hill to sort out the groups into those with similar pace, and so 10 of us opted for the "enjoy the scenery day", except that the full-blooded head wind was having none of that. As we descended to Grassington it was a case of hanging on tight as the blustery side wind made keeping upright and in control the first consideration. By the time we made it to the foot of Park Rash we were well battered but Andy and Kath made it to the top, while the rest of us enjoyed a stroll up the steepest bit of the (in)famous hill. A few showers caught us on the way down Coverdale, but altogether a good ride. We got home after 7.00pm feeling a teeny bit weary. Stars of the day were the little black bunny in Wharfedale, the enormous hare near Wath, and above all Sarah Cross who had never ridden anything like this distance previously. What an amazing achievement for her - 85 miles and about the toughest route and conditions it was possible to find. Martin W

Long Ride Reports:  
22 riders volunteered for today's long ride to the awesome Park Rash. What an amazing turnout, which is a great credit to the spirit of Wheel Easy that so many took on the challenge. We split into 3 groups: a fast group of 6 led by Phil, & the remaining 16 were split into 2 medium paced groups led by Martin and Eric. The weather forecast was not brilliant: strong northerly winds, with showers arriving in the afternoon. The strong winds made the drag up Norwood Lane to Little

Alms Cliff more strenuous than usual, and whilst our group started as a tight close-knit group to combat the wind, it wasn't long before the lads started leaving the lassies (and Eric) behind. The same happened again passing The Sun Inn, so after crossing Skipton Road the 2 medium groups were reorganised into 5 'medium fast' riders led by Eric, and 11 'medium riders' led by Martin. The drag up Duck Street was extremely hard into the North Westerly gale, so it was a single file chain gang tucked in behind the leader. The fast descent to Dibble's Bridge proved more challenging and exciting than usual as the winds were giving us a fair battering, requiring lots of effort just to keep bikes upright and on the road. The first refreshment stop was Cobblestones Cafe, Grassington. Our timing was excellent: the fast group were finishing as our medium-fast group arrived, and we were nearly finished when the medium group arrived. After Kettlewell, the climb up Park Rash was as challenging as ever. In our medium-fast group, the 'King of the Mountains' trophy went to James, first to the top, non-stop, with one very new hip and one very dodgy old one! What the heck will he be like with 2 new hips???? After a photostop and recovery on the summit, we enjoyed the wonderful descent through Coverdale, turning right through West Scafton to take the minor lane to East Witton, where a Giant bike was spotted upside down, minus a wheel. Chris, from the fast group was inside the bus shelter fixing his third puncture of the day: ask Chris what it's like to cycle up Park Rash with a flat tyre! A few minutes later we were on our way to Jervaulx Abbey tea rooms for refreshments - now thankfully restored to the original management, so we can enjoy their establishment once again now that the 'Basil Fawly' management of last year has gone. The ride home via Well, Wath, and Ripon was deservedly wind assisted, and restored our average speeds to respectability. The medium-fast group arrived home at 7pm, the medium group at 7.45. Perhaps an earlier start should be considered next time? For those interested in statistics: the round trip from Hornbeam was 84 miles. The total ascent on the ride was 3,950', crossing 9 uphill chevrons. Overall average speed for the medium-fast group was 12.3mph: 10.9mph into the wind on the 35 mile outward leg to Park Rash summit, & 13.8mph for 49 miles home from Park Rash. Total Wheel Easy miles today for 22 riders: 1848. Well done to everybody today in all three groups, and especially to those who are no longer Park Rash virgins! Eric

Fast Ride Report from Phil: Wow what a ride! Six riders volunteered for the faster version of the long ride. We took the same route as the other groups stopping at the same cafés. Disaster first struck at the top of Park Rash where Chris punctured his back wheel, thought he'd fixed it, climbed back on only to find it was flat again! At this point he decided he'd try another repair and wait for Eric's group to turn up. The rest of us continued along to Jervaulx Abbey tearooms to find an excellent array of cakes waiting for us and, mysteriously, new old management. After the café stop Mike decided to head home by the main road while the rest of us continued on the designated route. At Ripon our new young rider, Richard, left us for home; we were all very impressed with his cycling ability and stamina, so a large pat on the back to him. That left 3 of us riding back to Harrogate with the wind on our backs and not a care on the world. The relaxed feeling ended abruptly for me when I stopped quickly at the crossroads just before Knaresborough - there was a pinging sound from my back wheel as 3 spokes broke leaving the bike unrideable. Fortunately it wasn't far for my rescue service to come and collect me (some people will do anything to avoid Knaresborough hill).

Despite the wind and the setbacks it was one of the most enjoyable rides of the year. We kept a good pace going (thanks to John) and rode together all the time. Phil St

2010	Wheel	Easy	Miles	(approx)	Today	2798	YTD	55245
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