

Sunday, August 15, 2010

Wheel Easy Ride Report 225



Great turn out again for the varied rides offered today. About 60 riders in total. Our collective mileage for the year so far exceeds 93,000 miles!

Short Ride Report

It was such a lovely morning! The sun was shining as I made way to Hornbeam Park to lead the short ride, and as I had clocked up 3999 miles since 1 January I was looking forward to passing the 4,000 mile landmark today. It would be a nice achievement on such a nice day - but little did I know what lay in store.....the next 15 miles were going to be as action packed as the previous 4000 put together!

8 of us assembled for the short ride, so after introductions and Anne-Marie and Lizzie were on their first Wheel Easy rides, and Alun, Matt and Rachel were on their second or third rides, we had a safety briefing and then set off for Knaresborough. We hadn't even got out of the car park when there was a cry " Eric, my brakes aren't working"! A quick release of the rear outer cables so the inner cable could be oiled, and 5 minutes later Linda's brakes were fixed and we set off again. As we went along Abbey Road, Knaresborough, a loud bang - like a gunshot - startled us and all the birds around, and Paul P, our backmarker announced that bang was blow-out to Matt's front tyre. Inspection revealed the wire reinforcement had come adrift from the beading of Matt's new front tyre, and so replacing the inner tube would be futile as it would suffer the same fate. Sadly Matt had to walk his bike to Knaresborough station and catch the train back to Hornbeam Park, where he'd parked his car. Looking on the bright side, at least it happened within walking distance of a station - it could have been much worse!

So 7 of us then continued through Little Ribston, Spofforth (where we saw 2 herons trying to land close to the River Crimple, but an aggressive smaller bird managed to persuade them to move on elsewhere), and Follifoot. Last Tuesday's work by the Sustrans Rangers on the path alongside the bypass was much appreciated as we approached Rudding Park. Then when we were almost within sniffing distance of the coffee at Fodders the wheels well and truly came off the wagon! As we were crossing the narrow bridge on Rudding Lane, the traffic lights turned to red after the first four had gone through. Lizzie came to an abrupt halt and overbalanced, falling onto the grass

verge before going headfirst into a high hedge. She then discovered that the hedge started in a ditch 3 or 4 feet below the level of the verge. Paul - as back marker - assured us that only the bottom of her shoes, pointing heavenward, were the only evidence of where she had been, and later regretted he didn't photograph the bottom of Lizzie's shoes! Alun - Lizzie's husband - was so shaken by the sudden disappearance of his wife that he forgot he was cleated into his pedals, and not wishing to follow Lizzie into the ditch, opted to fall the other way onto the road, leaving lots of DNA in the form of skin and blood on the tarmac. Lizzie was eventually recovered from the ditch covered with nettle stings, and then felt even worse when she saw the blood running down Alun's leg.

Well, we did eventually make it to Fodders for coffee, and apart from Rachel throwing a particularly large slice of gateau onto the floor, there were no further incidents to report. And we even managed to smile for the team photograph. For the Captain's Log, 7 of us clocked up 15 miles, plus Matt's 5, to make a total of 110 incident packed miles. Another 2,000 miles to achieve my target before the end of December. Please, let them be trouble free! Eric

Click on slide show for all today's photos

Medium Ride Report
The weather forecasters said Sunday was to be the good day, sandwiched between two less good days, and they were right!
17 medium riders set off via Burn Bridge and were overtaken at Walton Head Lane by Gia's group and we never saw another Wheel Easy rider for the rest of the day. It was a delightful ride to Kirkby Overblow followed by a posed photographic shot at the small Methodist Church at Kearby and then an easy trundle through Wetherby and over the bridge to pick up the A1/M1 cycle path and on towards the A64 junction.
It remained a trouble free day apart from one group puncture (at the Grange Roundabout) whose repair involved two spare inner tubes and one can of CO2 gas. I will say no more on the subject! We paused at the site of the Battle of Bramham Moor (1408 AD) just north of the A64/M1 Junction and admired the information board, which described it as "A Minor Skirmish with a Major Outcome" - bit like a Wheel Easy day out really.
That was quite enough motorway driving and we continued in a more rural setting via Leeds University Headley Field Centre (where we admired the walnut trees) and on to Clifford, Boston Spa and Wetherby. Ten of us stopped for tea, coffee, bacon sandwiches and scones in our favourite Gourmet Café in the Shambles and pronounced it a jolly good skirmish. Dennis kindly led the remaining seven back to Hornbeam. The ten skirmishers soon followed via the well-worn route of the cycle way to Spofforth then on to Follifoot and Harrogate Showground where we all enthused about how much we enjoy that last little hill! 35 miles at an RBA of 10.5 mph Keith & Helen

Medium Plus Ride Report
Terry nobly offered to lead the medium plus ride but like the rest of us didn't really know the route, but with Dave Preston there to guide us we all made it to Tadcaster for excellent tea, coffee, crumpets, teacakes and scones. Although the fast boys and girls ignored all signs to Bramham they got to Tadcaster first, and snaffled all the scones. Dave's route took us the length of the excellent cycle path along and in parts away from the A1, into Bramham and then along quiet roads to Tadcaster. Afterwards he led his merry men towards Askham Bryan, while Gia, Malcolm, Terry and Carl cycled home via Wetherby and Spofforth and we hope the fast boys and girls enjoyed their route home wherever it is they went!
18 on this ride, varied mileage but four of us notched up 37 miles. Gia

Addition to Gia's ride.
It more or less started after the gathering in Wetherby Police Station entrance. Yes, the Police Station, and we all went there voluntarily, fortunately none of us were detained. Then it was on

to Bramham in a group formed by Gia, Peter J and four EG`s Peter B, Roy, Bill W and Dave P. Gia`s day was obviously made when she was shown the Old Folks Shelter in Bramham where the EG`s have been known to loiter on various occasions. At Tykes Tearooms we had our Crumpets and Toasted Teacakes Al Fresco, but this Italian waiter didn't turn up so we were served by a charming young lady. Roy enquired was this an early morning tea stop and would lunch be taken later? There is a view amongst certain (older) riders, that it is not worth getting out of bed for a Sunday ride if only one tea stop is taken. The young, fit and the fast soon left to return to Harrogate, leaving the old group and Malcolm and Gia, who declined to ride on to Askham Richard, due to having to get ready for their house move (hope everything goes OK on the day for you both). The remaining five (not quite famous) set off for Askham Richard, Tockwith and Cowthorpe. Here Peter J left us to return to Harrogate, the remaining four heading south on the cycle track to Wetherby, suddenly finding ourselves in Morrisons Cafe (now how did that happen?). After bacon sandwiches and scrambled eggs it was back to Harrogate via Sicklinghall and Kirkby Overblow in glorious sunshine. It had been a good ride with a relaxed and friendly atmosphere with the weather being very kind to us. Door to Door mileage around 50 -51 miles. Dave P

Fast Medium Plus Ride Report
 From Hornbeam we headed towards Wetherby via Burnbridge, Kirkby Overblow at a fast pace of 16.9 mph. From Wetherby we then headed to Bramhope where Mark's chain broke. We stopped at Tadcaster for tea/coffee and cake. Howard was doing remarkably well to keep up as he had only been on his bike four times in thirty plus years. WELL DONE HOWARD! After refreshments we continued to Wighill, Thorpe Arch, Wetherby, Kirk Deighton, Spofforth, Follifoot and Rudding where we all spilt up to go home. Well done everyone for a really enjoyable ride and excellent company. We cycled 40 miles. Darren

Long Ride Report
 Sarah, Sue and myself decided to attempt the long ride, knowing we would be unable to keep up with the pace. We kept up with the pack through Beckwithshaw and onto Fewston, where we admitted defeat and agreed with Phil that we would leave the group and continue at a much slower pace. Phil very kindly explained the route before his group sped off into the distance. James joined the three of us as he said he fancied a slower ride or had Phil arranged for him to look after us to make sure we returned home safely? From Fewston we continued through Timble, Blubberhouses, Thruscross, Greenhow Hill and into Pateley Bridge. Here we leisurely enjoyed our coffee and cakes from 'The Sandwich Box', which is behind the main street. After looking around the new Photography Gallery Sarah expressed her desire to cycle up Yorke's Folly! We all agreed to the challenge and after a slow, successful climb we picked up the pace and cycled through Dacre, Darley, Birstwith and Hampsthwaite. Overall we covered 42 hilly miles, with great views and excellent company. Paul

Why did I dream up such a tortuous route for the long ride? Despite being described as short but arduous 12 foolhardy cyclists volunteered to join the suffering and we split into 2 groups based mainly on the level of pain we were prepared to endure. The climb from Wath to the top of the moor was excruciatingly hard but we were rewarded with fantastic views across the moors with the purple heather in full flower. Lunch was taken at Spa Caff and we returned to Harrogate through Studley Roger and Ripley. The route can be viewed at: bikeroutetoaster.com/Course.aspx?course=168091. The elevation chart on the summary page looks very interesting! For the record 12 riders covered 55 miles = 660. Phil

Off Road Ride Report
 At the beginning of the day my thoughts took me back and how this outstanding voluntary organisation has evolved and progressed over the past few years. Wheel Easy now offers multiple

rides starting at 9:30 and at the beginning we used to only occupy just a tiny corner of the car park and now we have taken over the whole car park. A big thanks to Gia and Malcolm for making this the best cycling club in Yorkshire, if not the uk.

Well to the ride report
Eight people, including myself, took up the challenge of the Lindley route. We all set off to get the first on road part out the way. The fast road group were in our sights up until Norwood then they blended into the horizon. At this point we started the rough stuff with a fantastic blast through the woods. Richard then convinced us all to tackle the Stainburn mountain bike trail and after a briefing we ventured to the dark side of down hill biking with Richard taking the front and myself following at the rear. We wined down the twisting track and all of us just made it to the bottom. "Wheel Easy do Stainburn". The whole team agreed it was an exhilarating experience. We were then off to Lindley Reservoir, Norwood, Almscliff Crag and Burnbridge. We came across this strange contraption provided by Domination Adventure (see photos). Lastly, we climbed up the hill out of Pannal and cut across the A61 to the last off road section. It was a fantastic off road ride, fantastic group of people and the riding skills were top notch. A special thanks to Richard for his expert input. Cheers buddy! I hope to continue this in the future. Maybe in a year time we will have multiple off road rides leaving hornbeam. Cheers Ben Cope

2010	Wheel	Easy	Miles	(approx)	Today	2303	YTD	96812
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