



A Happy and Safe New Year to you all

Short Ride Report

I turned up at Hornbeam this morning with a route in mind but not knowing if led rides were on. I was pleased to be told that all the led rides were on after all the snow and ice. Four of us set off for Low Bridge where we picked up Norman who joined us as we continued along Abbey Road to Farnham and Lingerfield. Conversation was a mixed bag today as we stopped at Waterside cafe for a break. We talked about heart problems, new chains and gearing. We continued home via the Beryl Burton and the Dragon cycle path About 15 miles in good company and a steady pace for some and more relaxed for others. Thanks everyone for an enjoyable ride. Darren

[Click on slide show for all today's photos](#)

Medium Ride Report

Caroline acquiesced to Martin's request that she should take "battlefield promotion" and lead the medium ride. Hail Caesar! A decade plus two headed for the dizzy heights of the railway bridge before following our "centurion" to Pannal. After crossing the A61 Dennis and I were concerned as to the wellbeing of Crawford as we hadn't seen him with the rest of the chariots. We waited for a while but, before setting off to see if he had fallen, decided to check with our centurion if he was with the peloton. Three telephone calls later our leader answered her phone (she had been going uphill and couldn't stop) to confirm that the back markers were blind and that Crawford, looking very fetching in his new winter tights, was safe and well. Hail Caesar! The back markers caught up with the peloton at

Spofforth and we proceeded uneventfully (well if you don't count Liz cycling through a bush) along the cycle path to Wetherby and through the underpass to Thorp Arch and thence to Boston Spa where, to the dismay of several of the gents, the gent's was locked. The main group followed a local cycle path to the A1 cycle path whilst a breakaway group set off in search of bushes and seclusion. Miraculously we all reformed at the roundabout on the route twixt Calcaria and Isurium Brigantum.

A swift descent brought us back to Wetherby where we lost six chariots to the café and Crawford to a "five minute banana stop". Five pressed on back along the cycle path towards Spofforth where Dennis succumbed to a slow puncture. Paul stayed to assist. John felt the need to "surge" to get his feet into some warm water which just left me and the Centurion to wend our way home via Follifoot and Ridding Park in time to feed our guest. The Centurion had lost ten of her chariots. This is not quite decimation as aficionados of Martin's Christmas quiz will know. So much for "battlefield promotions". A pleasant but cold ride of about 27 miles for 12 (if they all got safely back!) Max

Medium Ride Touring Pace Report

The New Year brought out nearly fifty Wheel Easy riders, including two new members who were all keen to get the pedals turning after the icy conditions of late. We let the fast boys off the leash with their ride instructions but clearly they cycle too fast to follow them!

Seventeen took advantage of the touring pace, some starting their early training for the coast to coast, and Harriet on one of her dad's bikes holding the pace well. This was a good route for a post lay off ride, apologies for the late coffee stop but it was too cold to stop any earlier than Boroughbridge after 30 odd miles. There we found Richard who had a shotgun type puncture at Woodlands and as there were so many of us we split between the two cafes that were open.

We all appreciated the hot drinks and food to get us home the final miles. Jill had a puncture as we crossed The Stray but no other mishaps than that.

We stuck to the route, found very little ice and most of us will have completed 45 miles. Great ride, great company and a great way to start the New Year. Gia 18 x 45 miles.

Medium Plus Ride Report

Eight set off on medium plus ride which the author thought he had a reasonable chance of leading. First deviation at Spofforth. Avoided cycle path in favour of Deighton route to Wetherby. At this point we (I) accidentally followed the prescribed route through to Whixley. Missed out a huge chunk and raced at a decent pace straight to Boroughbridge. Boneshakers boys passed as we left the cafe so Malcolm hooked up with them. Peter left us at Staveley leaving six to make it back through Knaresborough. About 40 miles x 8. Steve B

Long Ride Report

What a good turnout for the first Wheel Easy ride of 2011, despite the temperature being only just above freezing. Could it be that we are now so accustomed to sub-zero temperatures that this seemed positively balmy - or is that we all needed to shed a few pounds following the excesses of Christmas and New Year?

7 of us wanted to go on a long ride, but we had no ride leader, and no route, so the spirit of democracy ruled and somebody suggested it needed to be a flat route. "sounds like South and East" another refined the options a little. "York and Selby" suggested a third. There being no dissenters, the motion was carried and off we went via Abbey Road Knaresborough, Little Ribston, Tockwith, and Long Marston. At Askham Richard my gear cable snapped, reducing my rear gears from 10 down to 1. With assistance from the team we were able to move the rear changer from top gear into a middle gear, and by adjusting the limiter screws keep it in that position as a very effective 'get you home' emergency fix. Just as well we were going on the flattest possible long ride, so rather than returning home, I was able to continue on the ride. We took the York to Selby railway path past the Solar System scale model, and it was good to see that the southern section had recently been tarmaced, so all of the 6 mile cycle path is now metalled - a great improvement!

We stopped for lunch at Morrison's in Selby, before setting off for home via Cawood, Tadcaster, Wighill, Cowthorpe, and Knaresborough, arriving back at Hornbeam Park at 4pm, having covered 68 miles at 13mph.

Entry for the shiny new 2011 Captains Log: 7 riders covered 68 miles, a total of 476 miles. Eric

2011 Wheel Easy Miles (approx) Today 1990 YTD 1990





