



#### Short Ride Report

Nine riders opted for the short ride. We were joined by Elizabeth and Sally who were new to Wheel Easy. The majority of the riders just wanted a short ride this morning in order to be back home late morning.

We were the last group to set off from Hornbeam making our way through town to the cycle track beside Asda. The condition of Beryl Burton cycleway was not too bad but I was concerned for Al who was on a new bike. We took the decision to join the main road into Knaresborough to avoid the possible mud on the final stretch of the cycleway. From Knaresborough we continued to Calcutt, Follifoot and Rudding Park. Three riders left us at the showground while the remaining six went to Fodders for refreshments.

Jean and her sister decided to do a bit of shopping at Fodders and the remaining four continued back to Hornbeam and then home. It was a lovely 15 mile ride. Thank you Sarah for being back marker!  
Paul

#### Medium Ride Report

18 Medium riders including 5 new members followed Richard out of Hornbeam, along Leadhall Lane past the Squinting Cat and up towards Beckwithshaw. By this time we had split informally into 2 groups with the slower one being lead by Dave P though neither went at a slow pace or had much time to rest - had we strayed into the wrong group by mistake? Anyway it was onward and upward (as it seemed to be all day!) to Little Alms Cliff and then a bit of respite as we zoomed down into Fewston. A bit more undulation then a short stop in Swinsty car park. Here Richard was presented with a trophy for ballroom dancing by Caroline, who had gamely carried it up all those hills and now thought she would

slow Richard down by making him carry it! This wonderful trophy was found in a muddy stream on last Sunday's ride. Here Dennis, Crawford and another sadly had to leave us and return to Harrogate for their lunches etc. The rest of us continued up through Timble and further up on to Askwith Moor where a short stop was had to admire the view of Wharfedale and for some of us to get our breath back. A wonderful descent followed into Wharfedale and Askwith and on to Weston for a coffee stop. We soon filled this wonderful cafe and the staff were excellent in quickly and efficiently attending to our needs. Refreshed we sped into Otley and towards Farnley where I did my best to follow 2 men from Burnley and Colne but they made me go the other way! On to Leathley and then up, up, up to Stainburn for a short stop. Here Darren and co passed us looking hot and bothered but definitely going faster. Here also Dave P caught us up. He had stayed a little longer at the cafe but he had not seen the 3 ladies and 1 gent who had stopped to wait for them. (Max had already disappeared in the direction of Kirby Overblow. He was later found at home 'in an exhausted heap gibbering about hills!') Had the ladies had better luck with the men from Burnley and Colne? (They were later heard to be safe and well in Beckwithshaw and got back to Harrogate at a similar time to the rest of us. Please can the rest of us be let into the secret of the short cut?!) So a depleted (and quieter) group struggled upwards to Almscliffe Crag passing Paul T going in the opposite direction. Almscliffe looked wonderful and now it must be downhill into Harrogate. Well it was downhill to North Rigton but then it was up again to Brackenthwaite Lane and again into Pannal Ash before heading on a gentler gradient back into Harrogate as the group disbanded to their various homes. About 33 miles beautiful scenery, a few hills and a good day out!. Liz P

This is an unscheduled ride report for the lost sheep from the rather hilly ordinary medium ride. So over excited were we at the prospect of Dave Preston and Roy sweeping us up at the back of the ride, we missed the all important turn off to Stainburn, after our leader and the rest of the rather fast riders swept upwards and slightly downwards into Leathley. So foolishly, very foolishly we decided it was a bad idea to do retracing steps so we carried on.....up. I can strongly recommend that the main road from Leathley to Beckwithshaw is not one to be taken lightly. It has very long steep ups, and lots of alpine like hairpin bends ..... awful. Anyway Sue D, Caroline, Sue T, Paul B and Rob (who is going to cycle across America and after today's ride it should be a doddle) are all safe and have reached home despite Sue T's misbehaving chain (kindly fixed by a nice young cyclist and the more efficient Sur John who just appeared .. apparently from nowhere. Max was also found at home, in an exhausted heap, gibbering about hills. Thank you to Dave Preston and Richard for your concern on our disappearance. 31 miles of the most horrific but satisfying hills ever ridden up. Lost Swaledales. Caroline

Click on slide show for all today's photos

#### Medium Ride Touring Pace Report

A mÃlÃ©e of Medium Plus and Medium riders started up Hookstone Road making exact numbers in each group uncertain, but by Beckwithshaw the Plus Minus (slower) peloton had sorted itself into a round dozen, including brand new Steve, who'd meant to ride with the Medium Mediums but with Martin's help was coping well with the Plus Minuses, and also slightly-rusty-but-welcome-back-after-a-long-break Steve W, who was doing what he ought'er.

Unfortunately, Terry was a bit off colour and not coping so well, blaming a 'hard week at work' (some of us struggled to remember the concept), and after we stopped to regroup and take a photo stop at Stainburn Woods he called it a day and sailed back down to Beckwithshaw.

Then it was over the reservoirs and regroup/loo stop at the car park before taking the track up to Timble. Nearly new Martyn, who is proving a very capable climber for a boy from the flatlands of Boroughbridge, said approvingly that this was further west than he had ever been before (on a bike, no doubt). Further west still we went, over the moors then down to Askwith where Steve W sensibly felt Ilkley would be a bridge too far and that he would wait for the Mediums at Cockpit Farm.

Martin encouraged new Steve to go with him, ostensibly for a similar reason and something about needing some lower gears, but those of us used to Martin's forward thinking wondered whether he was also considering competition for bacon butties at Avanti. If so, he was to be disappointed as by the time we arrived there not only had the bacon butties run out, but there were also no scones. We never

found out if the Medium Pluses who were already there, had snaffled them. However, what we did have was very good.

So was the ride back, to Otley where we split to ensure we didn't miss Paul T coming to meet us after leading the Shorts, Leathley, and up to Stainburn (which is where we did reunite with Paul). As Almscliffe Crag appeared the sky was beginning to show patches of blue, but nothing like as much blue as we produced on the ground when Neil came puffing up to the top of the hill and described his bike with a brand name we hadn't heard before. The problem was that the chain wouldn't go into the small ring at the front, so no low gears. Martin tried the usual adjustment but without success and recommended a good clean and plenty of GT85.

Just after this we passed a man with a large tummy in a field flying his remote control helicopter with considerable skill (and noise). With tiring legs (mine anyway) we climbed up from North Rigton to the junction at the top of the world. Sur John, delighted to have Wheel Easied for the first time as far as Ilkley, went straight on to Beckwithshaw, while Bill, Martin, Yvonne, Sue C, Martyn, Neil, Paul, Gia and I turned right to Burn Bridge and home. Mileage estimates: 9 x 39, 3 x 30, 1 x 15. Malcolm

#### Medium Plus Ride Report

Once again on a Sunday morning, the shout of "hills" could be heard echoing around the medium groups as we all gathered at Hornbeam Park. Nine of us started off on the fast medium plus ride. As we approached Beckwithshaw an unscheduled stop was taken whilst our team mechanic Darren successfully restored Steve's chain back into one piece! The rest of the us gave him good verbal encouragement! Meanwhile the two Dave's decided to carry on toward Little Almscliffe and were only caught up briefly at the car park at Swinsty, Will, due to time constraints wisely decided to return via the Sun Inn.

We then climbed up to Timble and onto Little Snowdon. The climb out certainly got the legs warmed up and we were glad of the descent into Askwith village before turning right towards Ilkley. We again met up with the Dave's and had a quick debate on where to stop for coffee. I think their minds were made up on Booths and off they shot down the main road, which the rest of us decided on the quiet road into the town centre and found cafe Avanti which was quiet and had an abundance of tasty looking cakes!. I can personally vouch that the carrot cake was gorgeous!

We left Ilkley along the same route and continued through Askwith and onto Otley, Farnley, Leathley and climbing up through Stainburn we fellow Wheel Easy riders. We continued then past Almscliffe Crag and onto North Rigton. A few heaving lungs were glad of the respite down Brackenthwaite Lane. One last effort took us through Burn Bridge and back to Hornbeam.

Six riders totally 40 miles each and the two Dave's probably did the same, not that we saw them much! If I'm generous I would estimate Will cycled about 20 miles. Total Wheel Easy mileage for today was 340miles. Paul A

It's Daz's and my birthday during the week, so next weekend will be our birthday ride!

#### Long Ride Report

The designated long ride leader wasn't available to lead today so it was a case of "Where shall we go? What about Masham?" and that was the long ride organised. Seven set off heading out through Hampsthwaite, past Brimham Rocks & up onto Dallow Moor and then to Masham via Laverton and Kirkby Malzeard. A welcome café stop at the Suncatchers café where the décor seemed to bring back memories of more youthful days for certain members of the group!

As ever when we go to Masham there are always a few people who cannot resist the ride to Lofthouse although today there were only two takers, Phil and Eric. The remaining five set off for a gentler route home via West Tanfield & Ripon. It was just after West Tanfield that things became a little more eventful with one slow puncture that required a few stops to be pumped up & Peter R discovering his wheel rim had given way. However we all got safely back to Harrogate for what was the first long ride of the year for several people. Approx 55 miles. Jill

2011 Wheel Easy Miles (approx) Today 1905 YTD 8186



