



Friday 13th May

Three EG's decided to get some practice in for the Filey and back ride. What better way than to attempt an Audax route over 200k (125miles). So we met up at 8am at Scotton under dark skies with the threat of heavy showers promised in the afternoon. Colin, John R and myself John E set off almost on time (typical EG's), for the hills to Masham, then on to Bedale for a short stop. After Bedale we encountered our first problem, a "road closed" sign on our route which being experienced cyclist we ignored, only to find after a few miles that the entire bridge was missing to take us across the A1. Back we went and with Colin's map reading qualities coming to the fore retraced a route back where the bridge would have been the other side of the A1!

Now back on route we arrived in Thirsk at 12 noon, 4hours in, for our first Cafe stop, unheard of in EG history. We had completed 50 miles. After toasties hot chocolates and tea, we were off again back to our old hunting ground of Easingwold, 67miles covered. Here the first heavy shower hit us and the temperature plummeted. JohnR and Colin stopped to put on waterproofs, (mine were already on) John R decided to head back at Strensall as he was feeling the effects of his previous 100mile ride! John R e-mailed me to say he still managed to do another 100mile ride at 13.8mph average. Colin was now following behind me after his stop in the rain, we met again the other side of Malton at Hovingham for an unplanned cafe stop ( Malton was too busy with traffic). We carried on back up the hills to Easingwold together, then on the flat to Boroughbridge, after 120miles we still managed to average over 15mph on this section into the wind, working well together alternating the lead in true racing style. In Boroughbridge the heavy rain returned, Colin stopped to clad up again, I carried on into the wind and rain. We both completed the task, in at times difficult conditions. and were back at 7.30pm. It just goes to show what us old 'uns can do when we put our minds to it! For the record- 130miles x 2 in

9hrs 45 mins travelling time, and 100 miles x1. John E

Sunday 15th May

#### Short Ride Report

6 riders signed up for the short ride this week. We set sail from Hornbeam to Low Bridge at Knaresborough, where a short stop took place for the ride leader to change into something a little more appropriate for the time of year.....waterproofs and long fingered gloves(??). Some of those more hardy members of the group wore shorts - anyone would think it was spring time! Knaresborough left behind, we reached the turn off for Little Ribston, and Spofforth. At the roundabout, 2 group members decided to brave the elements further by adding some extra mileage on via the Harland Way to Wetherby. Perhaps it wouldn't rain there after all? We continued on our way out of Spofforth and on to Follifoot, where discussions took place as to whether a coffee stop should ensue to dry off from the rain! However, this was abandoned for the more comforting options of homes and comfy sofas, and we parted our different ways around the Yorkshire Showground! Despite the weather, a pleasant 15 mile ride with good company, as always. Sarah

Click on slide show for all today's photos

#### Medium Ride Report

We haven't had many cold, wet, windy days this year but today that is exactly what it was. There was a big take-up for the medium ride but we decided to make our way mob-handed to Knox Lane and see how the group wanted to divide up at that point. Not being a native of Harrogate, I asked Dennis to take us on a more picturesque route to Knox Lane than the one I had planned. Using SAS disorientation methods he got us there faultlessly and all I can recall is going round the back of the Asda car park. Thereafter we had a pleasant uphill section via Hampsthwaite, Clint Bank, Burnt Yates and relentlessly on up to Brimham Rocks Road and it wasn't actually raining at this point. A small breakaway group left us to head swiftly home for lunches/family gatherings and we retreated to the tea and coffee shack at the rocks themselves. At Brimham Rocks a nice National Trust lady herded us all in to a group and photographed us next to a new bike park they had created. She asked for some feedback and got quite a technical specification from one of our more engineering minded members who basically said they were very nice, but built for giants. The chocolate muffins were very nice too. There was moisture in the air which gradually turned to slight drizzle as we continued on towards Warsil and on through Markington. We received a phone call from the breakaway group to warn us of a treacherous left hand bend where two of them had fallen off and were going to hospital to be checked over. I suspect that the rain after a long dry spell had made the road very slippery and they were the unfortunate victims of a bad surface. We were all rather cautious after that. Missing your lunch is one thing, having to endure hospital food is quite another. The group had settled down in to three orderly bunches and continued to re-group at strategic points all the way home via Wormald Green, Burton Leonard and Knaresborough. Many thanks to Dave Preston who expertly back-marked all day and brought the whole team together at the end.

We covered 33.5 miles at an average speed of 10.2 mph and enjoyed the day, despite the drizzle.  
Helen

#### Medium Plus Touring Pace Ride Report

A group of 6 set off into a strong head wind making the climb up to Little Almscliffe and then Timble more arduous than usual. A hard climb up over the tops was followed by a pleasing descent into Askwith This ride is known as 'Jill's hills' and it lived up to it's name as we climbed and climbed up to Langbar .What goes up must come down so we were happy when our turn came to whizz down to Bolton Abbey for much needed bacon sandwiches and full English breakfasts and lots of tea to set us up for the return journey. The rolling flattish road back to Ilkley encouraged the group to seek even more hills so rather than following the prescribed route back via Pool and Kirby Overblow we decided to re-trace our steps and go back up the Askwith hill and back the hilly way home. This ride then became Sue's views as we sought the high ground, despite the lowering sky and the mizzle the

weather didn't spoil what all agreed was a tough ride but one which was well worth the effort. 6 X @42 miles Sue Couture

#### Medium Plus Ride Report

Four riders (Mike, Nick, Dave and Glyn) set off to tackle 'Jills Hills' led by John. The weather remained windy and grey though out our trip but fortunately we avoided most of the showers. It wasn't long before we were soon joined by Mark who has not ridden much with us over the last six months due to work commitments. Good to have you back and hope everything works out OK at work! The pace was quick and the wind was quicker as we made our way up to Little Almscliffe, on through Fewston and then on to Timble. Some respite was provided by the fast descent into Askwith before more hard work was required to climb the hills around the back of Ikley and on (and on) up to Beamsley Beacon. With the long ascent behind us it was time to take on the the fast and winding road down to our intended refuelling stop at Bolton Abbey Tea Rooms. After copious amounts of hot tea, sandwiches and bacon butties, together with good conversation, we were ready for the journey home. Mark left us shortly after our stop and made his way home via a more direct route. With the wind behind us, the remaining five, made their way speedily through Ilkley, Askwith, Otley, Weeton and Castley and then up to Kirkby Overblow were Dave and Nick left to make their way home past Rudding Hall. The remaining three travelled on to Burn Bridge and back into Harrogate. Our thanks go to John for leading an excellent ride - 6 riders @ 50miles approx = 300miles in total. Glyn

#### Long Ride Report

The prospect of a ride to Helmsley wasn't very popular with Wheel-Easy riders so only 3 of us left Hornbeam, although we were expecting Darren to join us at Boroughbridge. By the time we reached Thirsk the prospect of a ride to Helmsley was not very popular with anybody as the constant drizzle had definitely turned to rain.

The route was hastily reconfigured to ascend Boltby Bank, travel along the escarpment, descend White Horse Bank and continue and home via Easingwold. Sounds easy but none of us managed to get up Boltby Bank to Sneck Yate without pushing and none of us managed to get down White Horse Bank! We were going very carefully but there was a very tight left hand bend where the bikes just carried straight on - fortunately there were no cars around at the time.

The rest of the ride was suitably uneventful; a cheap lunch at the glider club and it even stopped raining as we arrived back in Knaresborough. For the record 3 riders 70 miles, 1 rider 55 miles, total = 265 miles. Phil

2011 Wheel Easy Miles (approx) Today 2059 YTD 69207



