



Wheel Easy on Tour

So far Geraldine and Joe have ridden 900 miles on their End to End Ride. They are now in the hilliest county!

Saturday Ride Report

There were 8 out for the Saturday ride. Darren led the speedy group with Julie, Mark and first timer Marvin (warmly welcomed to Wheel Easy) to Brimham Rocks. Malcolm took the slower group to Old Scriven, where Jean and 'second timer' Jenny turned back due to time limits, and continued with Robin to Bishop Monkton and Markington. The rain just about held off, for a fine afternoon cycling. We agreed, at least for the time being, to start future Saturday rides half an hour earlier at 1.30pm to allow more time for longer rides and café stops. Mileage, say 4 x 35, 2 x 30, 2 x 15. Malcolm

Sunday Ride Reports

Off Road Ride Report

A good turn out of ten riders met for the off road ride. Several cycled from Hornbeam, meeting up with the rest of the group in Ripley in plenty time for a 10.15am departure in lovely warm sunshine. Crossing over the B6165 we started with a short climb up hill onto a section of the Nidderdale Way. A gentle introduction was followed by a couple of fairly steep sections of downhill single-track. Neither is long, but both were slippery thanks to the recent rainfall which was a bit tricky for those with hybrid tyres. We made our way through Cayton Gill, over a small stream before bearing right, and up to High Cayton farm, then sharp left towards Haddockstones. When we reached the road near Markington one

member left us fearing his hybrid bike and tyres were not up to the conditions aiming to make his way home on road.

After a short stretch on How Hill Road we turned right by Abbey Fall Wood where a short climb is rewarded with a great view back over Fountains Abbey (although on this occasion there was a herd of cows watching our progress so most eyes were on them!).

We continued off road through Hill House Farm where another cow herd was waiting by the gates to greet us. Pressing on we entered a pleasant section through the woods eventually exiting into bright sunshine and a restful snack stop whilst a puncture was repaired. Almost reluctantly rousing ourselves from laying in the sun we started off again towards Whitcliffe Hall where we took a right onto Ripon Rowel Walk. Another right took us towards a small stretch on road, Whitcliffe Lane, leading up to Morcar Grange before continuing over Brickley Hills and then down Strait Lane. This finishes with a nice piece of singletrack, then its back onto the road for a cruise through Ingerthorpe and on to Markington. From Markington we turned left and made our way through Shrog Wood and back up past High Cayton Farm and continuing onward to Barsneb Wood and over Cayton Beck. Warm as it was one rider's splashing fall in the stream was surely not intentional? A short sting in the tail in the form a fairly steep climb on another short section of the Nidderdale Way lead us back to the road and a cruise back down to the B6165.

An enjoyable ride finished back in Ripley where half the group headed home, with the rest cooling off first with an ice cream (shared with the local hens, who seemed rather partial to it). Debbie & Colin

Short Ride Report

Welcome back to Alison after recovering from a dislocated shoulder (not through cycling she hastened to add)

and to Maureen on her second Wheel Easy ride. As it was such a fine morning and little wind we agreed to take the route to Stainburn Woods and enjoy the wonderful clear views from up there along with many other cyclists out today.

We returned to Harrogate via Pennypot and as there were no outside seats at Catwalk Café we tried out the Fat Badger and sat in the sunshine. We were all ready for cold drinks and capuccinos before home beckoned.

Lovely ride, well done Maureen , in training for the Leeds Triathlon and thanks to Paul for chaperoning us.

16 miles x 4. Gia

Click on slide show for the weekend photos

To follow - Martin doesn't have access to put all your great photos on the slide show but they will appear when Paul or Malcolm return.

Medium Ride Report

15 riders declined the attractions of the York Cycle Show to ride to Boston Spa on what felt like the hottest day of the year. After about half a mile the fast boys had sped ahead into the distance, no doubt to create a cool breeze, and were eventually tracked down at Kirkby Overblow. The route across the top to Sicklinghall offered some fantastic views, enhanced by the sunny weather. At Wetherby, two thirds of the group decided to forge on at a faster pace, in order to be home for lunch or the Grand Prix. Monica, Mary, Justin, Alan and myself opted for a coffee stop in Boston Spa, to cool down and recuperate. We returned via the Harland Way and Follifoot and all managed to make it up the horrible hill at the show ground. 15 x 28 miles in total. Sue W.

Medium Plus Touring Pace Ride Report

We thought "It can't be York Rally day because the sun is shining, but here comes David on his lovely Curly Hetchens bike, and as that only comes out for the York CTC Rally it is the right day after all!". 14 riders made up the group riding to York - plus or minus a few variations along the way. Among our group we were pleased to welcome back Carl after extended paternal leave (mother and daughter

doing well), and Julie, a new and capable rider joining us from Thirsk on a rather nice Trek Madone. We made it to the York show soon after 11.30 and basked in the glorious sunshine or sweltered in the tents spending out on all those essential cycling bits we don't really need. After filling our water bottles we returned to the bikes to find a few light fingered toe-rags had taken a multi-tool from Terry's bike bag and inner tubes from other bikes. So be warned for next year - lock your bike and leave absolutely nothing on it.

But the sun shone and the sunny disposition of Terry made the thefts pale into the background as we headed back up by the river out of York on the cycleway to Beningborough. The Farm Shop was open and doing a brisk trade with all the cyclists coming out from York in the sunshine.

From then it was heads down at a brisk pace for home in the very warm sun with plenty of drink stops.

Well done to Julie on her first ride with us keeping well on the pace. She admitted to being tired as we reached the Golf Club, and I will let her into a little secret - so was I! 11 riders did 55 miles. Martin

Medium Plus Fast Pace Report

The magnificent seven set off for the CTC York Rally, at a steady pace, in what can only be described as "hot" conditions, and a nice and steady pace ensued on route with plenty of chat amongst the selection peloton, upon arrival at the start of the six furlong sprint at the racecourse, all temptations to speed down to the finish line were resisted.....thankfully.

Debs new Ribble bike received many a glance, with one chap very reluctant to let it go and after securing our bikes and a quick coffee we all agreed to meet up after an hour.....unfortunately somebody (me!!) kept everybody waiting a few minutes so we were late setting off, but thanks to Glyn we managed to navigate the cycle pathway out of York and onto Beningborough where a welcome stop for supplies was taken.

Interesting conversation took place when Glyn said he had never had a cross word with his wife in twenty years.....Gary and myself concluded (being males) that Glyn must have a different wife for every week of the year....this was said out of earshot of the ladies so no one will ever know.

Oh hang on a minute.....

Despite the hot weather a good speed was kept up and the final sting in the tail was the hill coming out of Knaresborough, where despite not feeling great Glyn stuck at it and got to the top, a great effort.

55 miles of a great ride and cracking company. Mark

Long minus ride report

The first ever veritable feast of 3 fantastic options for long riders had an amazing effect - only 5 long riders turned up, way below our normal number! Was it the confusion of too much choice? Or was it that the majority of our long riders were away? We will never know!

All 5 of us opted for the Long Minus route via Long Marston to York, returning via Beningbrough and Aldwark Toll Bridge. We made good progress to York at an average speed of 16.5 mph. Dennis and Peter J needed to be back in Harrogate for lunchtime, so from the outskirts of York, they continued straight into the city centre to pick up the cycle path to Beningbrough. Jim wanted to spend a short time at the Show before going to another function, but we soon discovered various new arrangements this year. Previously we have been able to enter the Show from the by-pass side of the race course; no such entry was possible this time, so we had to circumnavigate the race course and enter from the city centre side. In addition, previously it was possible to enter the site free of charge and pay to visit the trade stands. This year everybody had to pay to enter the site. As Jim would only be there a short while, it wasn't worth paying the entry fee just for a quick refreshment stop, so Jim too turned to Harrogate. Out of the 5 who started the Long Minus ride, only James and I entered the York Cycle Show.

We first refuelled with some excellent breakfast baps before visiting the trade stands. After three or four hours retail therapy enjoyed in the sunshine it was time to return home. York centre was heaving with people making the most of the amazing weather - possibly the hottest day of the year. The river was busier than ever with trippers. Instead of the usual refreshment stop at Beningbrough, we stopped earlier at 'The Sidings' at Shipton by Beningbrough: the restaurant with several old railway coaches alongside the East Coast Main Line. We have been past it many, many times before, but never visited

it. We sat outside in the garden enjoying jugs of iced water, pots of tea, pancakes and ice-cream. It was wonderful, with masses of railway memorabilia from the age of steam. We were encouraged to look into the coaches, and were surprised to discover that as well as being used for restaurant tables, some coaches are used as bedrooms, including a 4 poster bed - The Sidings is both a restaurant and a hotel!

We then continued back to Harrogate, the temperature seemed to get warmer all the time - we recorded 32oC. We arrived back in Harrogate at 6.30pm. What a great shopping trip! For the Captain's Log: 3 completed 56 miles, 2 completed 53 miles, 274 miles total. Eric

2011 Wheel Easy Miles (approx) Weekend 2146 YTD 87248



