



### Short Ride Report

No fog, no snow, no frost, no rain, no leaves on trees, no mist but still november. A lovely sunny day seventy eight people up and raring to cycle, at 9.30 on Sunday morning. I had got rid of an out of town marks and spencer's worth of new Wheel Easy! clothing items, and was feeling particularly light headed as I basked in the sun discussing age and Beryl Burton with Bill W and pondering on where to go with the short riders. I should have pondered a little more because after a hair raising bit of off road cycling though Hookstone Woods, the nine short riders ended up mud wrestling before we chanced life and limb at the Sainsbury's traffic light crossing to the tip cycle path to Hookstone School. Following the conversation with Bill we took the road to the left and followed the Beryl Burton path to Knaresborough. Without any thought we took the left fork up out of Knaresborough towards Scotton and past Danial Craig's ex house and eventually ended up paying homage to Guy Fawkes as we sped through Scotton and back onto the busy road from Knaresborough to the Ripley Roundabout. Relieved we turned off onto the Breaton road and it was decided that the six riders who needed to get home early or in urgent need of caffine, should speed onwards to the Ripon Road and Ripley. Having made our leisurely way along in the sun admiring a rather lovely newly built mansion, which had previous life as a 1930's unsellable home with some excellent apple trees, Sue W, Jane and I came across a hedge cutting team. Sue and I immediately uttered the dreaded word 'punctures'. And lo and behold as we snaked our way towards Ripley down the skinny track by the busy Ripon Road, we discovered Sue D nursing her puncture. A plan was hatched which included coffee, puncture repair and Kevin K of Killinghall as a last resort. Caravan Lynda sped off to carry out her nursing duties and eight riders settled into the cafe at Ripley Castle luckily before the Guy Fawkes 10km runners arrived needing sustinance. Sarah E grabbed the rubber gloves and before you could say brake cables she had Sue's

wheel off, delegated someone to fold the old inner tube de aired and placed in the new inner tube box. Within seconds the new inner tube was stuffed into the tyre which had already been checked for puncture causing spikes, and strangely Kevin K arrived to help pump up the tyre and check the bike reassembling. With the tyre the right way round, the wheel fixed inbetween to holders and the brake bits joined up again. Feeling incredibly smug we all relished tea, cappaccinos, scones and teacakes in glorious self satisfied sun, and Kevin returned home with his Sunday newspapers. The repair team all set off for home via Killinghall, but Debbie suddenly noticed we had lost two people. Sarah E continued with the main group Debbie, Rachel and Sue home, while Sue D and I went in search of the missing two, who had sensibly phoned me. Still searching we finally came across the missing two up to their armpits in bike tyres and tubes, tyre levers and little caps, all cleverly balanced on a lidded waste in the glorious sunshine. The air was filled with comments such as 'stuff it in', 'is it twisted', 'it should be bigger than this', 'we forgot to screw it off', 'that is better its harder now'. Then magically under Sue W's expert medical quidance the four of us assembled the bike and wheel and brakes and cables and levers back together and the puncture was mended...the operation completed. We hastily returned home via Killinghall and Knox only to be overtaken by the Margolis famiy who had spent a cake filled morning cycling in Sophie's cafe. An extremely satisfying, gloriously short, short ride with nine ladies of eighteen miles and TWO MENDED PUNCTURES.....and our main cycling demons deflated and conquered. Caroline

Click on slide show for all the short ride photos on how to repair a puncture

#### Medium Ride Report

It was glorious, slightly chilly weather for this medium ride to Boroughbridge. The medium ride split into two groups from the outset, Paul Blackham leading one group, and, theoretically, I a second one. However, Liz rather rashly volunteered the fact that she knew the proposed route quite well, and there is no point in Geraldine leading a group, so, despite the fact that I called Liz Linda, our sub-group of 11 set off in the glorious sunshine to Knaresborough, along the riverside and on to Farnham, and to Bishop Monkton where we took photos on the picturesque bridge over the stream. On to Boroughbridge, café stop at Gilchrist's (after some indecision about which café to patronise) which took rather longer than we expected. On to Aldborough, , Lower and Upper Dunsforths and back via Knaresborough and up the hill on the A59, where the some went back to Hornbeam and others went along Bogs Lane. The new combined foot and cycle path across the stray and the Toucan crossing over Skipton Road were open, and Liz took some photos. 11 riders, around 30 flat-ish miles. Joe

Ee, I'm worn out. With Joe volunteering to lead one of the groups the first set off not realising that we had a bunch of athletes, who pushed their leader to Boroughbridge in record time. And we had a tandem, the first for quite a while. The peloton was so tight that at times there was no more than 20 yards from front to back, making the jobs of both leader and back marker, Gordon, a lot easier. Three eschewed the caff stop leaving the remaining nine to "race" back via The Dunsforths, Great Ouseburn, etc. The leader, having burnt himself out on the outward leg, accompanied the new backstop, Justin, to Farnham, where Terry kindly agreed to take the ride back to Hornbeam. About 12 x 34 miles. Paul B

#### Medium Plus Touring Pace Ride Report

Rough head-count revealed 78 cheerful riders assembled at Hornbeam. In response to an AGM discussion, Gia called them promptly to order and swiftly imparted marching orders. Of the 20 people opting for the Medium Plus route, 13 were for Touring Pace. Maps and route briefs were distributed to the faster group, who departed and were only seen again briefly hours later at the foot of Yorke's Folly. Meanwhile the Tourists enjoyed a fantastic sequence of ups and downs as promised, in blazing sunshine much appreciated by the two riders still opting for shorts ( your correspondent included, of course ). The views of Nidderdale were like a sequence of Melling paintings ( copies available from all good galleries in the Pateley area), simply stunning. On hearing a remarked that North Yorkshire must have the best views in the country, someone replied that 'of course, we would say that wouldn't we?'. We determined on a coffee stop in Pateley and followed Bill's recommendation to call in to the Cattle

Market cafe, where we were delighted to find Martin and Yvonne ensconced and expectant on our arrival. As the first time I have visited, I was most impressed and will definitely use this place again. Excellent value, lots of space and lovely food. Perhaps some of us ( yes, you ! ) will think twice about chip or bacon butties before attempting Yorke's Folly, but most riders completed the ascent and enjoyed wide and warm views from the top. The motto for today's ride could have been - for every up there is a down, and the fast swooping descent from Yorke's Folly to Thornthwaite more than proved that rule. Again as per the AGM, at Thornthwaite we introduced a new route loop, turning right up Forest Lane to the ex-HMS Forest Moor. This was a first even for Martin ! After Menwith we then descended right down Cote Hill Lane, left on Staupes Lane to Tang, past Birstwith Hall and up to Swincliffe where we split into a 'Sophie's group' heading for another bun no doubt and a group of six who motored up to and along the A59 for a mile and then turned right towards the Army College and home via Oakdale. I very much enjoyed leading this ride and showing even more experienced riders some new roads and not a million miles from Harrogate either. Even though many knew the route and galloped ahead, they waited at suitable points and this is much appreciated by 'The Good Shepherd' when trying to get his whole flock around a route unscathed. Peter L

Click on slide show for all the weekend photos

#### Medium Plus faster Ride Report

Ten medium plus riders set off in the beautiful autumnal sunshine, destination Yorke's Folly. We made good progress up to Brimham Rocks but talk of the 'Fearsome Folly' dissuaded three of the group from joining us in the fast descent towards Pateley Bridge. After a tasty cake stop in Pateley we opted for a small extra loop through Wath to warm our legs up ahead of Yorke's Folly. With the warm up loop over we started the ascent of York's Folly (my first time up there) and met up with some of the other groups on the way up. With the big climb over we carried on back to Harrogate including a very enjoyable high speed stomp down Penny Pot Lane (top speed 27mph for the last stretch). Approximately 46 miles in total. A great ride in fabulous weather, thank you. Alison

#### Long Ride Report

Fifteen people opted for the long ride to Masham today, another good turnout. We set off as one group, but soon after Hampsthwaite split into two. Our route took us past Brimham Rocks, up on to the moors & around Dallowgill. On reaching Kirkby Malzeard our group decided to miss out the extra loop round Ringbeck & Swinton & took the slightly more direct route to Masham via Grewelthorpe meaning we arrived at the café just ahead of the faster group who had followed the planned route. We headed back via Snape, Thornborough & Wath & then the familiar route via Littlethorpe, Bishop Monkton, back to Knaresborough & Harrogate. It was a great ride of approx. 60 miles on a glorious autumn day - they don't get much better. Jill F

2011 Wheel Easy Miles (approx) Today 3192 YTD 154917



