

Sunday, April 8, 2012

Wheel Easy Ride Report 310



Easter Sunday and a great turnout for all the rides on offer, welcome to our many new members, to our starters who are getting lots of miles in and of course all our regulars.

Short Ride Report

Wheel Easy Ride Report 261, for Easter Day 2011, records that there were 8 people on the short ride. Today there were 22, so many that we split into 3 separate groups, led by Malcolm, Steve and your correspondent. The starter rides have clearly been a great success. The new riders had visited points north and west in recent weeks, but had not yet ventured south. The natural choice on a dry, if dull, day was the loop via Follifoot, Spofforth, Little Ribston, Knaresborough. Our group made steady progress, the sky cleared and the temperature improved from chilly to mild. By the time we got to Waterside Cafe it was warm enough to sit outside. We tackled some of the most difficult problems that confront any cyclist. How do you deal with a runny nose when you can't stop? How can you work out which saddle will suit you before you buy? (See the top of the second column here - <http://>

bit.ly/HrcVox - for something I didn't know about saddle technology.) Sometimes That Hill out of Knaresborough can be the last straw, but today we all managed it without any fuss. A very pleasant ride, thanks for the great company. And thanks to Malcolm and Steve for stepping in to help lead. Justin

Our group of 7 took the country route from the far end of Hornbeam to Hookstone Woods, and from there followed Justin's directions to Knaresborough. First timer Irene suffered some bike malfunctions starting innocuously enough with a jumping chain, but then progressing via a puncture to a losing battle with her brakes. She was relieved to make it to coffee at the Riverside Café along with the rest, and wisely accepted my offer of a lift as soon as I could get back from Harrogate. Many thanks to Richard, Vanessa's husband and a Flying Bananas off road cyclist, for providing and fitting the new MTB inner tube. From the café we decided to return up the Beryl Burton, and spurred on no doubt by my offer of a free pampering and massage session provided by yours truly if they could get up the hill without walking (I was lying in a good cause) most of the ladies made easy work of the climb back to Harrogate. 19 miles. Malcolm

Medium Ride Report

Alec and Darren led a group of 13 riders, including 3 new members, all of whom turned out to be very fit! We followed a fairly flat route via Copgrove and Bishop Monkton to Markington, then a rather hillier section through Shaw Mills and Clint Bank. Here a small breakaway group couldn't resist doing an extra loop with a steep hill out of Birstwith, but still made it to Sophie's before we had eaten our cakes. A pleasant ride with some sunshine and a distance of 28 miles. Alec

Medium Plus Touring Pace Ride Report

The medium plus ride today is one of the best on our routes list (number 102) if you want to look it up. There are views for miles in every direction and changing landscape from moorland to verdant pastures and the grandeur of Brimham Rocks, where we saw a unicyclist out for a ride. There were about 28 riders so we split in to three groups, thanks to John W and David W for leading two of the groups. Thanks too to our back markers. The route after Hampsthwaite goes to Brimham Rocks via Burnt Yates then to Dallowgill Moor (a first for 5 of our group), some choosing the track which cuts straight across, some following the road. The views from the top of the moor are splendid and we were then rewarded by the long descent to Grantley and after some discussion to Low Grantley and in to the Deer Park. After refreshments at a rather quiet Spa Gardens we picked up the speed to get

home and met one of the other groups near Burton Leonard. We joined forces for the ride home and the EG's race up the hill from Knaresborough. Terry was our winner of the day! Great ride, good to see our medium riders tackling the medium plus rides. Home before the temperature started to drop. 45 miles. Gia

Long Ride Report

It was a pleasant surprise to have eleven riders out on an Easter Sunday for the long ride to Middleham. The outward route was hilly, taking in Clint Bank, the hill out of Shaw Mills to Cut Throat Lane, up Sawley Bank, on to Kirby Malzeard and then the lovely descent to Masham. Before that there was an unfortunate accident when young Geoff came off on the bridge shortly before Kirby Malzeard at the bottom of a steep descent (loose gravel on the bridge?). No bones were broken but he was unable to continue and phoned home for a lift back. Hope you are OK Geoff. From Masham we rode through Fearby to Ellingstring taking on more climbs but it was all worth it for the fantastic views at the top and the exciting descent to Jervaux. On to Middleham for a café stop - good café but black mark for the lack of toilets. The return home was flattish with a mostly tail wind through Thornton Steward, Thornton Watlass, Snape and Ripon and an extra loop via Boroughbridge to keep Mark happy (he needs the miles for L'etape du Dales). 75 miles at an average speed of about 14mph. Geoff M



