

Wednesday, August 1, 2012

## Wednesday Rides



### Short Ride Report

Five of our recent 'graduate' starters, together with Ruth and Ian and I, decided to cycle to Wetherby, a ride which as I was later reminded I billed at 'about 18 miles.' We went up the now familiar Rudding Lane, through Follifoot to Spofforth and joined the Harland Way, new territory for some of the starters. In Wetherby I offered either coffee now or coffee later, after first completing the rest of the path through to Thorp Arch. I was delighted that everyone was up for the extra miles. When we returned to Wetherby some of our starters recommended Le Bon Appetit instead of the Costa I'd first thought of, which turned out to be an excellent choice. We piled our bikes and selves into the café's small garden and enjoyed good coffee, scones, toasties etc. With time moving on, Ian, Ruth, Karen and Janet decided to ride directly back to Knaresborough through Little Ribston while Jacque, Nicky, Sue and I continued as planned to Kirkby Overblow, Walton Head Lane and Burn Bridge. The downpour which threatened most of the morning arrived, albeit briefly, the moment we reached Hornbeam. 28 miles with some good

hills. A fine achievement by all our new members, a lovely ride for all, and back in time to see Bradley win Gold. Malcolm

### Poddlers Ride Report

One of the things I like about leading the Poddlers is that someone always knows the route we have chosen better than Geraldine or I do.

Keen to get back to Harrogate in time to see Emma Pooley and then Wiggo in the individual time trials, 12 of us set off for Low Bridge on our way towards Marton cum Grafton, Geraldine doing her bit at the back. We lost the first Poddler after only a few hundred metres. A pushy woman in a large flashy Mercedes honked her horn at some of us as we went through the roadworks along Hookstone Drive, but then surprisingly refused to make eye contact with Big John and other Poddlers when we caught her up waiting at the traffic lights at Woodlands Corner. The traffic was fairly quiet along Forest Moor Road, and we arrived at Low Bridge, and noticed that, unusually, there were no EGs in sight. Along the riverside and round the back of Knaresborough to Boroughbridge Road, and then left through picturesque Old Scriven and Lingerfield and then right to Farnham, Ferrensby and Arkendale. Team photograph in the car park of the pub in Arkendale which is closed, but is being refurbished and is due to become a posh pub-restaurant with bedrooms. On and across the A1 then right to Marton, then left along the quiet, small Grafton Lane towards Boroughbridge. We took a quick decision to go first left to Minskip rather than going back via Roelcliffe, Steve helping out with navigating over the roundabouts and bridge. 'Old' John's chain came off just before crossing the A1 bridge, and shortly after, 'Tall' John's rear wheel 'collapsed', with several spokes becoming completely loose, rendering his bike unrideable. He had very recently had the wheel rebuilt by 'specialist wheel builders' Dave Rayner in Guiseley, so there may be a lesson for us in there somewhere. John set off pushing his bike, surprisingly unfazed, whilst we continued to Staveley, Occaney and down the narrow one-way Sandy Bank round Farnham towards Knaresborough. Kevin left us at the cross-roads at the start of Sandy Bank, and Steve left us in Knaresborough. Dennis phoned Headquarters and we took the A59 up the hill out of Knaresborough and along Bogs Lane. A special commendation to Steve, who, after getting home, took his car back along the route to pick up Tall John, who was making good progress pushing his knackered bike back to Harrogate. Apart from Steve and Tall John, we made it back in time for the time trials at the Olympics. About 28 miles. Joe

### 'Coffee Morning' Ride Report

Four of us decided to be Olympians and cycle a time trial to Wetherby.

With the wind behind us on the way back we made good time and after 26 miles were home in time for the real thing and we had avoided any rain. No doubt we were all disqualified as we stopped at Costa for coffee and probably rode fewer miles than anyone else today! Never mind, good company good ride. Gia

Long Ride Report  
To follow

### EG's Ride Report

The weather forecast seemed to promise quite a bit of the wet stuff, but it still is Summer (we think) though Autumn is not far away. Despite all the negative vibes we had twelve riders at Low Bridge, including Peter B (good to see you back Peter) recovering from a nasty case of the sneezes and sniffles plus heavy breathing. The intention was to head for Spa Gardens Cafe, and weather dependent, take it from there. There we were to be joined by Eric who had been delayed, by still plastering at 9-30am or was it still plastered at 9-30am, however (quick recovery) joined us before Farnham. The usual freewheeling competition (Theo exempt unless its feet on the handlebars) to Occaney was held, Dave P wondering if weight could overcome aerodynamics. All records were broken as some riders in fact freewheeled up the hill to Occaney, down the other side, over the ford and up the next hill. As there was some wind assist the I.O.C ruled the records were null and void. At the cafe we met up with Dave R and Terry, still no rain, so caffeine and calories were taken on the Patio. After which Bill, Dave R, Eric, Peter B and Terry headed for home, the remainder comprising Bob S, Colin P, Dave P, Dave S, Dave W, John E, Peter J, Rob, and Theo headed North to Kirklington ( I feel a Cundall coming on said Bob). At Skipton-on-Swale a short banana break was had and in support of Team GB a photo taken with the Union Flag, its also Yorkshire Day said Dave W so salutations were made again to the White Rose. Then South to Topcliffe into the wind, a sensible speed being made by by the leader (all he was capable of). At Topcliffe sense was put aside and up went the speed, but the pelaton stayed together. At Cundall (Bob`s favourite place) he stated he would take over the pace making and it would be sensible and a steady 15 mph was maintained. On the run in to Boroughbridge, Colin P and John E moved to the front (we knew what was coming, and it did), three riders getting dropped. All good things must come to an end and soon we were in Tasty Snacks Cafe for the usual plus oxygen. We hit 27 mph coming in said John E, "if I had known that I would have changed up to my big ring" said Bob. Sensible was done on the ride back to Farnham, though at the one way lane, two cars had bumped (fortunately nothing serious), but one of them (a cyclists worst nightmare) had been

coming the wrong way, on the one way lane. Just because a road is thought to be "quiet" does not always means it it safe. A brief shower coming into Knaresborough, but apart from that our parade was not rained on. The wind was a little inconsiderate but nothing to worry Team EG and miles around the 55 mark. Dave P



