

Sunday, October 21, 2012  
**Wheel Easy Ride Report 338**



Sorry for the delay in uploading reports and photographs. The website was 'Down' from Sunday to early Wednesday morning. Wednesday ride reports will be uploaded Thursday evening. Thank you.

#### Visit to The Velodrome

Ten of our party set off from Hornbeam, dead on 1pm, for the Velodrome in Manchester. First timers Norman and Terry took the train to make a day of it looking round the War Museum etc. first. After looking round the Venue and enjoying some refreshments in the cafe, it was time to collect our bikes and shoes, and head for the Track ready for our session at 4pm. Our coach split us into two groups, those who had been before, were allowed to ride off, so John E, Colin P, Peter J, and Theo got straight down to it, and were soon into the Chris Hoy mode! First timers, Sue C, Dave W, Dave S, Richard P, Peter R, and Michelle W, were then coached on how to ride a fixed wheel bike with no brakes on the track. All of us were soon circling round with differing levels of confidence, some showing off, and going right up the banking and swooping down, others not. Two of our party were somewhat late joining us, Norman

and Terry, but seemed more than happy with their 30mins session! All too soon our hour was up, what an experience riding on the same Velodrome that our Olympic stars use to train on. No Victoria today, although Ed Clancy was about, as seen by Dave W.

We were all on a high, as we headed for the showers, what a buzz! All 12 of us then headed for much needed food and drinks at the Beefeater Pub in Chadderton. What service and value, they soon organised seating for the 12 of us, took our orders for drinks, and food. Soup and fish and "bottomless" chips was the favourite choice. All this for around a tenner each. Having more than replaced the calories we had burned off, it was time to head home. Thanks go to our Drivers Dave S, Theo, and John E for driving us there and back safely. All in all another fantastic experience, we agreed well worth doing again in the Spring. John E

### Short Ride Report

Fog and mist had been forecast for the previous 48 hours, but ten of us set off in good visibility, which only improved as we reached the Squinting Cat and the end of Otley Road. One of our number pointed out that the sun had shone every time she had ridden with Wheel Easy. Dear Reader, you will be ahead of me. We hit dense fog about 3 minutes later, at Pot Bank. It didn't lift on the other side, so we put our lights on and headed for Sophie's, excellent as always. Then it was on to Knox, the iron railway bridge and home. There were no new riders today, but several who have joined in the last few months, and made light work of a short ride with some testing hills. Medium riders in the making, I sense. Justin

### Medium Ride Report

What a funny start to this morning! A lot of fog and 22 riders. The group was split into 2 groups. We set off to Low Bridge where the first obstacle came to find the bridge was closed so a dismount and a walk was in order. Abbey Road to Farnham, the fog was getting worse and concerns were expressed and safety issues were discussed so then we broke into 3 groups. Max having a fiddle with his lights on his helmet. Bishop Monkton, Markington, Shaw Mills and Sophie's where hot drinks cakes and half of a English breakfast. Knox then home. Good company and ride. Darren

Because there were twenty three-ish people wanting to do the medium ride Darren split us up efficiently into two or three groups, and we all left Hornbeam as per instructions. The fog instead of lifting as it does, got steadily worse as we approached Knaresborough and did not really leave us until we returned home. And so it is from home that I think back on the ride. Darren worrying about the fog and whether or not we should cut it short for

safety's sake...what a dedicated kind ride leader. Sue T and Monica's determination to do a faster ride. Everyone finding out if their lights worked or not. Jill making sure the ride leader was properly dressed before setting off after the photo shoot. Glyn and Dave shepherding us along and patiently waiting for us all to catch up, checking everyone was ok.....none of this well if they can't hack it we'll go....heard from a person trying to make Darren set off without waiting for half his group. Jen's stories of her daughter in Japan and Sue D's relative tales. Mary powering up the hills with a great big smile on her face. Four llama's lurking behind a hedge in a field.....sadly the photo opportunity will have to wait...the leader was far too busy being too over-excited at seeing them and needing to keep up with the group. E.G. Dave W's description (and excuses for accompanying our particular group today), of his time at the Manchester Velodrome chasing an imaginary Victoria Pendleton round the track with the other E.G.s. Marion and Sarah not getting lost today. Jill, Monica, Marion, and Mary's glee as they rushed into Sophie's for a snack. Sue D Jen and my glee at not having to come out of Sophie's to attack the Hampsthwaite hills to get home. Some stunning mist coated views popping into view when you least expected it, . Hills that were not quite as bad as they were last month. Thank you everyone, I thoroughly enjoyed the ride despite the promise of a glorious day not materialising, I hope you did. Thanks Darren for such lovely ride leader leading. 26 miles. Caroline

#### Medium Plus Touring Pace Ride Report

The forecast said mist, the sun was shining at Hornbeam, but by Knaresborough it had disappeared and we didn't see the sun again until we got home! We followed most of the route, taking a detour to see the fine village of Myton-on-Swale, its restored bridge over the river, we read up on the Battle of Myton and rejoined the road to Brafferton passing a fine chateau-looking place on the way.If you have never been to this village it is well worth the short detour. Don't be misled by the no through road sign. Dennis, John and Gordon joined us for the ride and went on to Brafferton without the detour. Dennis told me he was slowing down but there was no evidence of this from our 81 year old Wheel Easy member. As there were no views and we were moving at a fairly decent pace we decided to miss out the Cundall bit and headed straight for Boroughbridge. Here your leader was led to Morrisons for the café stop as Old Foundry was closed, Tasty Snacks was full and Gilchrists generally don't make us feel welcome! All I can say is that Morrisons is jolly good value! Good ride, much better on a sunny day but good to be out. About 40 miles. Gia

#### Long Ride Report

Eight of us enjoyed a ride to Northallerton despite very misty conditions going out. I had to pack away my cycle specs as they totally fogged up. Out through Boroughbridge, Cundall, Topcliffe and Bagby (quick banana break here) to Felixkirk. It was from here I intended us to skirt the edge of the Hambleton Hills for several miles to take in some anticipated lovely scenery but because of the conditions we headed to Northallerton on a fairly direct route. After much wandering around we found a decent cafe. The High Street was packed out with people viewing what appeared to be the imminent start of a car rally/race. After lunch I was able to ditch my windproof top as the sun came out (but not for long!). back through some villages rarely cycled (Newby Wiske, Maunby, Kirby Wiske), returning to Topcliffe. Then home on a different route to the outward one passing through Rainton, Melmerby, Wath to Ripon. Here some of our party decided to have a cup of tea at Spa Gardens leaving 3 of us to pedal quickly through Littlethorpe and Bishop Monkton to Knaresborough and Harrogate. 77 miles at an average speed for me of 15mph. Geoff

### Richmond Away Day

The Vale of York was full of fog and the drive up the A1 was moderately unpleasant but as soon as I turned off for Catterick and Richmond, the fog cleared leaving crystal blue skies and warm sunshine. Serious stroke of luck this! We were a nice manageable group of 10 consisting of Steve and Neeta, Monica and David, Sarah C, Sue C, Terry B, Sue W, Paul (forgotten surname!) and me.

This report will be short because after a strenuous climb out of Richmond and a delightful wander through lovely villages and open moorland, a few miles out of Barningham down a steep slippery hill, Steve parted company with his bike and bounced heavily on his right hip. He went a funny white colour and was in no rush to get up yet seemed more concerned about his bike and the fact that he couldn't carry on. We started the Wheel Easy debate about the logistics of moving bikes and people when, as if by magic, a policeman in a Range Rover drove round the corner. By this time, Sue W had gone into professional mode and decreed that we shouldn't try and make him walk back to Barningham (mainly because he couldn't) and the only option was to call an ambulance, which the nice young policeman did for us. Half an hour later, we watched a helicopter circling above us and then we heard it land - then three young men in dayglow orange jump suits came walking down the hill with DOCTOR, INFLIGHT PARAMEDIC and PILOT emblazoned on their backs - and they were followed immediately by an ambulance! To cut a long story short, Steve and Neeta were taken in the ambulance to Darlington (I think) Memorial Hospital to get Steve checked over and x-rayed. We hid their bikes behind a sturdy dry stone wall (locked) and cycled back to Richmond.

Helen and Terry then returned to Barningham with Helen's car and bike-rack to retrieve the bikes whilst the remaining party made an emergency trip to a café for something called "a small English breakfast". Sue C had then kindly volunteered to take Neeta's car up to Darlington to retrieve one or both of them from A&E. As I write, Steve is in x-ray, and we hope this doesn't become a very long night.

On a positive note, we had fabulous weather and the 22 miles covered were spectacular. As leader, you always feel very responsible when there is an accident but everyone at Wheel Easy springs into selfless action to ensure that all bikes and riders end up in a safe place. Thanks team - and I hope you are not put off coming on any more away days! Helen







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