

Sunday, December 16, 2012

Wheel Easy Ride Report 346



'Sixteen mile calorie shredder' Ride!

Sue as pacemaker led Sally and Gia on a 16 mile whizz up Brackenthwaite Lane, past the Montessori School, Braythorne and Almscliffe Crag to North Rigton and home via Beckwithshaw. We hardly paused for breath but had a great ride with wonderful views and a terrific warm up for the Xmas lunch. Gia



Short Ride Report

Having been asked to stand in at the last minute, I confess to not have carefully planned the route so it was the old favourite up to Hampsthwaite and back. On the way some were suggesting we didn't stop at Sophie's (I shall not reveal their names for fear of them being drummed out of WE). Needless to say by the time we arrived, all said they could manage a cup next to the fire. Terry's medium fast group arrived after us with the suggestion that they had completed their route already, suspicious as we don't recall them passing us. Back to Harrogate for a lovely Xmas lunch. Many thanks to all the short riders today and those that help prepare the lunch. The blackcurrant crumble was the best I have ever had. Rachael



Medium Ride

On a lovely sunny morning quite a group opted for the medium ride in order not to be late for the main event later in the day. Malcolm quickly found a volunteer, Peter, to take a fast group. So 9 of us set off at a more sedate pace to Little Almscliffe. Here Malcolm decided to take a photo and wend his way home. The rest of us were soon crossing the A 59 and making our way past Menwith. The suggested route took us along Sleights lane, but after some prevarication on my part, we decided to continue the ridge route to Clapham Green- a good choice. Then we sped through Hampsthwaite and up the hill, Here, peter and I headed home by Pennypot. everyone else headed for Killinghall where Paul dropped off and the onwards to Bilton. A beautiful ride on a lovely day and good to see Trevor back. Alison N



'Calorie Shedding Pre-Christmas Lunch' Long Ride

With the weather forecast giving me cause for optimism for decent weather on Sunday morning, I planned a 36 mile route which would give 3 hours of good cycling, excellent views, and 2000' of climbing so we would work up a good appetite for the Wheel Easy Christmas Lunch. There would be no café stops en-route, so we would all finish with far fewer calories than when we started. 12 riders set off from Hornbeam in lovely December sunshine. A thirteenth rider had informed me he would set off early and proceed around the route at a relaxed 'Peter Bradley' style pace, and we would therefore catch him up en-route. After a brief pause in Kirkby Overblow to regroup after the climb up Walton Head Lane, we went along the ridge to Kearby Cliff where we stopped for our first photo-shoot of the day. The other 11 had all set-off again down Kearby Cliff and I was about to follow, when I spotted 2 more Wheel Easy riders coming along the road. Better wait and see if they are joining us, I thought. It was Dave P and Bill W on their way to Wetherby for coffee - "would you take some photos of us?" So I duly obliged, and we were then treated to a wonderful aerial display by a red kite just above us, stationary in the upwind of the cliff. Wow, this is just wonderful, it doesn't get much better than this. Sadly, I can't stay here any longer, the ride I'm leading is now at least 5 minutes ahead of me.

So I set off in hot pursuit through Dunkeswick, Weeton and Castley before finally rejoining the ride. No sooner had I caught them, when I recognised a cyclist passing in the other direction: Peter Bradley! His plan to be caught up had gone slightly wrong as he'd looked at the map of the route, but didn't read the narrative to find out which way round we were going! Eating humble pie, Peter turned round to join the group and retrace his steps back to Harrogate! I had adverse comments about the long climb up Askwith Bank, not the usual complaints of it being too steep, or too long, or the wind being against us, but because it was too hot in the December sunshine. Some people are just too hard to please! We stopped for another photocall at the top with great view across Wharfedale one way, Menwith Hill and Nidderdale the other. Roger and David then left us, heading in the direction of Pateley Bridge as they were not booked into the Christmas Lunch. The rest of us headed for Harrogate via Swinsty, Fewston and Little Alms Cliff. There was a joyous descent into Beckwithshaw as we scented the Christmas lunch ahead. I later discovered that William, at the rear of the group, had suffered a puncture as we followed our noses. Sorry, William that we were unaware of this, and thanks to Phil for stopping and assisting. We were back in Harrogate by 12.45 allowing time for showers and change of clothing before the Christmas lunch. It had been another great December ride, in wonderful conditions. For the record, it was 36 miles, at an average of 12.8mph, we climbed 2,200', and I'd shed 1920 calories. Mission accomplished. Boy, was that Christmas Lunch appreciated! Eric





Wheel Easy Christmas Lunch

Over 70 Wheel Easy members and partners enjoyed a fabulous Xmas lunch at the Hockey Club. This year's innovation was to add fruit crumbles and custard to the dessert menu which was a great success and they all disappeared very quickly. Many thanks to all the helpers in the kitchen, for helping to set up, to those who cooked delicious chillis and made beautiful salads and grated mountains of cheese. Also to Angela who devised a cunning cycle quiz which was masterfully led by Terry. Gia



















