

Sunday, April 14, 2013

Wheel Easy Ride Report 363

Unfortunately sending the photos via [info@wheel easy](mailto:info@wheeleasy.com) has caused a problem which we hope to solve this week. Sorry the photos are small!

Short Ride

Eleven riders took the short ride option. Hard going because of the wind but enjoyed by all. Coffee stop at Fodders. Very busy think we must have been joined the rest of the population of Harrogate! Scones and drinks went down well outside in the wind. Thanks to Kevin assisting with the leading and John and Sarah acting as back markers. Jean



Medium Plus Ride

The Medium Plus route was up over the hills around Menwith and Thruscross Reservoir. A perfect ride for a spring day you might think. There was just the problem of a 30mph wind with gusts of around 50mph to contend and it led to a few changes. A faster group set off and was soon gone out of sight, while the remaining six of us made steady progress along Brackenthwaite Lane and then the gated road to bring us out at Fewston and the Visitor Centre cafe. From here Michael and Richard set about attacking the remainder of the route and the rest of us high-tailed it home, at times hanging on to the handlebars for dear life, as the gale increased and howled around us. Some did 40 miles, and some of us did a mere 23 miles but it felt like a lot more. Martin W



Long Ride

The planned ride of 90 miles to Settle looked less and less likely to happen as Sunday drew nearer, and on arrival at Hornbeam I detected a definite lack of enthusiasm for the full ride amongst the likely candidates. Thanks to Terry, 7 of us got off to a flying start at 9:30 to meet 3 extra riders on the way to Leathley. Having abandoned the planned route we decided the ride should be led by committee and after 2 committee meetings we arrived outside Bolton Abbey tearooms miraculously still dry. Here I tried to cajole the committee members into continuing further west to Cracoe for lunch but fortunately wiser heads prevailed and the collective agreement was that we should head to Burnsall for lunch.

The expected rain arrived so we returned from Burnsall by the quickest possible route of Greenhow and Duck Street. The rain had stopped and the wind helped to speed our return.

About 55 miles for most but Glynn and Robert had ridden over from Leeds, so probably covered nearer to 80 miles. Well done to them! Phil



Skipton Triathlon

Three members of Wheel Easy completed the Skipton Triathlon on Sunday 14th April. Monica Webber, Helen Tate and Yvonne Skelton were supported by their chief coach and nutritionalist, Sara Cross. Also supporting, were David Webber and Keith Tate. The tri consisted of a 400m swim (16 lengths of the pool), a 20km bike ride, and a 5km run. With 900 competitors this was a very inclusive event. It attracted lots of beginners because it was a short distance event, and lots of "professionals" because it was the first of the season. As in all tris, start times in the pool depends on your swimming time. Slowest swimmers off first. Partially sighted students from Henshaws were among the first off. They competed as a team event. Helen was in the pool at 9.15 am, followed by Yvonne at 10.36 am, followed by fastest swimmer Monica at 12.15. On the cycle part of the race Helen faced high winds, mostly on the A59. By the time Yvonne got onto her bike, the wind had settled a bit, but when Monica started her cycle ride the rain was lashing down. As Helen started her run (the last leg), Yvonne started her second leg – the bike ride. Yvonne started her run in the drizzle, but with temperatures fairly warm this was not unwelcome. By the time Monica started her bike ride, the rain was horizontal. Whilst Monica was running, she had the rest of us to cheer her on. Not that she noticed. SHE WAS FOCUSED!! Nerves before the event (why am I doing this?), elation afterwards. Our gang had not eaten for 2 hours (that's a long time in a professional tri career), so afterwards Head Nutritionalist treated them to a 3-course meal at her house. It was a great event. Huge thanks to our supporters who drove, fetched and carried, reminded, cheered us on, ran around to transitions in and out of the events to push us on. We all know how much difference that shout, that reminder, that "go on you can do it" means. Except Monica, who wasn't listening to anyone!

Any Wheel Easy member who can swim a bit and run a bit should consider a tri. If you can't do all three disciplines, you can complete as a team. It's a great event for all shapes, sizes, and ages. Have a go!

Postscript: Helen's sore throat on the day has metamorphosed in to a proper snivelling cold with aching limbs so she has awarded herself with a duvet/paracetamol day. How did she do the tri?
Yvonne

The Wheel Easy Ladies Skipton Triathlon Team and their Nutrition Coach relaxing after the event.

