

Sunday, June 2, 2013

Wheel Easy Ride Report 370

Short Ride Report

Welcome to newcomers to the Short Ride - Mandy (spotted on the Greenway by Malcolm only yesterday!!) Val and Sylvia. Trevor (that National Treasure) offered to be back-marker and ten of us set off on this glorious June day and headed to the Showground Cycle Path and thence to Follifoot and Spofforth where we had a photo call (and seat) in the gardens. Mandy informed us that she had phoned ahead to her granddaughter (Leah) and asked her to provide chilled water as the route passed her house. With this in mind, we scaled the hill towards Little Ribston taking in the excellent clear views and enjoying the company of a small flotilla of greenfinches (we think). Leah greeted us with a beautifully prepared table and very welcome chilled water - and a loo for Julie. At this point, Mandy and Val decided to return via car to Hornbeam to collect their cars. With their promises of returning next weekend for further Wheel Easy fun ringing in our ears, we headed towards Knaresborough's Abbey Road and coffee at Marigold. Trevor left us here - hope coffee with Great Grandma in the garden awaited. Meanwhile, discussion re the merits of the 5:2 diet were discussed. Kevin and Pam and Sylvia's husband were well into this and had lost lots of pounds and felt really well. This was good news to the Two Sue's who were just starting but are now forming a mutual support texting. Julie, Sylvia and Debbie were extremely solicitous and were told to, "Watch this space" though none of them was encouraged to join as they are thin and fit!! And so to matters on two wheels - we followed the cycle path out of Knaresborough to Bogs Lane and Hornbeam via Stray Rein. A very pleasant 16 miles - thank you to all. Sue Downes





Medium Ride Report

Knees, those harbingers of spring in the cycling world, were out in force today. Some knobbly, some hairy but all fine, athletic specimens. And the men's were the same. These knees took a speedy group and a stately group there and back, on what must be one of WE's hilliest medium rides to Fewston, Timble and, via the Cockpit Café, to Otley and Farnley then up a 'orrible 'ill to Norwood. The groups mingled at the café, separated again, then some re-mingled whilst waiting for one of our number to organise a rescue following a broken chain. (No one had a spare link for a 10-speed chain.) Keith took the photos. Keith was back marker. Except when he wasn't. About 30 hilly hilly miles, which we all probably enjoyed on a grand day for cycling. Paul B

The slightly less fast, rapidly diminishing medium group set out with 11 riders, then lost Monica and Sue at Stainburn, to return to pressing engagements. James, Sally and Alison (recovering from injury) left us at Timble, after bravely enduring the hill. It was obviously either a busy day for people, or they had all heard about Keith's additional hills! We had an enjoyable tea stop at Cockpit

Farm, where we met up with the faster group. New member Dave left us here to speed off with Bradley Blackham and the fast gang; unfortunately we caught up with him at Lindley viaduct, minus his chain, awaiting rescue. We struggled upwards to Farnley, then the remaining 6 returned via Little Alms Cliff and Beckwithshaw. 33 miles, good weather, very pleasant and certainly hilly! Sue W.



Medium Plus Ride Report

Actually, I lost count of the number of riders out on the medium plus. I think there was possibly one rider for each mile of the route. That's 54 miles, to Easingwold and return via the Greenway. Thanks to Malcolm and Gia, Julie and Dave for stepping in as last minute ride leaders. It was a lovely sunny day, a flat, fast ride and a great cafe stop in the newly renovated Yum Yums cafe in Easingwold. We cycled with good friends, and the cafe stop giving us time to get to know new members better. On the way back Martin had a puncture so the riders in our group joined another group to continue. Martin fixed that puncture, then the tyre went down again. However, when

Peter Bradley and the EG group caught us, the puncture mended itself! Honestly! The power of thought. Whilst we stopped with the EG group for an ice cream, half way along the Greenway, in the adjacent field a lad was training his Shire horse to plough. How Yorkshire is that? Yvonne S





Ten Cyclists sped off in the sunshine towards low bridge Knaresborough and beyond. Picked up a stray near Arkendale and continued towards the lovely (but o so noisy) Aldwark Bridge . The pace was fairly brisk and we arrived in Easingwold after no time at all . Yums Yums lived up to its name although two members did not get the opportunity to experience it as their orders were forgotten with the sudden influx of lycra-clad clientele. Terry, Rachel and Ian decided to take a more direct route home as they needed to get back whilst the remainder stuck to the official route via Boroughbridge . Passing through Roecliffe Roger pointed out the ancient monoliths (Devils Arrows) . Very impressive! From Bishop Monkton we elected NOT to take the Harrogate Greenway route so turned left towards Farnham and returned via Knaresborough and the joys of Knaresborough Hill. 53 miles. Julie E.

Martin & Yvonne`s Multitudinous Medium plus ride to Easingwold. Sub report by the EG`s Lanterne Rouge Group.

Sun and a good weather report and many takers for the medium plus ride influenced the decision to head for Low Bridge in small groups and take it from there. At Low Bridge Yvonne was ringing ahead to try and prevent cafe shock. As we had five EG`s at Hornbeam and two at Low Bridge it was decided to ride as a group of seven to Easingwold and perhaps go to Temptations to lessen cafe shock. Crossing the A1 it was decided to divert slightly and head for Angela`s cafe and thus lessen the impact of numerous Wheel Easy arriving in Easingwold in a lump. Pulling into the yard a notice said closed. Oh! We`re closed said Angela, the horror must have showed, Ok how many are there of you, she said, seven ! OK but you may have to wait a bit as I am on my own. The EG`s then set to and laid the table and brought the tea, coffee and toasted tea cakes to the table, returning the dirty crockery and getting of the washing up. So back on the official route with Bob leaving us at Branton Green to return via Boroughbridge Then on to Easingwold in perfect cycling weather (sunny and not to hot). On entering the "square" we were hailed by Gia outside Yum Yums (what a name). now emptying of Wheel Easy so plenty of room inside. Martin recommended the cheese scones (good call) (see photo) so it was five cheese scones and one fruit scone, delicious. Still in the sun and a somewhat fickle wind it was on to Boroughbridge via Raskelf, at Boroughbridge passing Tasty Snacks we were invited in by Sonia, one brave or foolhardy EG declined her offer stating we were going to Markington for tea. Next time at Tasty Snacks we may have to throw our helmets in first before seeking admission. Leaving Bishop Monkton, Bill said "that`s Yvonne in front" and so twas along with Martin who had previously punctured. So the eight rode in to Ripley, where Rob (who had been a good boy) had been promised an ice cream, however the queue was long and a nice ice cream break was taken on the Greenway. An excellent days ride, thanks to Martin & Yvonne and have a nice holiday from the EG`s. Dave P



Ride to York Report

Yet another great ride to York, 7 of us set out from Harrogate but 1 had to return by train from York due to a family emergency. The sun was out and very warming, Off to Forest Moor Lane and down to Low Bridge where Jeremy met us to say "hi but I can't come" so he waved us on our way following another ride (medium plus I think) down Abby Road then RT to Little Ribston out the other side and Left toward Cowthorpe (over the 2 hills across the 2 roads one was the A1) then out the other side towards Tockwith and up the mountain (well the only real hill on the whole ride) then we had our first tea stop at the old school house Rufforth I think this is a place that we would all recommend, especially the homemade cakes, then off we went to the cross roads for a left turn on toward Acomb past the glider club over the roundabout on to York through Acomb to Water End right at the lights then it's straight to the river, we followed alongside the river (great to see people picnicking by the river in the sun) to the Malting's for the legendary cheesy chips & a burger, (Some had coffee others had brewed water 4.3% I think) 4 new people joined us today and Francesca did really well as it's the furthest she had ever ridden (well done girl she's not one

for giving up). Well done also John our back marker, Sheila new to cycling kept up with the pace at the front, Sarah a fair weather cyclist did very well as to did Marion & Christine as usual

Long ride to Swaledale Report

Perfect weather, a fantastic route and great company. Cycling heaven! Only 4 riders left Hornbeam at 08:30 for the long ride but by the time we reached Menwith our ranks had swelled to 10 which is pretty much the ideal size for a cycling group. Unfortunately this ideal number didn't last for Marvin disappeared somewhere around Conistone (between Grassington and Kettlewell). Sorry we didn't find you, Marvin. The first caff stop, at about 11:00, was at Buckden where the larger of the tea rooms proved to be a welcoming stop. The next bit of road through upper Wharfedale provides spectacular scenery ending in the stiff climb of Fleet Moss before descending to Hawes in Wensleydale. Almost straight away another climb starts, Buttertubs Pass to Swaledale. Here Peter decided that the prospect of a mere 115 mile ride was not enough and he simply must add an extra climb up to Tan Hill. Despite a great deal of interest from some other riders he eventually had to set off alone for the extra miles. I hope you got home OK, Peter. The next cafe was in Reeth ideally placed to load up with extra weight for the climb past Grinton YHA to Leyburn. After this it was all plain sailing with the wind behind us back to Harrogate. Thanks to all, and I'm sticking my hand up to do the same ride again next year. PS.







The Long Riders who turned right after Buttertubs pass missed one of the rare outstanding days in Upper Swaledale. The one who turned left (me), opted for the Superzise Long Ride following the route of two years ago up to Tan Hill. I did begin to doubt my sanity as the road wound up and up to Keld and then dropped to the bridge over the tiny River Swale and immediately zig-zagged at 1:4 (upwards) before levelling out to a mere harsh incline for a couple of miles. This was truly beautiful cycling,; wide open landscapes, the sounds of birds in the wind which was kindly from the side, then one more climb until you see the rooftop of Tan Hill. No need to stop as the best is yet to come. Literally round the corner begins 11 miles of mainly effort free descent to Reeth. Swooping is definitely the adjective for this type of cycling. Effortless and wonderful and I am sorry the others missed it - although I'm sure they must have had a few conversations about my sanity. According to the Copper Kettle lady in Reeth, I missed them by about 5 minutes. Oh, how I would have tried to stoke their envy. Instead after a round of ham sandwiches, I set off in lovely sunshine and a tail wind all the way to Harrogate, reaching my goal at 7:15 - a large

portion of chips at Gravelys - now thats when I could have done with Supersize again. Peter L -
118 miles