Wheel Easy Ride Report 376

Short Ride Report

My previous short rides have almost always involved a stop at Sophie's but the perfect weather today seemed an invitation to try something different, and quite a bit more testing than usual. The 15 short riders, split into two groups for safety, all took up the challenge with enthusiasm and, I hope, enjoyed the slightly extended route. The first section was the familiar route to Spruisty Bridge and Grainbeck Lane where Lynda's chain seized up and 3 males (one of them me) automatically contested the right to fix it. Paul R won and in seconds all was well. At Hampsthwaite we turned up the High Street and kept left to keep the sting out of the hill to Swincliffe Lane. Then, with Birstwith Hall ahead of us we turned right up Hirst Lane to Clapham Green. This is an unusually steep gradient for the short ride and we were all glad to reach the top, whether on bike or foot. A left here gave us the rare chance to cruise down Wreaks Road (aka, in the other direction, as The Birstwith Bastard) into Birstwith before tackling the moderate incline of Clint Bank (no problem to anyone) and turning right into Clint Bank Lane. Fourteen of us grouped at the top of Hollybank Lane but Lynda, a fearless downhill rider, had zoomed ahead in an unknown direction. I felt duty called and I should check to see if she'd gone straight down to Sophie's while the rest continued through the woods to Ripley. She wasn't at Sophie's so I retraced my steps and bumped along Hollybank as quickly as I could to catch the others, arriving at Ripley just after Lynda who, to cut a long story short, had indeed gone to Hampsthwaite and then made her way to Ripley via Killinghall and the A61. Most of us stopped for ice creams or cold drinks, or coffee in the tea rooms (apparently, very good) and then joined the throng along the Greenway. About 17 miles. Malcolm



Slow Medium Ride Report

On this very auspicious 14th July Bastille Day, in the 100th race year, about 20 medium riders were setting out on the long stage across eastern Yorkshire, ending in our own personal Mount Ventoux...Knaresborough Hill. Team 'we can ride a bit faster and have things to do'set off with Rachael and Billy Wizz, only to be met by Team'we want to go slowly at our own pace' at Low Bridge. Team leader Alison and navigator El Butler tactically let the 10 speedies go and steadily followed the prescribed route....to the letter, gently and slowly and nicely....they did not want their team disqualifying. High spots included a following breeze to Boroughbridge; a flat route initially in the stage; lots of sun; a new route round Ken Morrision's mansion; the very same investigating our nearly in his garden photo call; a quick tyre change (where was the support car when you need it...ask Contador) for Andy not Schleck; a delicious egg mayo, a tuna mayo, a chilli baked potato, a moist buttery baked potato, a bacon sandwich, a scone and jam and cream and a scone,

following several pots of mullar yoghurt at the Boroughbridge feeding station. Strangely at this point our leaders all headed for the race finish and hopefully created a win on our Mount Ventoux, we the groupetto headed home in a rather more sedate manner. During the course of this, one rider dropped out to sort out her painful cycling shoes much to the horror of the citizens of Knaresborough....however problem now solved. An anything but early finish, in this stage 15 of the tour 9.30 till 2.30 to do 45 miles (yes 45 miles every ride that crosses the A 1 seems to add 5 miles on the ground) and reach 240 metres after a 1 mile climb as opposed to another less famous tour doing a climb of 1,912 metres after a 20.8 kilometre climb after 242.5 kilometres riding in about the same time! CG

Medium + Ride Reports

OK, first the moans.... Who classified this ride as FLAT? The FIRST(and only) coffee stop after 30 miles? If it hadn't been such a lovely ride there could have been official complaints to the Committee!! Anyway, back to the ride report.... After a brief explanation of the route the Medium Plus Group was divided up and Debbie took the coveted map from Gia and was joined by a further 6 riders who felt that between us we knew the route enough to get round. We set off UPHILL through the Showground, Little Ribston and James led us onto the cycle path to Walshford and on to Cattal and Tockwith. With Kevin and Martin leading the way the pace was 'brisk' and after a brief stop at the Marston moor memorial we set off to the Ascham's and then onto the cycle path where Martin lead us onto the York -Selby cycle path. It was great to see it so busy and Alisha started to count down the lines on the instructions to the coffee stop...After stopping a runner to find our way onto the right road to Acaster Malbis. Once on the road we made haste to find the coffee stop (ignoring James short cut) at Appleton Roebuck and striding on to Bolton Percy and a superb tea room. We met up with the medium /medium group (is this confusing for you as well?) and sat listening to the Harpist in the Garden (yes you read that right!). After a good break it was back on the road into a headwind back home through Tadcaster, Wighill and then onto the cycle path to Wetherby where we met (and passed) the medium group. However, once on arrival in Wetherby 2 of our number diverted for home and we turned to face the 'flat' ride back to Harrogate via Sicklinghall and Kirby Overblow. We said goodbye to the Medium group who turned to go along the Spofforth cycle path and set off on our way first lead by Martin to Sicklinghall and then by Moira to Kirby Overblow. Once back into Pannal Debbie handed the map over (with it the responsibility and noticeable relief) to be returned to Gia and everyone set off for home after a really enjoyable ride in good company with good banter. It proved that the parts are greater than the whole as we all navigated a bit of the ride and made it back safe! So...have in organized a harpist at our coffee stop today- next week we are expecting a symphony orchestra playing Wagner's (Greenway) Ring Cycle at Sophie's!! 54 enjoyable miles...and no one lost. Sue & Kevin.



A new route, my co-ride leader Gia announcing that she would be unable to lead the medium plus ride today and a large gathering ready to make the most of the excellent weather conditions initially had me somewhat concerned. However I need not have worried as in usual Wheel Easy fashion there were volunteers ready to take up some of the numbers and so in the end and quite fortuitously I had only a small group of six to negotiate to York and back. We made excellent progress towards York and in fact did not stop until we reached Askham Richard. Plenty of chat as usual and at this time of year our discussions would normally include the Tour de France. However on this occasion Dave, returning from a week in Croatia, and with hours of recordings to watch did not want to know any of the results. We did our best not to spoil anything for him whilst mentioning the progress of Froome and co. in hushed tones. Café stop in Bolton Percy, a cultural affair with a young harpist playing as we drank tea, more tea and ate sandwiches & cakes on best china in the garden. We met with the third medium pace group at this point and again further into our journey on the cycle path at Thorp Arch. From here we rode as a larger group to Wetherby and then departed in different directions, leaving our smaller group to retrace its tracks back to Harrogate. Another interesting route which resulted in a very good medium pace ride in good company - 52 miles. Martyn B





10 medium-plus slightly faster group members blazed a trail towards Askham Bryan at a respectable average speed of 17mph. At the junction Paul Gallahad stopped to effect a puncture repair for 3 hot (as in sweaty!!) Otley ladies on a 100K or 100 mile (they weren't sure!) charity ride. They were following the marked route arrows in case anybody wondered what they were. Maybe it was the smell of coffee or inspired by the Tour but 4 miles from Tadcaster 7 members mounted a sprint to the cafe stop. The only available venue was the Granary who had no scones, no bacon butties but did have 7 tea cakes so if you arrived after us - sorry we had the lot!! We followed the road back to Wetherby via Thorpe Arch, heading into the wind all the way back. We had a photo stop between Sicklinghall and Borobridge , a slow puncture stop in Kirby Overblow and again at the top of the hill in Burnbridge. Great weather, great views , great company . 55 miles. Julie E.



Long Ride Report

The intended destination of the long ride was Middleham via the Swinton triangle. Now, I know you're wondering, what is the Swinton triangle? It's mysterious area of North Yorkshire where misfortune always seems to happen to my rides but this time was going to be different. I was determined not to get lost, not to have a puncture, not to have a rider fall off in a ford and definitely not to lose anyone. Route planning was easy "that's a nice road, we'll go that way", "this route has good views, shall we follow it" and "James got lost here, we'd better show him the right way" and by this strange process we arrived outside the entrance to The Bivouac Café at the Druids Temple after 35 miles and the perfect time for lunch. Gia had mentioned the caff to me on Wednesday and for some reason I connected the words Bivouac, yurts and Druids Temple and constructed an image of something "alternative" serving nourishing bean stews and hefty wholemeal bread. Completely wrong, in this caff James' sausage sandwich and piece of cake cost £12! Wow, I was pleased Peter Bradley wasn't with us. After lunch we decided to head back via Ripon abandoning the planned route to Middleham. At least the only misfortune to befall us in the Swinton triangle was a financial one.



