

Sunday, August 25, 2013

Wheel Easy Ride Report 382

Short Ride Report

Welcome to new members, Julie and Chris, and returning "Wheelies", Sheila, John and Heather. Eleven "Shorties" headed for Forestmoor and then to Thistle Hill to throw ourselves on the mercy of the drivers on the bypass. Eventually, we slipped through the hedge and enjoyed the old road which joins Wetherby Road near Plompton Rocks. A right turn took us to Follifoot for a pose and put outside one of the entrances to Rudding. We then continued to Knaresborough via Little Ribston. "Marigold" provided a welcome stop and we consumed various delights against the backdrop of the Nidd. Jean and Lynda left to take an alternative route and the rest of us reached Christ Church Stray via Bogs Lane where everyone departed in different directions to stoke the barbecue, kill the fatted calf or sog in a deckchair. A very pleasant 18 miles. Thank you to Chris for backmarking – baptism by fire on this, his first ride! Sue Downes



Medium Ride Report

Due to holidays and the 100 mile ride there were fewer riders waiting at Hornbeam this morning, nevertheless there were fourteen who opted for the ride to Brimham Rocks in the main peleton and one, who for her own female logistical reasoning wished to go "the other way round, by herself". What comment would a mere male dare to make! Thanks to Paul for taking over the main leader role and to Justin for back marking. As per safety instructions the group split into two for safe travel to the Greenway with the slower group getting there quicker – local knowledge is wonderful. At this time of the morning there weren't too many non cyclists on the Greenway. Stormanfuhrer Paul set a cracking pace and we were soon passing the rocks and on the return leg. After brief stop to consult with "obstinate woman" who was going clockwise and taking photos of us swooping downhill we were soon in Burnt Yates where several of us, with differing feeble excuses for not going to Hampsthwaite, went straight on to Ripley and back onto the Greenway which was now full of walkers, runners, mobility scooterists and other cyclists. A good ride, thanks to all. Max



Medium+ Ride Report

Eight opted to ride the medium plus route 'backwards' today. The decision to complete the route set out on the website in reverse had resulted in an interesting cut and paste exercise to prepare some typed instructions for the riders which proved necessary due to the hilly nature of the route to Ripon. The rain that had persisted throughout Saturday meant that conditions were a little overcast but the roads were generally dry and the forecast was good. Due to the hilly first half of the ride the group concerted its way up Clint Bank, through Shaw Mills, Hebden woods, Sawley and on to Galphay where finally the elastic snapped leaving Paul, Bill and Bash to complete the ride at their own pace as previously agreed. Riding the route in reverse turned out to be a good decision as not only did we get all of the hills out of the way whilst our legs were still relatively fresh but as the sun didn't break through until we reached Ripon it meant we had completed the climbing during the coolest part of the day. Suitably refreshed after our al fresco break at Ripon Spa Gardens we picked up the pace on flat roads through Skelton and on to Boroughbridge, where due to an afternoon engagement I left the ride leaving the others to make their way back to Harrogate. 43 miles completed in good company. Martyn B.

Ride report from the 100 mile 'no coffee stop at Ripon' group

Weeks ago I noticed the 100 mile on the website ride calendar, and decided that it would be an excellent target as part of my recovery - so its been marked on the kitchen calendar ever since. On Saturday Martin asked me if I would be leading a fast group - I said I was happy to lead a group but I certainly wouldn't be going in any fast group, as I just wanted to get round 100 miles in economy mode. When the large group arrived at Knaresborough Low Bridge this morning, Martin suggested there may be some riders who would want to stop for coffee at Ripon, and some who wouldn't, therefore we could split into self selecting groups straight away. Coffee at Ripon seemed too early for me, hence I opted for the 'no coffee stop at Ripon' group. So I set off with Steve (resplendent in Team Sky colours), Dave S, Peter J, and Glyn. We gently ambled along Abbey Road, then WOOSH! PJ was off! The other 4 of us tried our damndest to stay in his slip stream as he battled headlong into the strong wind. Amazingly PJ lead all the way to our first stop at Jervaulx Abbey. We would all have loved to take our share leading into the wind, but none had the energy to get past PJ! We arrived at Jervaulx at 10am and had to wait a few minutes for them to open. We'd averaged 14.5 mph into the wind. 30 minutes later we were back on the road, and WOOOOSH! Dave S took over the lead to our second stop at Aerial Extreme, where we arrived at 11.50 and the average speed had now increased to 15 mph. Another 30 minute stop and WOOOOOSH! off we went again until we stopped for the third and final time as we passed through Roelcliffe. Dave S offered hospitality at his house, and his wife provided a wonderful array of cream scones, and cakes for us - straight from the oven! Then WOOOOOOOSH! - our final sprint to Ripley by which time we had averaged an incredible 15.5mph for 95 miles. We finally eased off to a cautious, courteous pace along the Nidderdale Greenway and arrived back at

Hornbeam Park at 4.15, and home by 4.30. What an amazing recovery ride! Thank goodness I wasn't on the fast ride. Eric.

100Mile Ride Report

A misty, cool and windy start belied the fact that we were in August. There was still a good turnout for the ride at the 7.30 start. At Low Bridge there was a brief discussion and it became clear that a quicker group (who obviously believed that we're in a stage of the Vuelta - see Eric's separate report) should go ahead. This left 12 of us who determined that this was a day to savour and that included a first stop at Cafe Nero in Ripon Market Place. From Ripon we headed to Snape with the sun coming out and the chatter at the back keeping us company all the way to Jervaulx Tea Rooms. The cost of the bacon sandwiches caused a bit of disquiet until they arrived at the table and people saw the quality and scale, and the chatter actually died down a bit while huge amounts of munching went on. Then we climbed and turned away from the wind for some great riding through lanes in the area between Leyburn and Bedale. As the heat came up Helen at last discarded one of her 7 thermal vests, and soon we crossed under the A1M to head south through the lanes on the east of the River Ure, all the way down to Aldwark. At Great Ouseburn Yvonne provided a water and biscuit stop from her car, but the brute of a leader didn't allow any dawdling and the group were soon on their way to Boroughbridge, Markington and heading home along the Greenway. Riding average speed was 13mph, and overall we did the 102 miles in just over 10 hours. Great performance, and well done everybody. Martin W.



