

## Wednesday Rides

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### Poddlers' Ride Report

How to lose 29 poddlers' in under 45 minutes.

1. Tell everyone where the route is going and explain we need to set off in two small groups.
2. Not many people know anyone is talking to them.
3. Max sets off up towards Rossett and the Squinting Cat, with 14 or 15 riders.
4. Caroline sets off towards Rossett and the Squinting Cat with 18 riders.
5. Traffic lights change on Leeds Road.
6. Thirty-three people gather on the Lund Green corner and set off towards goodness knows where.
7. Richard's group of very fast boys and girls infiltrates our "having a good day out in the sun" group.
8. Three people take a short cut through Moor Park....someone knows someone who lives there.
9. Three people find a lamb choking to death in a fence. St. Sarah rides up to where a halt in the proceedings has occurred for a photo shoot of the millions, (two photos needed to fit everyone in) to notify us and wonders if anyone has any bolt cutters on them.
10. Sir Gallahad Smith, Sir Lancelot Appleyard and Sir Stephen Wiggins go back to the Moor Park escapees to release the lamb.
11. Of the five exceptionally fast ladies who were new today (Mike the Bikes wife, and four other super fit members of the tour of GB s cycling squad,) two decide they need to be back before tea time, and disappear in a flash of lycra.
12. Twelve speedy people with places to go and people to see, speed off into Stainburn Forest never to be seen again.
13. Eight reasonably reason that the lamb protectors are themselves protected by the International Lamb Rescue Party (ILRP) and float down the hill to a calm bit of poddler sitting at Stainburn. Sir James managing gate procedures perfectly.
14. Six realise on the road to Castley that three of the eight none ILRP s are not with us.
15. Jen speeds up to tell us Monica has stopped and Sir James stopped also. All is well.
16. Two have people to see and places to go.....Thus leaving 4 ladies pondering on what they should do to help lambs, to catch up with anyone or to mend anything that James and eventually the ILRPs are far more capable of mending than they. A quandary.
17. All phone communication is not communing. So four continue their poddling.
18. As if by magic, as we finally hit the hills of Kirby Overblow, Joe is communicating and groups of lost cyclist are rushing towards us from every direction.
19. Everyone and everything is mended and lambs are freed and Sarah and Lynda chief lamb rescuers bringing good news. The lamb gambolled off with a touching baa baa.
20. Faster group leader at home collapsed and gasping for breath, wondering why the pace was a little too speedy.

Thank you everyone ...I had a lovely ride perhaps the last one of the year with summer weather and only 29 people lost. 28 miles. CG



### **Wednesday Ride Report**

With several regulars absent (were Team Audax, minus Neil, on a secret testing ride?) the discussion on routes (and more importantly coffee stops) was quickly concluded as the decision was made to head towards York and stop at the café on the York–Selby cycleway to make up for Martins being rebuffed a few weeks earlier.

Seven set off (great title for a children's book, perhaps?) through the Showground on to Follifoot and then out to Tockwith, where a short stop was taken to diagnose Kevin's Pedal problem (thanks Colin) and then through the villages towards York. Dave decided to get his heart rate up and with Martin and Angela set a blistering pace and others were struggling to hang on.

Fortunately as we made the cycle path the pace got steadier and we reached the café at the old Naburn Station in good time. It had a pre-Beeching feel - slightly neglected and underused, but with an eclectic mix of furniture and reasonable tea and cake we enjoyed the sunshine and decided to make for Selby and then loop through Cawood to Tadcaster, Wetherby and then home.

We then covered another enjoyable stretch along the cycle way and on leaving the cycleway set off along quiet roads into a strong headwind back to Wetherby. With all that effort it was quickly decided that the ride was to be a 2 stop affair and we pulled into the North St Deli for a well earned break- especially when Angela told us our average speed so far was slightly above 14mph! After recovering from that news we headed along the cycle path back to Spofforth and Follifoot where Neil left us for Pannal and home, and the rest tackled the Rudding and Showground hills. back to Hornbeam.

It was an enjoyable 60 mile and we were surprised how much of it had been on dedicated cycle paths (we think over a third) which was great and credit to our route planning (do you believe that!)

Well done Sarah, recovering from a house move, for sticking with us and smiling all the way round. Everyone enjoyed the company and it was a great way to spend a Wednesday.

Kevin



### **EGs' Ride Report**

Firstly best wishes from the EG`s to Peter Roberts for a speedy recovery and get himself back in the EG`s "A" team, this is the group we send to sprint ahead when we are in large numbers to inform cafes (except Morrisons) we are on our way, and hence lessen "cafe shock" As we were only five in number we could go anywhere ie no cafe constraints, so it was decided to head for Stump Cross Caverns Cafe (see comfort photo) and cruise down Wharfedale in the promised good weather. John R had to leave us at Menwith Hill with a gleam in his eye. On the 2 hours 20 mins continuous climb from Low Bridge, a text from Eric told us he and Peter B were climbing Col de Tourmelet, it was also Peter`s birthday he being now three score years and ten. All septuagenarians should be "sexy" ie new carbon bike, and figure hugging lycra (no forget that thought), anyway best wishes Peter from the EG`s. At Bolton Abbey we learnt that the Tourmelet had be conquered by our two EG`s (well done chaps), however our River Nidd to Greenhow Village in good time was our riposte. Afternoon tea was taken at Cockpit Cafe in the sun before the climb out of Wharfedale via Stainburn and the swoop down to Beckwithshaw. The four consisted of Colin P and Peter J (EG "A" teamers) and Dave P and Theo, thanks to the two former from the two latter for keeping a fast pace that pushed us without killing us. A great Autumn ride of around 60 miles, all quality ones Dave P



### Very Long Ride Report

Pre-ride discussions looked at Middleham or Jervaulx as possible targets for the day. In the event, neither of them featured in any stop. Having opted for a route over Park Rash, there was time only for a drift past Jervaulx on the main road as we made for Ripon in the late afternoon. The original Pugh Crew for the day were five in number, trimmed to three by the time we left Delves Ridge. Sadly, Richard (Lesley's husband) developed bearing trouble in his bike's freewheel - it sounded a bit like an angle-grinder and was clearly a bearing in some distress. Not wanting to risk a long ride, Richard turned for home and Gavin took the opportunity to join him to give the shorter ride that he wanted. While gathered at Delves Ridge, a female North American, complete with on-bike music system, drew up asking about the club and showed interest in joining us next week. Hopefully, conversation will make the music system redundant. The remaining three set a course for Park Rash, taking on liquid and calories at Stump Cross Cafe and Kettlewell's Village Store (see photo) in preparation for the big effort. The scones at Stump Cross are massive and excellent, but you only need one in a day. Despite the pre-loading, we all came to a standstill at the hairpin on Park Rash. As Richard helpfully put it "we don't need to prove anything!" Having pushed up the hairpin and a bit beyond, we all managed to re-mount and ride the rest of the way to the summit. Four chevrons out of the six from Kettlewell seems like a good effort to me. Onwards and downwards through Coverdale to East Witton, we were able to take in the limestone scenery a little better - some potential calendar photos could be seen - and to note that Braithwaite Hall is a 5-star AA B&B, an interesting concept. Jervaulx Cafe slipped past as we used part of the 100-mile route to the Orangery Cafe at Camp Hill. Sadly we were a few minutes past closing, but staff were kind enough to let us use the toilets. Many thanks. Flat lowland miles to, through and past Ripon followed as evening drew on. Lesley waved cheerio in Knaresborough just after 6.00 p.m. and Richard and Terry made their separate ways to home and Hornbeam for a 6.40. finish to an excellent and challenging day in the Dales. But, there was more to the day than staring at the road in front of us. In Coverdale we met a true Dawes-Galaxy-mounted cycle tourist, getting in some pannier training before a hostelling trip to the Borders. In Upper Wharfedale outside Scargill House we identified one of the 50 lost sheep scattered around the Dale - see photo. In Swaledale (just) we came across a police check at a farm with a fire in progress. The officer on duty said that it had been burning for 2 days, but wouldn't be drawn on whether it was suspicious. Having missed the 100-mile ride this year, I needn't have worried: today was a mere 87 miles with about 4900 ft of climbing! Terry S

