

Sunday, October 20, 2013

## Wheel Easy Ride Report 390

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### Short Slow Ride Report

What a dream team...13 riders chose the leisurely option. There were Susans galore, Kevins aplenty, leaders in abundance, back-markers by the bucket load, pacemakers in shovels full, a team bike mechanic and puncture repairer or two, a nursing squad for body and mind, and lots of people to chat to....excellent....all I had to do was find a route, which was neither too long nor insultingly short from the list of options. I chose option (c) a gentle wander round the back paths and streets of Harrogate down to Knaresborough, (meeting Darren in motor bike gear having a jolly chat with some of his friends), and on to Lingerfield by some more back roads to Ripley and a coffee refuelling. Chatting our way through Scotton, and on towards Brearton and Nidd, where a veritable flock of red kites glided(glud, glode) overhead....there was a time when two were an exciting event, never mind 18. Jane then noticed the gathering storm clouds and led us away from the heights of Nidd to the Ripon Road and Ripley, for refreshment, refurbishment and restocking the freezer from Sir/Lord Ingleby's butcher. Julie and Chris, who had already swum several miles very quickly this morning, needed to be home. Sue T. had an important date with something really interesting but I have forgotten what, and the Kevins and Jane had things to do, of a Sunday afternoon nature, thus leaving 7 ladies to the flesh pots of Ripley. A variety of refreshment was ordered at the café,(not full and thus not bad-tempered), and we set to to restructure the medical profession, sort out work experience places, discover new holiday bargains, restore our faith in the wonder diets we have tried, recreate the fashion industry, redefine the meaning of life, applaud the Strictly judging team, and reorganise the world in general. As we left the café the rain stopped and the sun glowed onto us, all along the mis-named Golden Way as we sped home for an afternoon of doing Sunday sort of things without being exhausted or collapsed. Thank you everyone I had a lovely ride at least, hope it fitted your bills. 19 miles of slow flat chatting. C.G





### **Medium Ride Report**

Seven of us set off in the last of three Medium groups, under clear skies but with a promise of rain later. We made good progress to Kirkby Overblow and Sicklinghall, at which point my chain broke. Max came to the rescue with chain tool and spare link. Then we had the defining even of the ride: Nicky produced Wet Wipes for our oily hands. Brilliant. Team Sky probably has it's own Wet Wipes Co-ordinator but here was proof - as if it were needed - that Wheel Easy colleagues also think of everything. No more alarms as we headed to Linton and Collingham, and then up Jewitt Lane, where we were rewarded with fantastic views. We missed the only shower of the day inside North Street Deli in Wetherby, and made our way back along a rather muddy cycle path, arriving home in watery sunshine. So much for the weather forecast. Many thanks to Max for back marking and help with the chain. Justin

### **Medium Ride Report**

The weather report was ominous but no sign of rain as 8 medium pace riders started off to Kirkby Overblow via Burn Bridge. In fact the sun came out as we went through Sicklinghall and Linton and then Ann took the lead to show us a good short cut to Jewitt Lane. At Bramham a group decision was made to go along the cycle path which was very pleasant. Just before arriving in Wetherby Dennis, Gordon Alison and John decided to carry on home while a select group of 4 enjoyed coffee at North Street Deli. Paul defected to join the faster group to go home from there, while Sarah, Ann and myself went at a steady pace along the cycle path back to Spofforth ensuring there was plenty of time to chat. At Follifoot the remainder of Justin's group joined us and we made our way back through the showground. As we said goodbye, all agreed that we had been very lucky with the weather and it had been a good morning out. 28 miles Monica

The faster paced group led by David took the circuitous route through Clifford and Boston Spa but still managed to get ahead and claim the best seats at the café!



### **Medium+ Ride Report**

The forecast was for light rain followed by showers. So what do we get? A gorgeous mild October day with patchy sunlight showing off the fantastic Autumn colours, and only a light shower as we arrive home. So many thanks to Debbie for keeping her raincoat on and making the sun shine. We started as three groups and the quicker group led by Terry quickly disappeared into the October colours. The remaining two groups led by Yvonne and Martin, totalling 11 riders, enjoyed a ride through Arkendale, Gt Ouseburn, over Aldwark Bridge, stopping at the Beningborough Farm Shop for tasty, if slow and rather disorganised, food. Everyone seemed rather cool about the cafe chaos and after a relaxing stop we headed on down the cyclepath to York where it felt like mid-summer with all the folks strolling by the river. In fact Sue on the back of the tandem said "It feels like being on holiday!", and when someone says that you realise just how lucky we are to have such locations and scenery on our doorstep. After York we followed the cyclepaths out through the Racecourse, on to Askham Bryan and then lanes to Long Marston and Tockwith, refuelling at the village shop. Finally a steady ride home through Spofforth, Follifoot and the Showground. Andy had joined us for his first ride at this distance and did well in keeping on the pace. Yvonne's computer said 57 miles, but mine had stopped working due to the sunshine shock. Martin W.





### **Medium+ Faster Ride Report**

There were 5 volunteers to go on the slightly faster medium plus but we were soon joined by Ian, a brief stop was taken at the top of Farnham hill for a regroup but then everyone seemed to find the pace which I think I would describe as swift but constant and the only distraction was to look at the sky to try and predict what time of day and where on the ride we were going to get wet. At one of these weather watch stops I suggested that as long as got a move on the weather wouldn't affect us because we would be back for just after one o'clock that comment was dealt with in the way I expected. We crossed Aldwalk bridge and then onto and past Benningborough hall as we had decided that we would go to Rountree park for a brew, we were soon on the cycle path into York which was fairly busy with walkers and dogs put we managed to pass them all without any incidents then it was time to pick up the bikes and cross the bridge over the river. As we approached the coffee stop Peter had a rear puncture in his bullet proof gaterskin rear tyre so we went in for coffee and cakes and left Peter outside getting his hands dirty and cursing quietly although I did take pity on him and delivered him a cup of tea. We had hopes of a tail wind for

our return journey via the cycle path out of York then Angram, Tockwith and on to Little Ribston. Ian and Peter left us at this point as they wanted to return by Knaresborough. As we crossed the showground it was quite busy because the Countryside Live was taking place which had it good points because it meant that all the gates were open which is a bonus. We went out separate ways at the end of the show field road it must have been a good ride because a few of the guys were saying that their legs were tiring, Thanks for a very enjoyable ride although I was a bit disappointed to not be back in Harrogate for 1-00pm but the weather just got better as the ride went on, Terry

### **Long Ride Report**

With the weather forecast predicting heavy showers I was very pleased to welcome six riders to accompany me on a ride that took in the formidable White Horse and Rievaulx Banks. Nick joined us after Farnham and after stopping at the Glider Club for an excellent lunch with us ,he then left us for the delights of Ripon and an early return home. The weather turned a lot cooler and the wind increased, but the intrepid seven continued on the set route passing through Helmsley, Brandsby (where Richard left us for a prior appointment in York), Easingwold, Alne and home. The weather stayed kind to us, only a slight shower on entering Harrogate being a minus. All in all a cracking day out. Glyn

