

Sunday, June 14, 2015

## Wheel Easy Ride Report 476

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### Short Ride

Four of us set off from Hornbeam on a damp, grey morning to explore the lanes and byways around Knaresborough. Amanda is relatively new to cycling but coped really well with several challenges- e.g. a wet downhill ride down the 'Beryl Burton path', the traffic at Bond End. We followed a loop to Lingerfield, Farnham, Staveley, Arkendale, Ferrensby and back to Abbey Road, Knaresborough via the 'gravel pits'. From there it was an easy 'hop' to the Riverside for coffee. Despite the drizzle it was a most enjoyable ride in good company. Thanks to Lynda, Jean and Amanda. [24 miles in total] Alison N

### Medium Ride

Today's medium riders were grateful that Dennis had selected a suitable route for the unseasonal June weather conditions. We rode to Farnham via the Beryl Burton cycleway and Lingerfield, in a cool drizzle. By Bishop Monkton this had become cold rain, so the decision was made to bypass Skelton and head straight to Boroughbridge through Roecliffe. Dennis, John and Sue headed for home, but the remaining 7 of us, including 4 newish but fit ladies, were desperate for a hot coffee and cake in Boroughbridge. We then sped off towards Minskip, in the wake of a turbo-charged Andrew, who was thoughtfully trying to warm us all up, as the rain persisted! Thanks to Dennis for leading and Paul for back marking and technical assistance. 31 miles successfully achieved.

Sue O

### Medium Plus (1)

Twelve Steps to Wheel Easy Medium Plus ride to Masham

- Turn up on Sundays, whatever the weather, however you feel, ignoring what else you ought to be doing
  - Listen carefully to morning roll call and announcements
  - Decide which ride to go on
  - Wear clothing appropriate to the conditions which often means thermals and waterproofs even in June
  - Leave Hornbeam in an orderly fashion
  - If the ride leader doesn't know which way to go there will always be a higher authority who will put them right.
  - Try to find a route which at least one person on the ride has never ridden, amazing how this often happens
  - Ideally and to avoid mutiny find a coffee stop before 20 miles (EG's will have a separate rule here)
  - Agree on coffee stop!!!!!! Dependent sadly on varying different loyalties and where possible aim to have two stops.
  - Remember to bring key for lock
  - Ride the route whatever the conditions, but it is also ok to leave at will as long as you tell your leaders
  - Enjoy the camaraderie, good humour, encouragement to complete a 60 mile ride to Masham on a miserable June Sunday.
- Thanks everyone, Gia and Paul



### **Medium Plus (2)**

Could be entitled the ride of the three lantern rouges or the three musketeers get their powder wet.

The month of June is often referred to as "Flaming June" because of the "high" temperatures encountered.

It certainly was "flaming", flaming `oribble.

It was not so much wind driven rain we cycled into but a wind driven aerosol, which searched out the tiniest gaps in your protection.

We originally had a party of five, however the superior fitness and speed of Alan and Declan meant we lost them near Ripon.

Then it was in to Spa Gardens cafe for warmth and refreshment, and room to hang out our wet garments.

It was difficult to leave the warmth of the cafe (DP succumbing to two cups of coffee) but it was back on route, north into the wind and water catching up with Gia and Paul`s party after Carthorpe.

However they were a bit swift for us, so we met up with them in Masham at Bagdad Fred`s cafe. Which was very nice.

The name might imply eating with the right hand only and smoking Hookah`s (no! a hookah is an oriental water cooled pipe not a lady who has lost her amateur status).

Then it was back to Harrogate (mostly with some wind assist) via Grewelthorpe, Ripon, Studley Park, Watergate, Ripley and the Greenway.

Certainly a challenge, but that always makes you appreciate the good weather, when we get it.  
Dave P



### **Medium Plus (3)**

Six of us formed a medium plus sub-group and rolled out of Hornbeam into the steady drizzle. After nearly two and half hours at a fast pace we stopped, dripping wet, for cake and coffee at Thorp Perrow Arboretum. As the rain continued we managed to drag ourselves back to the bikes and put the hammer down on the way back to Harrogate. Unfortunately the pace splintered the group on the run into Harrogate. Alex and I rolled into town last and I assume (hope!) the other four made it home ahead of us without any problems. For our 60 mile route I recorded a moving time of 4hrs 38 mins and an average moving speed of 13.2 mph. Thanks to all for a good ride!  
Michael I

### **Long Ride**

With the weather not looking too good, only two riders left Hornbeam in light rain and into a slight head wind. Phil, after consulting the BBC weather report, decided that the best option was

to head for Littondale and so it turned out. Andy joined us soon after and we travelled on to North Rigton, through Leathley, Otley (where the drizzle ceased), Bolton Abbey and to our first stop at Burnsall. Refreshments were taken at Katie's Cafe in the open air. The weather stayed fair and Arncliffe was soon reached. The return journey took us through Grassington and Hebden and up the long and arduous climb from Dibbles bridge, so the chance to stop for tea and cake at Stump Cross Cavern Tea Rooms was an easy decision to make. By now the drizzle had returned but with wind behind us, a quick return to Harrogate was easily achieved. Many thanks to Andy and Phil for making it grand day out. (75 miles). Glyn F

