

Wednesday, August 3, 2016

## Wednesday Rides

---

### Poddlers Ride

3 of us set off for Knaresborough, keeping an eye on the black clouds that were gathering. We did a detour around Water lane, and then to Farnham. After riding through Scotton, as we approached Nidd the rain started. Fortunately the wind kept it at bay, so as we arrived at Ripley church we were still dry. After taking refreshments we took the cycle track which Jane tackled with great gusto, and then swooped down to Hampsthwaite. We returned to Harrogate via Knox bridge as the sun came out. It's great to see that the new Poddlers are returning. 24 miles. J A.

### EGs Ride

We had a dozen riders at Low Bridge and a reasonable weather forecast with the exception of some promised wind, and weather forecasts are getting more accurate.

It was nice to see Chris and John R joining us for today and also Roy, who has not been to well lately giving it a go.

Benningborough Home Farm Cafe was chosen as the first cafe stop.

A goodly number of Wheel Easy Wednesdayers were first away before our 10-00am deadline.

After a sedate start the group split in to two groups, the faster consisting of seven including four fast Dave`s (that`s over 57% Dave`s) pulled away, and five including a slower Dave continued with a benign wind to our rears.

When meeting again during coffee, JR mentioned that the pace had been fast in his group.

This was a result of the nuances ? of the English language?, the speed had been around 17/18 mph, "give us a break" cried one rider, so a break was given, or rather made, putting the pace up to 24 mph.

After coffee Norman, Roy, Terry and Theo headed back to Boroughbridge, the remainder heading for York, John R left us early to return home for 2-00pm, that left five Dave`s, Chris and Marvin, that`s over 71% Dave`s, that`s for people who like statistics, and if you do`nt, that`s unfortunate.

Lunch was taken in Cycle Heaven Shop/Cafe, always to a good standard, but today they had run out of beans, "run out of beans", what cyclists cafe can ever run out of beans ???, Dave Siswick was near to tears.

The return route was going to be a tough one, into the wind, after a banana break at Marston Moor Monument it was heads down and into the wind, with the team taking turns to push the wind, making one of the less able riders very grateful, the pace was "brisk" but there was no let up till the B6164 was reached.

The said rider made it, gasping for breath with knackered knees, it seems deep in the distant past he remembered something about heavy breathing and being weak in the knees, he could not remember what it was, but thought it happened on a regular basis.

An excellent challenging ride with no rain, many thanks Chris will you now be going back to put Harrogate Nova and Knaresborough Racing Team through a gruelling training schedule?.

Dave P



### **Wednesday Wanderers Ride**

Weather was warm but overcast and promise of gusty winds and some sunshine later. A quick count as we left indicated 8 had chosen to follow. Through the Showground and round Rudding, then regrouping just before Follifoot. On we went through Follifoot picking up Paul so we now had 10 cyclist in total. The cycle track to Wetherby was next and again onto Thorpe Arch. We then headed north to Cattle with mainly a light tail wind but then turning west suddenly realised the wind was gaining strength as we headed to Hunsingore and Walshford and by the time we headed to Spofforth via Little Ribston the forecast had been right. Two peeled off to go back via Knaresborough and with no planned coffee stop 3 broke ranks in Spofforth as 5 of us continued back. Thanks to Dave bringing up the rear and a very pleasant 31 miles. Steven P



### **Wednesday Ride**

There was a big crowd setting off from Hornbeam Park this morning with over 20 riders joining us on the Wednesday ride, and there were even a few refugees from other rides joining in to swell the numbers. At Low Bridge we decided on splitting up the group to make it more manageable and to give the cafes a fighting chance to feed us all, so one group under James set off in a clockwise direction on the ride and the rest of us followed the original intention of an anti-clockwise ride heading first of all towards Boroughbridge via Martin come Grafton. Listers Farm Shop fed and watered us all and after a long and chatty stop we set off, only to be met by James and his group speeding in to get their bacon butties. Then it was off towards Skelton-on-Ure and Ripon. Studley Park was superb in the sunshine and soon we were tackling the last hills on the way to Bishop Thornton. At Ripley, shock and horror! We met Colin Thompson WITHOUT A BIKE. He appeared to be going for a walk with his family. So we all wished him an early recovery and headed homeward along the Greenway. 40 miles in sunny periods and just the occasional light shower. Martin W.



### **Wednesday Ride two**

For no apparent reason, perhaps apart from the scintillating company(?), the Wednesday Group attracted 20 plus riders today and as it was like herding cats to try and get any organised groups we all set off for High Bridge in Knaresborough where some sense of organisation finally prevailed. Martin's plan was to go out to Marton and Boroughbridge and then through to Ripon, the Deer Park and home, but in view of the numbers a

split was made with one group with Martin and Kevin following the original plan and the other with me heading to Fountains, Ripon and Boroughbridge the other way round. As we were all intent on Listers Farm shop for coffee it was hoped the split would ease the load on the cafe. Our route took us Farnham, Copgrove, Burton Leonard, Markington and into Fountains, the only thing of any note being a short sharp shower and on the run into Markington meeting Alison and Gordon going the other way. John decided to join them to go back the way we had come and we went on through the Deer Park where we were urged with some colloquial language by Helen to stop to get a move on to Listers. There was no sign of the other group coming the other way as we passed through Skelton, but as luck would have it and certainly not by good judgement Martin and Kevin with their group were just pulling out of Listers as we turned in so the staff were once again invaded by a load of cyclists. They were however as courteous and efficient as usual and having partaken of the usual goodies, which in some cases included a full English, we departed on a loop through the Dunsforths, where we refrained from watering the grass verges and the use of bad language, and Great Ouseburn to Arkendale and Knaresborough, where yours truly could drop in home and leave the others to tackle Knaresborough hill. 45 miles with the usual sparkling company and only two very short showers to test the waterproofs. James G



### **Long Ride**

Today's long ride was much like Lizzie Armitstead's drug tests. Plenty of absences, things starting to look ominous, followed by a sunny conclusion. Only three of us set out on the long ride headed for Masham via my house to pick up forgotten kit. We took the usual route across the Stray and along the Greenway, dodging people and dogs (well done to the two tots on bikes with legs whirring like bees wings). Martin had critiqued the Hinkley Point and HS2 projects by the time we reached Ripley and it's unlikely George Osborne will be receiving a Christmas card from him this year. Past Fountains and straight across the main road down the fantastic route towards Winksley at which point it started to rain heavily. We went through the usual shall we shan't we put on our rain jackets. Richard and I did. Martin didn't. We all got equally damp. We also managed to carelessly lose Martin only to find him sitting in the cafe at Masham. Following the mandatory beans on toast we headed towards Snape with a fairly strong headwind slowing us regardless of which direction we were headed. Circling round to Ripon with a certain amount of yo-yoing going on at the back of the peloton we stopped for replenishment. Richard won the award for the most impressive scone while proving his generosity by sharing the fresh strawberries. Martin regretted his failure to don his magic recovery socks for the ride. We then pushed on up through Fountains and back the way we came. We were buffeted by the wind down Scarah Bank but the sun was shining as we slalomed our way back up the Greenway. As usual, great company and interesting banter. 55 miles. JPS.



**Colin and his brother**



Spot the difference

### **Tour of the Dales 2nd/3rd August**

Ahh the glorious British summer - at least we didn't get sunburnt!

Eight riders set off from Harrogate, Leeds and Ilkley for varying rides loosely based on the Yorkshire Dales Cycleway. The main common ground was that we were all staying in Hawes, with dinner set for 8pm.

Angela, Sarah and Andy progressed via Wharfedale, Silverdale and Ribblesdale, arriving in Hawes by 4pm before rain set in. Phil, Peter J, Mark, Peter R and Richard converged at Airton at the second in a four stop strategy, proceeding via Malham, Settle, Ingleton and Dent. Sadly, the murk detracted from the fabulous scenery, but Kingsdale and Deepdale were still spectacular as ever. The rain set in as we ascended past Dent viaduct and conditions became pretty unpleasant down into Hawes. After hot showers and an excellent meal at the White Hart, we retired to our various resting places.

Wednesday morning brought more rain and a strong westerly wind, and the hope that legs would function after Tuesday's exertions. All headed for Askrigg before assessing route options. Angela, Sarah and Andy evidently chose well, as they at least made it back to Leeds in the dry, albeit having battled a strong headwind. Peter R headed back to Ilkley via Aysgarth and Kidstones Pass, but got wet. The remaining four took a deep breath and embarked on the tough climb up to Oxnop Scar. We got a great view of Wensleydale and Semer Water, before being hit by a squall at the top. The descent into Swaledale is very scenic, but we couldn't see very much and the final, steep drop into the valley had to be taken very carefully. (A solitary rider joined us temporarily and must have set a record for the slowest ever descent of the last 200m without falling off!)

Onwards to the bike cafe at Fremington, where the sun shone for a couple of minutes. We were not seduced by this apparent change for the better, and decided that Greets Moss and Coverdale straight into the wind were not going to be fun, and that Leyburn and Ripon were a better option. They probably were, but we still had to endure vile conditions over Bellerby Ranges, with horizontal rain and a cross wind that did its best to tear the red warning flags from their poles. Thereafter we wended our weary way home via Spa Gardens, with regular stops to put on and remove rain jackets.

All in all, a memorable expedition, if not necessarily for all the right reasons. Richard L



Malham Cove in the rain/clouds







### **Dales Tour, Leeds Contingent**

A fabulous 2 days riding on the dales two day cycle trip was had by the hill shirking, rain dodging Leeds contingent. Our ride out to Hawes went out from Bramhope along Wharfdale, Littondale, Silverdale (my favourite), Ribblesdale (past the viaduct) and Wensleydale ( where we sampled an assortment of flavoured Wensleydale cheeses). We rode through "mizzle" for most of the day but it just served to make the views quite ethereal and beautiful. A great meal was had in Hawes with the hard hill climbers in the White Heart Inn (highly recommended). Our return route via Aysgarth, Middleham, Grewelthorpe, Ripley, Burn Bridge, and Stainburn meant that we dodged just about all the showers and even sat out in the hot sun at Ripley Castle for lunch. Despite hill shirking we still managed to clock up almost 9 thousand feet of climbing however. A huge thank you to Richard Leake for organising the trip and our luggage transfers. Angela





