

Sunday, October 9, 2016

Wheel Easy Ride Report 544

Short Ride

Corrine, Joe, Geraldine and myself made up the four for the short ride today. After an initial discussion this group of seasoned riders were happy to go above the usual 15 mile target for the short ride so we set off for Boroughbridge via Knaresborough and Staveley. A slight hiccup in progress when Joe lost part of his sunglasses on Abbey Road was soon sorted and we were underway in the early Autumn sunshine with colours showing on the leaves. Our initial aim of coffee at Bean Vintage in Boroughbridge was missed when we discovered they are still closed on Sundays. Joe suggested Gilchrist's cafe so we sat out in the garden and chewed the cud, flapjack and scones. Our way back was Roecliffe, Bishop Monkton, Markington, down to Ripley and homeward along the Greenway. And soon after we were home along came a heavy shower. Great timing! 30 super miles.
Martin Weeks



Medium Ride

Too much painting and decorating yesterday, wind direction, potential of rain and, yes I'll admit it, only a 95% confidence in my knowledge of some of the left and right turns, led me to suggest to the other twelve riders in the group (note the clever avoidance of using the number thirteen) that we take the reverse of the planned route.

No one disagreed so we set off following the usual route to Little Almscliffe and then wiggled our way past Fewston Farm Shop café (it was too early to indulge) to the very busy A59. All in their own time, singularly, and taking individual responsibility, made the left and right turn along and across the A59 towards the gated bridle path at Forest Moor. What goes on there in such secrecy that requires mysteriously opening electronic gates? Somewhere between here and Menwith two riders left us to explore other trails and bye ways. We also passed 3 WE members going in the opposite direction. (If you had been waiting to join the original ride en route .. my apologies.)

The downhill swoop to Hampsthwaite was preferred, rather than the route through Tang and Kettlesing Bottom, as the need for Sophie's caffeine was proving irresistible for many. Two "chain offs" were easy dealt with by the many "in house" mechanics. Two of us, under domestic instruction, left the rest supping and chomping in Hampsthwaite, to return by the newly re-tarmaced surface through Hollybank Wood and the Greenway home. Hope the rest of you made it safely back. Thanks for your company and chat. Max G



Medium Slower Ride

Beautiful sunny day for 6 riders doing a favourite ride to Little Almscliffe, Sun Inn, left at Penny Pot, down and up leading to a hair rising few minutes on the A59 before turning right to cut through HMS Forest Moor where we meet 3 regular mediums coming in the opposite direction.

Onwards to Menwith and a super downhill bit to Hampsthwaite and our cafe break at Sophie. Dennis left us here for his Sunday lunch date.

Suitably scored and flapjacked we tackled Clint Bank so we could test the new tarmac leading to Holly Bank Woods. It met with full approval.

Finally back to Harrogate via the Greenway where several short riders passed us having completed more miles than we did!

Approximately 28 miles ridden and back before the rain came.

I cannot make the next two weeks so volunteers needed please. Jean



Medium Plus Ride

On a sunny but cool autumnal day 10 riders set off for the hills winter bikes that appeared on last week's ride were ditched for summer ones again as we set off for the path to Ripley following a steady climb up to Brimham Rocks via Burnt Yates (which is approx 150 miles from Edinburgh) and named so because some gates were apparently burnt nearby!! A nice speedy decent down to the half moon at Fellbeck and climbing back up to the windy moor it was hard to decide which direction the wind was coming from, here we met a lone rider by the name of Nick...a wednesday EG man so he joined in and we became 11 for a while. Descending through Studley Royal with all its old Oak trees we reached Ripon and the cafe stop in the spa gardens for a refuel of tea cake and bacon sarnies.

Sensing a homeward direction the speed picked up. As we reached Occaney farm we were passed by an Otley cycle group so they were kept in sight and we hooked on to them all the way up to sandy lane and back into Knaresborough.

A great day ride but I feel some of us will be digging out the cooler weather gear also there is NO picture again so you will have to imagine us in our brightly coloured lycra. Tony p

Yet another glorious autumn morning saw plenty of people gathered at Hornbeam for the regular Sunday rides. Perhaps inspired by the excellent ride leadership forum some of us attended yesterday, the medium plus riders set off in small groups aiming to ease the traffic burden. Similarly inspired, I had swotted up on the route having decided to practice my leadership skills on a select bunch, (before being let loose on the rest of you!). Four of us set off towards Ripley behind the other medium plus groups, however, we shortly found ourselves ahead, perhaps due to the different routes to the Greenway.

Once out beyond the shadowy lanes of the Greenway and Hollybank woods we all agreed that shorts had been justified and we enjoyed warm sunshine and blue skies for the majority of the rest of the ride. Leaving green fields behind we cycled ever upwards passing Brimham rocks and on to the brown and faded purple top of Dallowgill Moor, passing a buzzing meet of motor cross bikers scrambling up the fields beside the road.

Keith and Helen's group caught up with us just in time to take a photograph as we paused for the view across the moor to Greycarth, with the monument clearly visible today. Then off again via the Grantleys to Fountains tea rooms for sustenance and our free cyclist's tea. On such a well led ride it was only fitting that the weather too should oblige, and it did, by raining whilst we were indoors refuelling. After some discussion we elected to return via Watergate lane, Markington and Ripley to make a pleasant change from the Littlethorpe route. With one or two hiccups, I managed to lead and return with no gains, losses or other untoward incidents to report. A lovely day in great company thanks Gia, James, Sue. (61.5km and 661m of climbing) Jeanie F.



Medium Plus Ride (Faster)

Another fine Autumn day dawned with overtones of Summer and some were still in short trousers. Gia plus three set off first and seven of us followed at a discrete distance. For the purposes of the ride report I asked Keith who had been leading today. "Nobody", he replied.

Our seven were Keith, Me, Andrew, Stephen, Michael and the two Lizzes and we progressed cheerfully along the Greenway in brilliant sunshine and increasing temperatures. After a comfort stop in Ripley we advanced on Brimham Rocks and onwards and upwards to Dallowgill, which is always a joy. Talking of joy, I can't resist mentioning that I have just taken delivery of a Spa Cycles Elan bike. We have seen Colin riding the prototype for a while and apparently mine is now the first to be released into the wild. It is superb! It seems to develop wings on the ascent and is so smooth and stable on the descent that I began to suspect I had developed Super Powers. As soon as I have "run in" the new leather saddle, life will be bliss.

We paused at Fountains Visitor Centre for drinks and goodies which were very nice, despite the long queue and inordinate length of time it took the one young man to make drinks for the hundreds of customers. Andrew was

rapidly losing the will to live but we encouraged him to hang on in there and as soon as we got his caffeine drip up and running, he recovered.

It was such a nice day, there was unanimous agreement to return "the pretty way" via what we now call the Rocking Horse Farm, thus enabling Stephen to avail himself of the now famous eggs. The return to Ripley and home on the Greenway was only marred by one heavy shower, so a pretty wonderful day in the delightful company of the aforementioned Magnificent Seven. Helen & Keith T



Half Marathon Run

So many Wheel Easy members generously contributed to my chosen charity, Mencap, in support of my run today, I have taken the liberty of publishing a short report.

The weather was glorious and London was looking spectacular at eight o'clock this morning; there was a great buzz in the air as 16000 runners nervously warmed up, and er.. made various other preparations. I had the added joy of joining my son James on the run.

The organisation was on top of the job and our section was sent off towards the challenge. Camaraderie prevailed and runners were joking and laughing with each other as we jogged down Whitehall and up the Strand before coming back into The Mall and Constitution Hill and into Hyde Park, by which time the smiles had become grimaces for some (particularly me) I managed to get round in a not too embarrassing time but let me tell you, I was jolly glad to get through the finish line. I would far rather have ridden a 100Miler!! I have raised knocking on for £500 by this effort, much of that from our members. Thanks to all once again. Dave S



Long Ride

I was away last Sunday and, for once, didn't read the ride report. I should have because I didn't realise they had been to Castle Howard - that was today's destination as well! At least we went via a different route this time. Five of us, including Mike on his first Long Ride, had a very nice ride out:

Sunshine most of the day.

Rain showers all around us but we only had a few spots. The roads were very wet in places though, so the rain had already passed through.

At both cafe stops, it showered then stopped as we left - perfect.

Castle Howard Arboretum's trees not in full autumn colour yet - give them 2 weeks. Some good resurfacing had replaced potholey tarmac that had been there for years.

Trefor and Glyn setting a great pace after eating cranberry and white chocolate tiffin in Easingwold - turbo-food indeed.

71 miles and home to roast spuds. It can't get better! JohnH