

Sunday, June 18, 2017

Wheel Easy Ride Report 579

Slow Medium Ride

The Facts.....1) Its father's day everyday.

2) It was 27 degrees centgrade with a light wind and clear blue skies.

3) Three ladies decided they could manage to get to Brimham rocks.

4) Sarah speeded up if a cyclist with pleasing features overtook.

5) Some alpaccas.n.b. not llamas.. had been defleeced and they looked like a cross between a snake and a scraggy wolf.

6) Every tractor that over took us was going fast, had a large trailer and nearly knocked us off.

7) Jill Jackson's sparking bike really does sparkle....it is a glorious sparking colour.

8) The downhill swoop to Ripley finishes off the ride very satisfactorily.

9) A swimming pool would have pleasant along the Greenway.

10) We did 13,478 paces and 56 floors.....goodness knows how many miles, as my speedo mile thing has been lost in our garage and Jean's map my ride did not function.

11) We met the short riders looking cool and relaxed and satisfied with their extra loop in the Ripley cafe. CG



Medium Plus in reverse!

On one of the first really warm days of the year the suggestion of doing the hills first seemed popular and so a group of 14 of us set off across the stray and down the Greenway with the intention of reorganising ourselves at Ripley. Such reorganisation as did occur was to ride as a "loose" group with plenty of gaps for cars which actually worked quite well as the faster ones gravitated forward and the slightly slower ones were happy to fall back and we all re-assembled nicely at various points with one exception when I managed to loose all the group, except one, which must be a first for Wheel Easy. From Ripley we took the usual route up Fountains Way to the Drovers and then on to tackle Sawley Bank where it was already getting hot. An early stop at G & T's was declined and we headed down and up to Grantley and on to Galphy where I managed to loose everyone except Sue. After some searching about we two headed on and caught up with the rest at Spa Gardens, only to discover that having abandoned their leader they had done a little excursion around Ripon before finding Spa Gardens. A lovely shaded stop outside was very welcome and enjoyed by all and there was some reluctance to get back on the bikes. However we did eventually set

off, whereupon unbeknown to most of the group Justin's chain broke. He was however well prepared with a magic link and chain tool and he had also taken the precaution of having our resident expert engineer, Colin, behind him to help out. It was the usual route past the Race Course and through Skelton and Langthorpe to Boroughbridge where we all came together again. Dave did a quick commercial for the 100 mile ride in two weeks time - please note 7-30am at Hornbeam on 2nd July for a ride which according to Dave is 99% downhill! The final leg of the return was through Minskip, Staveley and Knaresborough where Sally, Nick and I abandoned and the rest headed home by various routes. The reverse route must be slightly shorter than the published route as I recorded just over 40 miles, but none the less it was in excellent company and in cracking good weather. Thanks to everyone for coming and making it a good day out and also for making Sally and Nick so welcome. For those interested in the stats I recorded an average speed of 11.69 mph and 638 meters of climbing. James G



Medium Plus Faster Group

Leaving Hornbeam the sun was already beating down on us so I knew we were on for a scorcher. We headed at speed towards Knaresborough, Minskip and on out towards Ripon. I was trying to hang on to the fast guys and in no time at all we arrived at Oliver's for lunch. More importantly we got there just before the Otley bike club and a lack of seating meant they had to move on somewhere else. For once, racing all the way to Ripon at such a silly speed made sense. Sorry Otley. You snooze you lose lol.

After lunch in the shade we made the slow climb out of Ripon. The sun didn't let up which made those little hills harder than they otherwise should have been.

Not far past Sawley John had a mechanical. His gears packed in so he had to nurse his bike the rest of the way home. Luckily there was only one big climb left of the day.

We cycled back in to Harrogate via the surprisingly quiet Green Way. Maybe people were too busy starting their BBQ or something. .

All in all, a wonderful, hot, beautiful day. Deccers





Short Ride

8 riders today for the short ride passing through the Mallinson estate ,Pannal and Hags Road to Spofforth.

Then on to Little Ribston and Knaresborough where Peter B. left us.

We decided to continue on to Ripley via Lingerfield etc.

Five stopping for coffee,Gordon and me heading home for lunch.

About 24 leisurely miles on a perfect cycling day.D.B.

Long Ride

Four riders elected for the long ride on Fathers day. It was already hot as we gathered at Hornbeam.

We set off down the Green Way on a perfect cycling morning. Warm and virtually wind free. Progress to Masham was brisk with Peter R joining the group at Ripley.

We elected for an inside café stop to avoid the strong sunshine and increasing temperatures. We left the café and headed to Thirn and onto East Witton and onto Coverham. This is where the hard climbing started and the heat was sapping our energy reserves. As we rode up Coverdale a testing headwind increased in strength and on reaching the top (around 500m) we all collapsed on the grass and just took in the splendid scenery.

With water reserves low a unanimous decision was made to stop at Kettlewell post office. A good welcome and tables in the shade.

We rode gently down to Grassington and then elected for the easiest and shortest way up to Greenhow (the main road). Garmin recorded a peak temperature of 34.2C (probably a bit high) but it really did feel at as we rode up past Grimwith reservoir.

Once at Duck Street we benefitted from wind assistance and fresher air and our return to Harrogate was easier.

Just under 80 miles, great weather and a joy to be in the Dales. Martin D



Wheel Easy Abroad

York to Paris via the North Sea

Early this year wolds-events advertised a ride from York to Paris in the Wheel Easy Newsletter and I decided to take part in the challenge. Nine riders plus a team of three in support we departed in the usual summer rain which persisted all the way to Hull. After getting through all the security arrangements at Zeebrugge we were on our way. Each of the days was divided up into four sections of roughly 2 to 3 hours riding, with refreshment stops, plenty of flapjacks, cake and choccy biscuits, in the morning, lunchtime and in the afternoon. The route to Paris took in Bruges, The Koppenberg, Roubaix velodrome, Carrefour de l'Arbre (more cobbles), WWI cemeteries, Chateau de Chantilly and riding through some lovely forests. The unforgettable part of the ride was riding around Paris visiting all the sites and finishing at the Eiffel Tower. The return journey to York was via Euro Star/Virgin East Coast where we were reunited with bike and luggage. PCJ





The Big One

A team of Five completed this year's Big One Ride. Named Il Grosso to entice Giro D'Italia organisers to organise a stage in Yorkshire , they obliged by sending Italian weather instead - it was V HOT all day. Glyn, Terry, Mike (a Big one novice) completed the whole ride from Harrogate, with Terry Smith joining at Grassington having cycled from Skipton. Other regulars were absent due to holiday commitments, but I do apologise to Phil Stell for organising this ride on the date he EXPLICITLY told me he couldn't make.

The intial run to Grassington via Penny Pot, Meagill Lane and Duck Street can only be described as delightful. Lovely clear skies, warming sun, excellent views and a light breeze. Breakfast in Cobblestones Cafe was up to its usual standard and we set off on the quiet lane east of the Wharfe to Buckden. The day grew hotter, the hills more frequent and sharper. The flora and fauna more interesting - Melancholy Thistle, Primula Farinosa, Oystercatchers, Sand Martins to name but a few - and I did, believe me !

If you thought Rayleigh Road was a bit steep - you definitely do not want to tackle Fleet Moss. However, like Rayleigh Road, it is good to get the steepest and longest hill of the day over with first. The sun (did I mention it already ?) made it a real effort but we all ascended and descended successfully. After a re-supply in Hawes Spar shop, on to the second biggest hill - Buttertubs. Of course, this year's clockwise route meant we tackled it 'the easy way', but even so some of the ramps are seriously strenuous. Once at the top we were caught by a much younger cohort who thought it a tough climb but also thought nothing of racing down the other side past us at what can only be described as 'breakneck speed'. They'll learn caution if they get much older.

Kearton House Hotel in Thwaite produced an excellent late lunch in prompt order, including free home made ginger cookies. After putting the world to rights for some time, we could put off the next stage no longer and headed immediately uphill towards Tan Hill. This is a 4 mile ride of mostly reasonable uphill interlaced with three or four devilish ascents for increasingly tired legs and fuller stomachs. Tan Hill pub seemed surrounded by people, some of whom may have been patronising it, but we didn't, instead heading off for Reeth and a (mainly) downhill ride with some beautiful sections of freewheeling.

Horror of Horrors - the Copper Kettle Tea Rooms is Closed Until Further Notice. We beated around to Fremington and caught the Dales Bike Centre cafe just before it shut. The Cakes were v. good and it had good toilets. Then off uphill again past Grinton Lodge YHA and over the top to Leyburn. From the summit of Grinton our speed increased considerably through Middleham, Masham (thankfully the Co-op still open so I could buy 2 pints of milk - apparently now proven good for re-hydration), Ripon, Ripley and home via the Greenway. Having developed an odd noise earlier in the day, Mike's bike now proceeded to emit high pitched whistles and screams, competing with the evening chorus from the hedgerows. Still, at least I knew he was still behind me without looking.

As always, a challenging but always achievable ride. 113 miles and 9000 feet of ascents. We took 13 hours to do it but could have left earlier than 8 and arrived later than 9. The riding pace was Touring (average below 12 mph) Thank you to Mike, Glynn and Terrys - I enjoyed leading this ride and look forward to 2018 - or backwards as it will be anti-clockwise ! Peter L







Medium Ride

One of the hottest Wheeleasy ride days I can remember. There were 21 who turned up today for the ride to the Marston memorial and back via Wetherby. We split into two groups with David leading a second group, to meet at Follifoot to reorganise if necessary. I think we lost 5 to start, with a brake cable problem so apologies to them. So My 8 grew to 10 with Max and Darren joining and David set off with 7. The plan was to meet at Marston moor memorial but our group was cracking such a good pace that the heat and the flies meant we didn't stop for long enough for group 2 to catch us. The breeze was nice while riding so we flew through Catterton and Wighill back to Wetherby for Refreshments at the Coffee Cafe on the corner. Only one coffee today with a more varied cocktail of tea, coke, orange juice and milk shake., plus plenty of iced water. Sitting outside with no shade was hot so it wasn't a lengthy stop except for Max who had to wait for a forgotten Bacon butty. Group 2 didn't appear so I hope they worked out the route. We split into 2 with 5 taking the road route to Knaresborough while 5 took the Harland Way to Spofforth and then home where we gained 1 again. So from 23 returning with 6, possibly time I gave up leading! Pleasant ride so I hope everyone got home safely with no heat stroke. Paul R

Medium Ride 2

Well, this is a first. Having never led a ride before, nor written a report, here goes. Paul's route was so popular we needed to split into two groups, and in the absence of a better offer I volunteered. We let Paul go, then set off. I failed to spot that three of us were still fixing a brake in the car park, so at the showground our 11 were already down to 8. But they had said they would catch up, so we sauntered very slowly to Follifoot where Paul had arranged a stop to tell me where we were going ! Paul was by now sending for the rescue helicopter, but we 8 arrived just in time to receive our sealed orders, to meet up again at the Marston Moor battlefield.

It didn't quite work out like that. Now 11 again, a leisurely pace through Spofforth to Little Ribston - always a joy to hear the yellowhammers and skylarks on that stretch - took us through Cowthorpe to Marston Moor, where we could see a brightly clad group up the track to Cromwell's Tump. But no bikes - they came in a coach ! Roundheads ? Parliamentarians ? Not Wheel Easy, so on we pedalled relying on a collective memory of where we might be

going. It was Long Marston's open gardens day, and so tempting to descend on the schoolroom for a Womens' Institute tea, but just a bit early for them to have the kettle on. It was now quite warm. A stop by the pond in Askham Richard enabled some to refill their water bottles. Not from the pond - from a tap at the pub. One lady member - no names - did admit to having 'visited' the former women's prison. That was a hint to get moving again. Going through Healaugh towards the official coffee stop in Wetherby, we decided that was much too far and diverted to Thorp Arch instead. Service was quick and after a considerable overindulgence on my part (others were more temperate) we used the cycle path all the way to Spofforth, enjoying the cool shade of the trees and hedges. Here one lady, who insists on anonymity, worked out a way of keeping her water bottle where she could drink at will through a straw without using her hands. I wanted to take a picture, but with an eye on the potential royalties she declined. So we are sworn to secrecy, but - if you see Amazon offering a triple cup brassiere (or a single cup version for men) - you heard it here first !

From Spofforth we retraced our morning route through Follifoot, where three with pressing lunch dates sped off, working out their apologies as they rode, and the remainder continued in leisurely fashion to the top of the showground hill where, having run the gauntlet of some hungry looking red kites, the last four left me (who can blame them ?) to find my own way back to Hornbeam. 40.8 miles, 5 hours 44 minutes 6 seconds and remarkably, everyone home the same day ! I wonder where the other group are ? Mike C.

