

Sunday, July 23, 2017

Wheel EasyRide Report 584

Medium Ride

A highly enjoyable ride, on a day when rain was forecast but never materialised. Parts of the route - Askwith (down) and Farnley/Lindley (up) - were new to some, as was Cockpit Farm, which got a thumbs up all round. We continued our experiment with small group riding, relatively straightforward to do with eight people. We settled into two fours, with me, Dan, Dave and Sally in one group, and Caroline, Helen, Neil and Dave P. in the other. Pretty good, overall, with a silver star to the second group for a perfect formation between Farnley and Lindley. The ride leader needs to slow down a bit on ascents and descents. though: managing to get up Tan Hill last Wednesday seems to have gone to his head. There was quite a bit of discussion about hills - there are a few on this route, whatever your definition. For the record, we managed around 700 metres in the course of 48km (30 miles). Many thanks to Dave P. for exemplary back marking. Justin











Medium Plus Ride

It was a very fine morning and, once the Fast Boys had scooted off, there remained eleven of us, eager to head for Coxwold as one well disciplined group. I therefore nominated Keith as Leader for two reasons, (a) he is a boy and (b) I have recently discovered that he is paid four times more than me so I thought he could just get on with it.

Everyone seemed to be on good form and we made what seemed like brilliant progress to Aldwark Bridge, then Easingwold and in no time at all were in sniffing distance of Coxwold. We had read Eric's recent glowing report about the cafe there and we were not

disappointed. The nice new lady owner (Sarah) knew all about Wheel Easy and remembered Eric, who had clearly been on a full scale charm offensive! We sat outside in glorious hot sunshine enjoying good food and nice coffee served by pleasant, friendly staff. At this point Colin suggested a slight change to the route, taking in Byland and Kilburn but only a Steve on an Orange Bike opted to join him. I hope you both had a good time. The rest of us thought we would stick to Plan A, being mindful of the forecast and keen to keep ahead of the rain. Even Keith forsook the opportunity of taking us round Coxwold Church to admire the rare horseshoe communion rail. In the event we only met a small shower of that lovely warm, soft summer rain that just tickles your skin and makes you giggle. Moving into the realms of fantasy here, I'll stop it at once.

We continued at a good pace through Carlton Husthwaite and through the Sessays, pausing only for a church related photograph. We then headed for home via Milby, Boroughbridge, Minskip, Stavely, Farnham and Knaresborough.

Another excellent day of 54 miles with plenty of laughter and banter along the way. I'll let you know how my equal pay and sex discrimination case progresses.

PS I am writing this report accompanied by the sound of torrential rain outside – the sort that makes you really wet! Helen T





Medium Plus Faster Ride

A very brief ride report for the faster medium plus group. Sorry about the brevity! The faster medium plus group set off self-guided in a peloton of 9. We made the scheduled cafe stop in Coxwold in good time and hussled back to Harrogate by around 2pm to beat the predicted rain. A good ride at a fair pace (approx 16mph average) in decent weather, and home in time to watch the live Tour de France coverage. Michael I.

Long Ride

Jill was our ride leader today and a party of 11 set off in glorious sunshine for the outer reaches of Yorkshire and nearly into Lancashire! Peter joined us along route making the group a round dozen. With hills aplenty on the horizon (well it is Jill's ride), a steady pace was maintained through Beckwithshaw and on to Penny Pot Lane. With only light winds, Duck Street was a breeze (bad pun, I know!). The ride down from Stump Cross to Appletreewick was a speedy affair with some riders reaching 40mph+. The weather had been kind to us but with grey skies looming, a refreshment stop at Burnsall was agreed. We decided to sit inside to avoid the rain but it never came. Fully refreshed we then left to continue our journey. This took us on a hilly ride through Thorpe, Cracoe and on to Gargrave, where a the start of a light rain shower prompted us to don our rainwear only for it to stop immediately! Eric left us at this point to return to Harrogate as he didn't want to overstretch himself, bearing in mind last week's events. The hilly route through Broughton, Elslack and on to Lothersdale tested our lungs and legs but was worthwhile as the benefit was the long descent into Skipton. Here we enjoyed fully deserved afternoon tea and cake at the Three Sheep Café. Well worth a visit.

Our route then took us through Embsay, Bolton Abbey (where raingear was once again was promptly worn and almost as quickly removed) and Beamsley, where Rob and Phil decided that more hills were required so they made a detour over Langbar. The rest of the group carried on following the designated route and we all regrouped just after Ilkley. At Otley Rob and Glyn left to return to Leeds with the remainder returning to Harrogate via Farnley, Leathley, Stainburn, North Rigton, Brackenthwaite Lane and Burn Bridge. Many thanks to Jill, Phil S, Phil, John, Alastair, Terry, Dave R, Dave S, Eric, Peter and Rob for making the

day most enjoyable in conditions that almost completely defied the gloomy weather forecast (85 miles approx). Glyn.

