

Sunday, September 2, 2007

## Wheel Easy! Ride Report No. 70

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Long ride. Fifteen riders opted for the long ride. As the route was fairly flat and not the mileage of previous weeks a few medium distance riders joined the longer ride.

We followed the popular route towards Wetherby via Burnbridge, Kirkby Overblow, and Sicklinghall, We thought we might need to be in two groups, a fast and a slow but there was no need as everyone wanted a leisurely ride. At Wetherby we picked up the cycle path to Thorp Arch where we stopped for a break and enjoyed the flap jack kindly made by Yvonne. We then made our way along the Roman Road towards Cattal taking in an additional loop into Tockwith village. From Tockwith we headed into the wind and made our way towards Hunsingore and Walshford. At this point three riders decided to head off toward Boroughbridge.

We joined the cycle path at Walshford and headed for refreshments at Wetherby. Due to our numbers we ended up in two separate cafes. We headed back to Harrogate along the railway path to Spofforth and Follifoot.

Although it was a shorter distance, riders would have covered approaching 40 miles before reaching home. The highlight was definitely Yvonne's flap jack. PT

Medium ride. Thirteen of us set off on a better than expected morning via the showground towards Rudding whence we crossed the by-pass and turned right up to the Kirkby Overblow slip road. Going in an anti clockwise direction seemed a good idea as the fairly strong wind was mainly at our back or from the right. Safely through Sicklinghall we were soon to be found at Morrison's cafe in Wetherby for refreshments and the obligatory photo shoot.

Homeward bound by way of the cycletrack to Spofforth (where we lost some of the party who decided to get home a bit earlier) we aimed for Little Ribston and Knaresborough by which time we were reduced to five. Never mind it was a good ride and the leader was unconcerned by the banter from the group as to why he was always at the back for most of the time.

Thanks to all and to Dennis for keeping everyone up to speed and ensuring we kept safely together. Approximately 27 miles for the outing. CM

