

Sunday, May 4, 2008

## Wheel Easy Ride Report No. 105

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### Wheel Easy Long Ride Report Sunday 4th May 2008

Gloomy weather saw 18 determined riders set off for Pateley Bridge. Additional riders joined us as we headed down through Bilton to Knox Bridge, then it was on to Killinghall, Hampsthwaite, Birstwith, and over the toll bridge. Then we climbed up Stripe Lane to Hartwith and on to Brimham Rocks before descending to Pateley Bridge via Smelthouses and Glasshouses.

At Pateley Bridge a large group set off for How Stean Gorge for a break at the cafe while four riders were determined to complete the main objective of the day and that was a swim in the Nidderdale Pool. As usual our most senior rider gave a demonstration swim making everyone else feel inadequate.

The rain had descended by the time we left Pateley so it was the quickest route back home down the Nidd valley.

### HIGHLIGHTS

The ride leader's camera is refusing the download the pictures onto his computer so apologies for the lack of visual aids.

I am afraid that this has deprived us all of a picture of Malcolm splashing his way up and down the Nidderdale Pool - and he loved it so much he forgot the time we were leaving for home.

Ben's self-changing gears he now puts down to cable-stretch. It may be that with all that power he is distorting the frame!

Yvonne was the only one to complete the full triathlon, doing an 8-mile run on her return to home. It takes all sorts.... MW

I set off solo shortly after 8 to join Sue, Lynda and Paul B who had gone for the option of starting at Pateley. By good fortune I met up with Peter N at Hampsthwaite, on his way to Hornbeam, and we teamed up for the ride to Pateley. We had the best part of the day as we followed Martin's hills (and 'no cheating' instructions), and cruised into Pateley with a few minutes to spare. Then we headed west along the valley to How Stean, where the rain set in just before we reached the shelter of the café. Later, we cycled back to Pateley, greeting the main group along the way, and parted company at Wath where I carried on for my swim while the rest enjoyed the loop past the Sportsmans Arms and the gentle hills to the north. I met up with the other swimmers at the leisure centre, but mistakenly thought everyone was having lunch together in Pateley so, after a fruitless search of all the cafés in Pateley, found myself solo once again for the wet ride home. At the wearily slow pace with

which I tackled the homeward hills, this was probably just as well. 57 miles. MM

Seven medium group riders set out, aiming for Boston Spa. The route took us past Ridding Park, Follifoot, Spofforth and onto the cycle track into Wetherby. At this stage the weather changed to a persistent light drizzle. As the group were largely "fair-weather cyclists" (apart from Crawford) we opted to cut the journey short and return via Sicklinghall and Kirby Overblow. Needless to say the weather brightened up at Sicklinghall, but it was all too late! PH