

Sunday, July 6, 2008

Wheel Easy Ride Report No. 114



Wheel Easy 100-Mile Ride Report 7 July 2008

7:30 am at Hornbeam Park saw quite a crowd gather to take part in Wheel Easy's first 100-mile ride. The first group to set off consisted of 12 riders and the dull and overcast start had little effect on the high spirits and ambitions for the day. Heading south we soon reached Spofforth and then headed east to take in Cattal and turning North to reach Boroughbridge. The first stop was at Ripon's Spa Gardens Café and we arrived still in dry weather.

Over coffee the rain made an appearance, so we decided to at least make a start on the Northern loop of the ride, and at Boroughbridge to make a decision on continuing. It wasn't quite sheets of rain but getting that way, and the leader foolishly asked for a democratic decision on whether to continue. To his utter dismay everyone, except the leader, voted to continue and so he was stuck with it! Unfortunately at this point the group involuntarily split with three riders having gone ahead to do their own thing - therein lies another long saga!

At least it was steady rain and stayed that way all the way to Thorpe Perrow Arboretum for the lunch stop. The average speed stayed high at 14 mph. Then sun came out, and then the sun went in, and then we started on a series of torrential downpours that lasted for the rest of the ride.

Good company and a good chat makes the miles whiz by and we eventually returned to Harrogate at 6pm without any moans and groans about being tired - a tribute to the fitness and determination of the group.

Finally, our thanks to Andrea and her friend who met us at strategic points with their car. Fortunately neither support nor bike transport were needed, but the back-up was very much appreciated.

Highlights

- Steve Wilson's choice of rainwear bordered on the licentious but his suspenders kept Jill and Yvonne fully entertained. The "rain legs" do, however, seem to work well and further examples of cross-dressing may soon appear.

Martin's statistics for the day as follows:

- Riders lost - 2
- Number of times rung out gloves - 4
- Changes of socks - 2 (after that, just stayed wet).

- Route revisions - lost count
- Bad decisions to continue - 1.

MW

Mike B Statistics (slightly different basis!)

Wheel Easy 100 Mile ride - time for Mike B and Malcolm Y

2008 - Sunday 6th July - average speed 14.7 (very, very wet)

Ripon Loiterers 100 mile rides (for comparison)

2003 (Sunday 8th June) - average speed 15.0 mph

2004 (Saturday 8th May) - average speed 14.4 mph

2005 - No detailed record kept, but I/we did do the ride

2006 (Saturday 20th May) - average speed 13.9 mph

2007 (Saturday 19th May) - average speed 14.3 mph

2008 (Saturday 26th April) - average 15.1 mph

For those interested these are my personal stats for the ride:

Distance recorded - 102.5 (Hornbeam to Hornbeam, and after deducting 1 mile for wrong turning)

Total Ascent - 3,380 feet

MJB average speed - 14.7 mph

MJB average pulse - 129

MJB Max pulse - 179

MJB calories burnt - 4,483

MJB

The slower group started off with four, Gaye, Bridget, Malcolm and Ben C (going easy on an injured knee). The first 30 or so miles were pure pleasure along serene country lanes, but shortly before the shelter of Spa Gardens café the rain which was to dominate most of the day, set in. Near Boroughbridge we met up with Dave's group one of whom, Peter N, decided to defect to our side, possibly to return home or - as turned out to be the case - to stay with us for the day. At the café we met Liz who had cycled over as planned from Summerbridge to join us.

After that we really did get very wet as the miles passed beneath our wheels, but occasionally the sun and warmth broke through, drying some of the soggiess out of our assorted lycra and Gore-tex. Martin's route to Cundall, Ainderby Quernhow and a very late lunch at Thorpe Perrow was lovely, even though we missed the stunning views that would have been revealed on a better day. (Next time!)

Liz took her route home from Ripon, Peter at Burton Leonard, and the remainder made it back to Harrogate, completing their 100 mile target with a few yards to spare. Ben of course could have finished before lunch, while Malcolm was in real trouble over the last few miles with leg pains and applied arnica liberally later on. Gaye, who regarded 10 miles as a long ride a few months ago, and Bridget, whose bike was not designed to do anything like this distance, deserve huge credit for their achievement in joining the 100 mile club (if there is one) and having such a lot of fun at the same time. MM

9.30am Long Ride

Over a dozen cyclists at Hornbeam Car Park at 9-30am.

The brave ones being there at 7.30 for the Hundred Miler.

(personally would have done the 100 but two weeks off the bike, thought better of it , that's my excuse and I`m sticking to it, nothing to do with the horrible rain !!).

Five riders Bill W, Dennis, Alec, Peter and Dave P, set out on a weather dependent route. Marton cum Grafton, Boroughbridge, Ripon and back. The rain was nothing like the "light rain" forecast so decided to go straight to Boroughbridge. On the way we met Malcolm M's 100 mile group.

On to Boroughbridge, luck being on our side made it first wringing wet into an empty café before being joined by a group of equally wet cyclists from Bradford.

Tea, Coffee and Cakes and back to Harrogate via Bishop Monkton approx 30 miles carpark to carpark. Then to crown it all the rain suddenly stopped less than a mile from home. It must be said that Wheel Easy are not fair weather cyclists. DP

Five set out on the short ride, as usual it began to rain after about a mile. Birk Crag and on to Penny Pot past Menwith Hill and on towards Birstwith. Persistent drizzle turning to heavier rain meant there were no views as such to admire. The ride leaders inadequate navigational skills meant that instead of a glorious swoop down from High Birstwith the group had to fight their way up the hill from Birstwith village. All coped well with the hills and the inclement weather, and came home through Hampsthwaite and back through Knox before dispersing.

