

Sunday, January 25, 2009

Wheel Easy Ride Report No. 144



Today's long ride was taken at a medium pace which encouraged a few people who don't usually opt for this ride, to give it a try.

Ten of us set off, and I'm pretty sure that ten of us made it back. We set off along the Birstwith, Darley part of the Nidd valley avoiding much in the way of hills till we reached the steep climb out of Thornthwaite. At this point, a dog decided that Wheel Easy was for her and seemed intent on staying with us for the whole ride. When we reached the main road, it took us a phone call, contact with the pub and at least quarter of an hour's disruption before we were able to continue along the wild moor top to Greenhow.

Chris and Peter with the dog which seemed keen to join Wheel Easy but didn't have the necessary £s.

From Stump Cross Cavern, we plummeted down the hills through the most challenging weather of the day, arriving at Bolton Abbey Café with our fuel gauge needles well into the red (well, mine was anyway). The weather then brightened with glimmers of sunshine as we took the popular road to Ilkley, stopping on the way to observe someone lying half on the road with a nearly empty bottle of Vodka by him looking the worse for wear. We contacted the Police and proceeded with quite a favourable wind, saying goodbye to Bill at Askwith as he preferred altitude over distance, taking the main road from Otley to Pool.

Paul decided to take the A road from Pool back home. Hope you made it Paul! Cycling along a road with a very badly cut hedge meant that Peter got a puncture (the road was so bad I'm surprised more of us didn't get one) so we left him with moral support from Chris and the remaining six of us (Martin, Yvonne, Jill, Malcolm, Eric and myself) returned home via Kirkby Overblow, getting back not long before dark having cycled a hilly 58 miles. We all

agreed that it was nice to do a long ride without having to keep a fast pace and resolved to do it again. Steve P

Medium Ride. Dennis led 12 of us on a wonderful medium ride today with some testing hills all nicely timed at the start of the ride. As the sun came through we were into more rolling hills and we all felt at peace with the world! Nice to welcome back riders who hadn't been out for a while and for Dennis to take us on a new route. How many of you have cycled from Markington to Wormald Green then up the hill to turn in to Burton Leonard?

Eight of us finished at the Riverside Café in Knaresborough where we had excellent coffee and good service. Malcolm note.... their Latté competes well with Costa! and half the price!

So the route. Beckwithshaw, Pot Bank, Hampsthwaite, Clint Bank, Cut Throat Lane, Markington, Wormald Green, Burton Leonard, Copgrove, Arkendale, Ferrensby, Knaresborough. 36 miles. Thanks Dennis. GM

Short ride report for Sunday 25th January, 2009, Burn's Night Day. Suffering as I was from the effects of over indulging the night before with a haggis and its accompaniments, I was looking forward to a gentle meander around Beckwithshaw with a group of similar minded cyclists. From the start I realised this was not to be, Skipton Lynda threw off her bike chain, Jo tried to throw me off my bike with a non-existent Costa coffee and then threw herself off her bike as we sped down the hill from Beckwithshaw towards Penny Pot Lane.

Melvyn, although being closely guarded due to last week's capture by aliens (it's his bike hat with little ears that's doing it), set up a bike repair clinic on the side of the road. Even Penny Pot Lane was conspiring to be difficult, and turned into a seemingly steep hill the wrong way. American Matt realised that we needed to speed up, if he was not to freeze to death waiting for the leader, so sped off leading the group in every direction but the right one, ensuring the group would do extra hills and distance before finally getting to Little Almscliffe Crag, where they all had a little Nigella snack to keep up their energy levels. Except Matt and English Sarah had sped a little too far and Matt needed reviving, due to low sugar levels, when the group finally caught them up.

Sensibly American Sarah had taken note of the Nigella recipe and was ready to mass produce these snacks for him, when she returned home. On seeing the Hill to Harlow Hill Skipton Lynda threw off her bike chain again, and Melvyn helped by American Sarah set up his side of the road bike clinic again. The group was surprised when they learnt that after this hill, into Harrogate, the rest of the way was a freewheel.

At this point I managed to catch up with this uncontrollable group, and for the first time led from the front back to Hornbeam. A good ride, a good laugh and a good way to control the effects of a haggis, which was about all I controlled today. Twenty miles done rather too quickly for me with kind people who waited.

At the bottom is a photo of Melvyn's 'Side of the road Bike Clinic'. Melvyn being assisted by English Sarah's hand wiping rag, some evo stick or super glue, and American Matt and his multi tool and watched admiringly by Jo and American Sarah. Note how well Skipton Lynda holds the bike. CG

