

Sunday, August 30, 2009  
**Wheel Easy Ride Report 175**

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#### Short Ride Report

Today's short ride proved to be quite short for newcomer, Jo, who recently back on her bike after surgery and finding her feet, or perhaps pedals, was rescued by Richard, who ably aided her back home safely after only  $\hat{A}$ ½ mile out of Hornbeam!

Meanwhile ..... With 4 more new riders, Bob and daughter Kathryn, Peter and Trevor (but not new to cycling as he had been a member of CTC quite a few years ago and regularly cycled 100 miles on a Sunday!) set off again up St George's Road, taking in the quiet cycle paths and into Beckwith Knowle. There was a little history lesson of the offices once belonging to National Power and previously CEGB and Hornbeam once the site of ICI Fibres with Crimple Beck flowing through and from where crimpolene originated. Cutting through into Greengate for a café stop .... literally a stop as this delightful café is only open Monday to Friday for the offices around Beckwith, Greengate and Cardale estates. It certainly isn't exclusive to office staff! Back on route to Burn Bridge, this was the point of no return as from here we headed off on to the Leeds bound A61 but turning off on to the track towards Kirkby Overblow.

Pointing out both pubs who do an excellent Sunday Roast we left and made our way to the southern by-pass, past Rudding Golf Club and to Crimple Lane. The ride leader did suggest taking in a slightly longer route back to Woodlands which avoided both busy roads and hills (Wetherby Road and Hookstone Chase) and cut through to Woodlands lights.

By the time everyone had returned to their various points of rest, all will have cycled a good 15+ miles - in fact a few more than the ride leader today who was heading off for a BBQ.  
Sue

T

### Medium Ride Report

Once again the medium ride proved popular with over 30 riders opting for the thirty mile ride via Pannal, Follifoot, Spofforth, Little Ribston, Cowthorpe, Walton, Thorpe Arch to Wetherby and returning through Spofforth and Follifoot.

Gia and myself were down to lead the medium and Peter volunteered allowing us the opportunity to offer three different paced rides. Peter set off with 15 faster paced riders followed a few minutes later by Gia with 14 medium paced riders and I followed with 5 riders who all opted to poddle our way on the route. Not exactly equal groups but surely nothing could go wrong!

Peter's group were certainly fast and we saw them in the distance on numerous occasions going in a different direction to us. I thought they were obviously being more creative with the suggested route, others suggested they were lost. Gia's group joined us twice, emerging from what appeared to be bushes, after cycling additional loops. My group ambled along enjoying the lovely morning, countryside and company. The group did increase in numbers along the way much to the amusement of everyone!

All the groups met together in Wetherby and after an enjoyable coffee stop we all continued our way back to Harrogate. Paul T

I led 10 of us on the medium pace medium ride and with much humour and good naturedness, lost one, gained 5, followed 3 who started at Knaresborough and waved them off at Cowthorpe turnoff, met one who was searching for the fast group and finally returned home with a party of 21, having met up with Andrew and little Louis who found us in Wetherby!

A lovely ride, thank you to Paul for the route, to the excellent girls at the café in The Shambles who dealt with about 25 riders all descending together, and to all those enjoying Wheel Easy. It was great fun. 34 miles Gia M

### Long Ride Report

Fourteen people opted for the long ride today, including a few who hadn't been out for a while. Our destination was Masham via Brimham Rocks, Dallow Moor, Dallowgill, Kirkby Malzeard & Grewelthorpe. This route doesn't involve any steep hills, but plenty of steady climbing, all done at a steady pace with the group keeping relatively close together. Just to add an extra challenge, Glyn decided to try & do the ride using just one gear - I think he got to the hill down to Masham before he had to give in! On the way there was the occasional glimpse of sun, but by the time we arrived for the café stop at Masham an indoor lunch was definitely the preferred option.

After our stop we declined the invitation to join the motorcyclists open air church service in the square & instead set off towards West Tanfield, Wath & Ripon for an easy run towards home. We now had more of a headwind & the weather was definitely looking more threatening, but apart from a very light drizzle for the last few miles, hopefully everyone should have made it home before the rain really arrived. Approx 58 miles. Jill F

