

Wednesday, September 16, 2009

## Wednesday Rides

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Eleven riders met at Hornbeam, John W led Sue W, John W and Dennis out towards Stainburn Woods and who knows where after that! Dennis who is celebrating his birthday next week was out for a quick spin before setting off for Germany later in the day. When he and his wife get back they are off on another trip to Italy. Dennis cycles and swims every day, not bad at 78!

Eric and William headed off to Spa cycles for some running repairs, then "chased" Malcolm, Gia, Sue, Paul and Malcolm Y on Martin's recent route via Heyshaw Moor and down Yorke Folly to Pateley Bridge. William who is back cycling after a 20 year cycling gap was well up to the challenge. Malcolm Y was in quiet training mode (thank goodness) but he helped us up the hills (in one case literally) and we hope he does well on Saturday with the Yorke Folly race UP the hill!

We all lunched at the Lemon Meringue in Pateley, toiled up the hill at Glasshouses to Brimham and then enjoyed the run down to Warsill, Ripley and home. Then to The Park for free Costa coffee and cake, with a donation to charity.

Excellent ride, hilly and about 40 miles. GM

