

Sunday, October 4, 2009  
**Wheel Easy Ride Report 180**

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#### Short Ride Report

Four riders left Hornbeam Park with fair weather and reasonably quiet roads to enjoy the countryside, sunshine and beautiful autumn colours. I was excited to be trialling my new GPS system, specially designed for the 'over fifties', and guaranteed to be 'easy to use.' Perfect! I thought!! And so, off we set!!

The ride was undertaken, with no major events to report. After landing in Knaresborough on our homeward bound , we enjoyed a cafe stop, before setting ourselves the challenge of Beryl's Way!!! Nice to catch up with four members of the Ripon Loiterers, who were half way through their journey!

The route, you ask yourselves? Well, by way of showing off my new navigation system, I enclose a photograph, for your interest! Aren't you all jealous?? Sarah E

#### Medium Plus Ride Report

After the gales of Saturday, we were all relieved to arrive at Hornbeam Park in sunshine, with clear blue skies, and only a breeze. Our total numbers were a little lower than in recent weeks as the long rides were from starting from Ripon. However, not everybody reads emails and/or website, so there were some long riders at Hornbeam - most of them called

James - who decided to go out on the "Medium Plus" ride - at least for part of the way. I never did find out how many riders were on my ride - as it seemed to be changing far faster than I could count them! Some riders decided to leave and go on a longer ride, some dropped out due to pneumatic problems, some riders joined us, and some went home and then rejoined, and then there was a constantly rotating number of temporary absentees

disappearing behind hedges. Anyway our numbers seemed to fluctuate between about 15 and 20, plus or minus 10!

We went through the Great Yorkshire Showground and had to negotiate the newly installed "A-frames" which prevent horse riders and motorcyclists using the new cycle route. Unfortunately they have been put so close together that they prevent cyclists getting through them too!!!! We had a brief pause to point out the new route which will go direct to Crimple Lane and Rudding Lane. The concrete is laid, the A-frames are installed, and it looks ready to be opened very soon. However, as the ribbon hasn't been cut, we had to go the long way round via Wetherby Road, then past Rudding Park, Follifoot, Spofforth, and along the Railway Path to Wetherby. We collected more riders en route, and also lost some. Tim T got a puncture on the path, and having fitted a new inner tube, collected a second puncture within a few hundred yards. So it was time to phone the rescue services (i.e. the wife) to pickup both bike and rider in Wetherby. The rest of the group continued along the railway path to avoid being swamped by Max's group who were now closing in on us rapidly. Darren and I set off in hot pursuit to overtake Max's group and rendezvous with our own group in Walton. We collected Peter B en route, as he had been fixing a problem with his back pack. Walton looked like the Marie Celeste! Where was our group? We searched Walton, no sign of them! Then 5 minutes later they appeared, with us all equally perplexed as to how the backmarkers had managed to give them a 10 minute start and arrive 5 minutes ahead of them!

We then turned north through Cattal, Whixley, Thorpe Underwood, Great Ouseburn and on to Boroughbridge for our refreshment stop. In Whixley it was Peter's turn to get a slow puncture, so we pumped his tyre up hard, and he set off for home by the shortest possible route. For the final leg from Boroughbridge, Darren led the ride whilst I picked up the rear. We stopped for a photocall near Farnham, and whilst we were all neatly lined up, a lady in lycra cycled past. I said she didn't need to feel left out as I had a spare membership form for her. When she said she declined as she was treasurer of Harrogate Nova, she was greeted by chorus of 14 cat calls!

We arrived back in Harrogate around 2.30, having had a very enjoyable and eventful ride, in lovely conditions, of just over 40 miles. Eric Waters

#### Medium Ride Report

With an autumnal chill in the air ten riders set out on the medium ride (33 miles) in glorious sunshine. The ride leader had prepared well. Map of route in pocket and committed to memory and even the route through Thorpe Arch for café/toilet break rehearsed. What could go wrong?

The extended medium ride set off first, good practice, followed by the slow ride going in a different direction. We now had time and space so that no bunching would occur between groups. Wrong! As we emerged from the rear of the Show Ground we came across the extended ride and tactfully slowed down whilst Eric finished his explanation of the new route which goes behind the Traveller's Rest Pub. After a suitable pause we continued via Rudding Park, where a wayward chain was dealt with, to Follifoot, where we just managed to get a team photo before Sarah and the short ride arrived. We continued on towards Spofforth and the Wetherby cycle track where we came across one of the extended medium riders who was being helped by Darren to sort out a puncture/problem and then Eric going back to minister to his flock. We showed the good grace to allow the extended ride to pull away from us again. What happened to the rider with the problem? Only Eric and Darren were seen leaving the cycle track at high speed allegedly to catch up with the extended flock. Did

the unknown rider make it out of woods of Wetherby or is there a .....? Putting this concern behind us because the need for a toilet break was becoming the priority we sped onto Thorpe Arch where bladders were emptied, stomachs filled and in Phil's case cars were ogled at. Disaster struck at Cattal bridge. Phil sustained a slow puncture. The deaf ride leader reached the railway station before realising that no one was with him. Mutinous bastards he thought - they've gone another way. Five minutes later the remains of the peloton caught up with the leader and explained that Phil (puncture), Julie (lunch appointment at 1 o'clock) were taking a more direct route back home and Neil? (nice man from Long Marston) was showing them the way.

The main York road was crossed without incident due to a conveniently large gap in the traffic and progress made to Great Ouseburn. Here as the wind turned against us. Trevor, fresh from being left to rot by the wayside last week, uttered what was going through the leader's mind. "This ride is going to be longer than what it said on the can." Seven shattered bodies struggled through Arkendale, Ferrensby and Farnham, where Paul left us, towards Knaresborough. Once on the road to Damascus, Crawford had what can only be described as a miraculous burst of energy (caused we suspect by fear of what Mrs. Crawford would do to him if he was late for his five star lunch at 2 o'clock) and led the peloton at breakneck speed up the incline to Knaresborough before he disappeared down the Beryl Burton (hope he made it in time). The remaining five of us crawled up Knaresborough Road and Bogs Lane to the Stray where we went our different ways. Thanks to my gorgeous back marker who did at times take her role too seriously! Well done to all and sorry. The label on the can omitted to say INCLUDES AN ADDITIONAL 20% FREE. Moral - measure your own milages BEFORE you lead a ride. Almost 40 miles covered at 10mph - we all deserve medals. Max

#### The Jervaulx Ride

The CTC North Yorkshire Standard Rides are events staged all over North Yorkshire and on completion of three rides or over the rider qualifies for an award in the form of a certificate and medal.

The Jervaulx Snape Ripon rides were put together by Wheel Easy members, Martin Weeks and David Preston and consist of two rides one of 50K and one of 100K. The rides start and finish at one of our favourite cyclist friendly cafes, namely Spa Gardens Café, Ripon. Riders come from all over the county and beyond. This Sunday we had riders from York, Thirsk, Pudsey, Boroughbridge and Harrogate.

We had five Wheel Easy riders in the 100K, Charles Raduazo, Geoff Morgan, Phil Stell, Colin Pritchard and Mark Townend.

We also had two Wheel Easy riders in the 50K ride, Steve Wilson and Dave Preston. Thanks to Steve for looking after the 50K group as there were occasional riders in the group. Dave P had to return quickly to the Spa Cafe to check in possible early finishers. The weather was very good, it was very pleasant to sit in the sunshine after the rides eating, drinking our tea /coffee and chatting to fellow riders. Dave P

#### CTC Cycle Maintenance Course

I was unable to cycle this weekend as I attended a two day CTC cycle maintenance course at Pateley Bridge. The course was led by Andy Swann who has great enthusiasm for cycling and bikes. The course was practical throughout with Andy demonstrating the activity and the learners then repeating it on their own bikes. Andy was on hand to support the group which ensued I did not panic when my bike was completely dismantled with parts all over the floor.

The first activity was a pre ride check which highlighted I needed a new chain and sealed bottom bracket. We then worked in all aspects of gears, brakes, transmission, headset, wheels, extending the life of components and emergency repairs. We finished the two days with each of us building a new bike. Unfortunately we could not take them home! I now feel confident to maintain and carry out my own repairs or at least try them. It was an excellent two days and I recommend the course. Tomorrow I will be replacing my chain and bottom bracket! Paul T



