

Wednesday, March 24, 2010

Wednesday Rides



Poddlers

Ride

Report

Aching muscles were foremost in many people's minds so "slow and gentle" was the order of the day,

Five fragile souls met for the Wednesday Poddlers ride, John W, Caroline, Max, Sue, and tall John set forth from Hornbeam, Paul T and another also turning up before heading off to join up with the EG's ride from Knaresborough. The weather however was looking decidedly grim with recent rain giving way to dank misty gloomy conditions for the start from Hornbeam. Many were still recovering with aching muscles from the glorious ride to Beningborough Hall a few days previously. (It had all seemed so easy to get there. Were we all overcome with a resurgence of youthful energy? Sadly not, as a strong tailwind had helped us eagerly on our way and had lulled us into a false sense of physical fitness only to turn into energy sapping headwind on the way back draining our energy reserves.)

So "slow and gentle" it was, ever mindful of the gloomy weather threatening more rain to challenge us further (and the need to be able to get back quickly if it turned wetter). Notwithstanding that, eagerly we set off with Tall John leading the way making constant forays to the rear of the pack to help us along, down through Pannal and onward and upward to Kirkby Overblow. Once on top and en route to Sicklinghall we were graced with a low flying Red Kite circling above us perhaps looking for mice or road kill for its first meal of the day (or perhaps the odd cyclist to fall by the wayside). A steady ride into Wetherby where a café stop was the order of the day (well I did say "slow and gentle") and after tea/coffee and scones/teacakes, (was it with a sense of déjà vu or a "groundhog day" when we kept bumping into the same groups of other cyclists coming towards us on several occasions?). The return trip was made with a democratic decision to return via the cycleway/old railway line to Spofforth and Follifoot and back home. The weather kept dry for us and the gentle pace was maintained to everybody's enjoyment, 18 miles or thereabouts, not an enormous distance in the world order of things but we all felt it just right for the weather and those aching bodies from the Sunday before. John

EG's

Ride

Report

Woke up today to grey skies and a forecast of rain. I know I was not alone in pondering the alternative of staying in bed or meeting up with friends for a lazy coffee at Starbucks. However we all made the effort of getting ourselves to Hornbeam, wondering if we would later regret it. The Poddlers wasted no time deliberating and shot off first leaving the remaining four of us to saddle up and head off to Low Bridge to meet up with and swell the ranks of the EG's. So nine of set out from Knaresborough and headed up Thistle Hill towards Spofforth. Crossing the A668 we joined the closed road and at the gate I retrieved a geo-cache from it's hiding place and we had a look at the contents, a small turtle, a foreign coin, a tiny ball and a long list of previous finders. Onwards we peddled via Follifoot to join the cycle track Route 66 at Spofforth. How glad I was that I hadn't cleaned my bike yesterday as I'd intended because mud splattered everywhere. We were even beginning to resemble mountain bikers! Arriving in Wetherby Dave left us for an afternoon engagement and the uninitiated were then introduced to the delights of Morrisons coffee stop, and learned the ropes re displaying order numbers on tall posts. Back onto Route 66 towards Thorp Arch we encountered a wild beast of a dog who managed to sniff out and savagely bark at the only two members of Wheel Easy with a dog phobia. Another member did point out that it was wagging its tail but we two knew it was after us! Expert guidance led us out through the maze which is the trading estate via the correct exit towards Wighill and on to Healaugh where considerable discussion took place around the 1914-1918 war memorial. We cycled off again past some escaped convict joggers to Askham Richard where Eric explained to me all the features and merits of his fancy bike GPS. " YES I have to have one" I exclaimed, not looking actually at his GPS but at the new trend that we ladies of Wheel Easy have not yet bought into.....bike jewellery.... a cute bracelet adorning his cross bar. Bananas and snacks finished, we headed off back towards Harrogate via Rufforth, almost picking up a stray cyclist who mistook us for his racing team who had just shot off to the left, Tockwith and Spofforth. There was a little problem solving incident along the way regarding some forgotten food tech. ingredients but to keep integrity intact I intend to gloss over that! I arrived back at Hornbeam with 58 miles on the clock after a fabulous day out, totally dry and so glad that I didn't opt to stay in bed, with just enough time left to head off to Accessorise and find a nice little bracelet that will match my bike. Angela

2010	Wheel	Easy	Miles	(approx)	Today	612	YTD	21984
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