

Sunday, April 18, 2010

Wheel Easy Ride Report 208



Short Ride Report
Another glorious turnout for the short ride today - there were one or two regular medium riders who for differing personal reasons decided that the short ride was for them! Nonetheless, our only problem today was not whether the snow was too slushy, or the ice too slippery, no, it was whether the volcanic dust would get in our derailleurs!! Some of the group had experienced some slightly gritty conditions but hopefully our ride would be ash-free! I did wonder if there would be enough hills for Sue W to try out her very nice new speedy road bike on! With a total of 14, we left Hornbeam and headed for Hookstone Woods and the Showground so any new members who might not have experienced, could do so, the new path down to Crimple and Ridding Lane. From there we headed for Spofforth and said goodbye to Phil. Now left with, I won't say the number but a "baker's dozen" we went along the cycle path to Wetherby. As we turned left towards Kirk Deighton, dark clouds approached, but fingers crossed, they wouldn't open. It was still nice to see all the lovely daffodils along the road side through Kirk Deighton, North Deighton and Little Ribston. At the last but one catch up, before the roundabout at St James Retail Park, we experienced our very own pit lane stop whilst Peter changed over onto battery number 2. After cycling along Abbey Road the group split, some to try out the new refurbished 'Café in the Rock' whilst the rest headed for home. Peter, with his 2nd wind (!) decided to travel alone back to the Showground whilst the leader took the less busy route avoiding Hookstone Chase towards Woodlands lights and beyond! 20+ miles for those that carried on - a most enjoyable morning's ride. At least we won't have to worry whether we can get to next Sunday's ride unlike our boys stuck in Shanghai even if Button and Hamilton did us proud by coming 1st and 2nd !! Sue T

Click on slide show for all today's photos

Medium Ride Report
An enthusiastic group assembled at Hornbeam under a somewhat grey and overcast sky but not

dampening the enthusiasm for one moment. The medium group split into a small group of medium and "medium plus" or was it "medium extra"...(not sure on that one) anyway off they set at speed with a promise to wait for the rest of us at Brimham Rocks. The rest of the "medium" group ...about 10 in all gathered pace and set off .. Caroline (minus Max who Caroline suggested was monitoring the TV at home for some reason.....Chinese Grand Prix perhaps?) Tall John, Linda, Trevor, "young Alex" and a few others (sorry folks can't remember all of your names) and a couple of welcome new members demonstrating to the "mature members of the group" the advantages of youthful energy in coping with the hills. Up to Beckwithshaw and then down Pot Bank and onto Penny Pot Lane accompanied by the usual assortment of "Mad Sunday Motorists" demonstrating their "Clarkson like skills" in tearing down country lanes at high speed for some reasons known only to themselves Just at the bottom of Pot Bank Peter started having problems with his front triple chain set bringing his chain off but eventually managed to get going again after a while up to Penny Pot Lane where Tall John adjusted his front derailleur a little and diagnosed "lubrication issues" with his chain as a contributory factor. Malcolm and Peter managed to avail themselves of the good nature of a farm/garden machinery outlet near to the Army barracks who furnished them with a little emergency lubrication for Peter's chain whilst the ladies of the group (heavily outnumbering the men) caught up with discussing important world events or similar. Onward down through Hampsthwaite, and up Clint bank with our youthful new members surging ahead before young Alex took an unfortunate tumble due to slight problems with his pedal cleats and toppled sideways when he came to a stop (Ouch! didn't we feel for him). From there on Caroline took the "correct route" and the rest of us the "wrong way" so a quick about turn saw us catching up with Caroline at Shaw Mills and onward to Brimham. Caroline and Trevor (puncture free for today well done!) turned back early to "explore a new route back to Bishop Thornton"? whilst the rest of us arrived eventually at Brimham Rocks but not before young Alex had yet another "cleat incident" where he fell and landed heavily when he stopped this time not only bruising his shoulder but cutting his shin..... poor lad it was not his day!. Greeted initially at Brimham by a very efficient female car park attendant who was directing car park operations and told us in no uncertain terms where we could and couldn't go and couldn't cycle! we soon met up with the group of "medium plus" riders who had clearly been there some time and had almost given up hope of meeting the ordinary "medium riders" again . It reminded some of the phrase "Dr Livingstone I presume" after such an absence as we all met up again! A short refreshment break at Brimham before a little bit of regrouping saw a few brave souls venturing off on a slightly different return route back via Pateley Bridge and the delights of Yorke's Folly, whereupon the rest of us set off back in 2 groups (Tall John, Linda and Paul in one group setting off ahead due to time restrictions) via Hartwith, and the toll bridge and back via Hampsthwaite and home. Of the remainder of the group at Brimham Rocks young Alex (nursing his wounds from his "cleat falls") took the more direct route directly back to his home at Darley which left five, Debbie, Sally, Mary, Peter and Malcolm to follow the original plan (after refreshments) down to Hartwith toll bridge, along to Birstwith and then the big climb to Clapham Green which all managed with something to spare. After that the ascents from Hampsthwaite and Knox Lane were mere trifles, and we arrived in Harrogate around 2.30pm after an excellent ride of about 31 miles. Tall John

Medium	Plus	Ride	Report
What a lovely day for a ride out to Brimham Rocks! Four of us set off from Hornbeam and headed for Knox, Hampsthwaite and then the climb up Clint Bank where Paul (on the boardman) and myself raced up, just to test the legs of course! Next up more hills to Bishop Thornton and then Brimham Rocks. At the café we had drinks and flapjacks as we waited for the other group. With one extra rider (the fantastic 5) we went down to Wilsill. What a speedy decent! This is where the sensible got left behind and the nutters went rocketing down to see how fast they could go (we managed to hit 42.9 miles an hour). We grouped back together at the bottom and then off we went to Glasshouses and up Yorke's Folly towards Darley, Hampsthwaite, Knox and back to Hornbeam. What a ride with ups and downs, speed, lots of laughs and good company! Darren			

Long Ride Report

There was a great turn out for the first of the Magnificent Seven rides. This one was fairly flat with one or two exceptions and proved ideal for getting the legs going properly after a long winter of shorter distances.

At Knaresborough we decided to split into a faster group and a touring group so Phil and Friends left us at that point. The sun shone as we headed East and Brian, one of our newer riders, who never ridden in this direction before asked our direction. So I said "Towards those distant hills" and thought it best not to say too much about going well past them! Our first stop at Coxwold set the pattern for the day, which was brisk riding followed by lengthy breaks caused by the small cafes being overloaded by 17 ravenous cyclists. The best bit was that we ate outside on both our stops during the day. After Coxwold we went along a really quiet lane with plenty of winter frost damage before heading out through Ampleforth and viewing Nunnington Hall. Then we made our way to Hovingham Bakery for an even longer stop. But the sandwiches were huge and filled a few big holes in stomachs.

A cracking pace brought us back home via Easingwold and Aldwark Bridge returning at about 5.30pm. Martin W

Thanks Martin for arranging such a great ride for the first of the Super Seven series. The weather was perfect, we were even spared the usual westerly wind which can make coming home such a chore. All 5 riders who opted for the faster ride had a fantastic day out and on this occasion there were no punctures. We deviated from the published ride by taking our café stops at Ampleforth Abbey and at the old folks home in Easingwold. Phil

2010 Wheel Easy Miles (approx) Today 2065 YTD 33073



