

Sunday, April 25, 2010

Wheel Easy Ride Report 209



Short Ride Report
Debbie, Caroline, Sarah E, Sarah C and Mervyn joined Gia for the short ride today. We chose a flattish route to protect Mervyn's newly repaired knee and agreed that everyone had time for a coffee stop. Our route to Wetherby was the other way round from last week going via Kirkby Overblow with an extra loop before Sicklinghall. The sun came out, the roads reasonably quiet and we made it to Wetherby for an 11.00 coffee stop. Here the ride leader decided we were a small enough group, with Malcolm joining us at this point to try a new café! 45 minutes later we emerged having survived chaotic scenes of three waiters/waitresses trying to get our drinks and food to us in some sort of order but frankly they failed miserably. The coffee strength was pretty miserable too. Maybe they were having a bad day? Anyway we survived in good spirits but we won't be adding them to our list of favourite cafes. Malcolm took a group picture then headed off to Boroughbridge to confirm that using the B road as proposed by a CTC officer was not a good idea. We returned via the Harland Way, Spofforth and Follifoot and home via the showground which despite the amount of traffic was excellent. A lovely ride in sunshine despite the forecast. 6 x very easy slow 22 miles (and 1x46 miles). Gia

Click on slide show for all today's photos

Medium Ride Report
Nineteen riders left Hornbeam on the medium ride. Paul Perry set off at a good pace with the first ten and I set off a few minutes later with the remaining nine. We tried to ensure we were well spread out which is helpful for motorists who wish to overtake a group of cyclists. We assembled at Low Bridge and then continued to Farnham, Staveley and Minskip as one group with Caroline as back marker. At Boroughbridge Dennis set off with ten riders who were keen to get home while the remaining nine headed for coffee and cakes. One Wheel Easy member felt the need to visit

both cafes for a drink and refreshments, an excellent idea which I will try. After a good chat Paul Blackham made his way home to Killinghall via Roecliffe and the rest returned via Aldborough, Grafton, Marton, Arkendale and Knaresborough. Unfortunately I had a puncture on route giving everyone an opportunity to enjoy the sunshine and more socialising. We covered 30 miles at a leisurely pace on a lovely morning. Paul T

Additional Medium Ride Report
 Dennis led us back in a gentlemanly, kind fashion, along a really lovely undulating route through Grafton, Marton and Arken somewhere to Ferrensby. The faster riders kindly waited patiently for us to catch up and even though important meetings with future in laws and lunch dates and the marathon called, we did not feel hurried or too much of a burden to them. New lady Sue D's neighbour, Paula, kept up brilliantly as it was her first outing and really put some of us to shame (Caroline and Sue, but then we are used to it, despite Tall John s coaching on breathing technique and not talking on hills, and Trevor's method of keeping our mouths shut at all times particular when moved to speak, and others advice to push and pedal....sounds like child birth to me.) We all got safely home within The El Butler stringent time schedule, and went our separate ways at Knaresborough only to meet up with other old faces ..Petra and Beth from the 0 - 30s who had been out for 2 hours and done 20 miles, and the Medium plus stragglers who were searching for the Stray. Caroline G

Medium Plus Ride Report
 There were eight starters for today's medium plus ride including Linda who felt that the extra miles of the medium plus wide would spur her on in her training regime for the London /Brighton cycle ride. I was encouraged by our numbers because the sky was looking far from settled. Darren was also with us today giving the rest of us his usual display of cycling tricks and seemingly on a quest to use up his endless energy and enthusiasm coupled with his permanent grin. All went well until we got to Ripon bypass where the wheels seemed to come off our ride, so to speak (!). The couple who were with us from Leeds wanted to go into Ripon for a comfort stop. Mark, William and Richard sped off round the bypass, not to be seen again for some time. That just left three of us. But hey ho, onwards and upwards!..... only for me to suffer a rear puncture on leaving Sharow. It then started to rain the second I stopped to repair it and then stopped again the minute I tightened the rear wheel up! Our next stop was Boroughbridge for a coffee break, by which time we were five again but by the time we got into the café, we were down to three once more. From Boroughbridge we had a fairly straightforward ride, taken at a reasonable pace. Thanks to my fellow riders and 'well done' Linda for taking another step towards her London/Brighton goal. Sorry for no photos... we were never all together for long enough! 8 x 46 miles. Terry

Long Ride Report
 There were some last minute changes to the route of the long ride as I decided that having described a tour of Nidderdale then we'd better stick to the valley. Consequently I decided to miss out Thruscross and Greenhow and instead head up to Scar House Reservoir adding about 10 miles to the ride. There were a healthy 10 volunteers at Hornbeam but perhaps the ride should have been titled "The tour of attrition" as numbers soon began to decline. First , 4 sensible riders that a nice dry coffee stop was called for and headed for Darley Mill Café. The remaining 6 carried on but soon the mechanical gremlins struck and Glynn suffered a from a broken dérailleur. John managed to shorten the chain and fix his bike into a single speed, but his problems continued and eventually he decided to call for help as we approached Pateley. Here we met the café stop group who decided they were going to miss out on the trip to Scar House, so eventually 5 riders carried on up the dale, 4 headed back to Harrogate and 1 unlucky soul waited for International Rescue. The trip to Scar House was well worth the effort as it coincided with the finest weather (temperatures reached 18Â°C) and the views were spectacular. Next we had the pleasure of a wind assisted run back to Pateley Bridge. We interrupted this easy ride with a detour through Wath

and a couple of steep little hills and then continued on to Smelthouses, Hampsthwaite and home. For the record 5 riders completed 60 miles, 4 about 40 and 1 possibly 24. Total 484 miles. Phil

2010	Wheel	Easy	Miles	(approx)	Today	1600	YTD	35253
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