

Sunday, August 8, 2010

Wheel Easy Ride Report 224



Short/Beginners

Ride

A welcome return for Sarah B out cycling for the first time this summer and a special welcome to new member Matt out for his first Wheel Easy ride. A circular route to Swinsty Reservoir, initially took us to the daunting peak of Ethelburga's before the straight road of Penny Pot Lane. Following a ballot, the decision was made to descend to Swinsty in search of the ice cream van. This gave Sarah C 'team leader' the opportunity to buy and then immediately drop her '99 on the car park gravel road! The route back was via Bland Hill on the Broad Dubb Road. Matt's off road tyres made going down hill hard work. Sarah B left us just after Beckwithshaw. Sarah C and Matt continued back to Hornbeam. Mileage - just outside the magic 15 miles but a fantastic start for Matt. Well done. Sarah C.

Click on slide show for all today's photos

Medium

Ride

Nine good fellows (with some welcome new faces) set out on the medium medium ride (or was it the medium ordinary ride?). Confusion abounded for a while but notwithstanding our amorphous group description Dennis led the way out and down to Low Bridge where a brief stop lead to some intermingling with the medium plus for a short while. The "talking to a minimum rule" was trying to be observed and tall John took point and Dennis "supervised" the group and consequently the village names just flashed by in a blur (well almost) - Farnham, Marton cum Grafton and Thorpe Underwood, where a brief stop and photo opportunity was taken. Onward again to Whixley where tall John needed to surge on ahead and decided on a "pseudo time trial" back to Harrogate along the main A59 to save time. Very heavy traffic on the main road led to lots of kind hearted motorists slowing down and giving him a wide berth as they passed him with kind consideration (as if) notwithstanding that he survived the white knuckle ride and got back in one piece. The remaining

8 continued down those bucolic country lanes through to those quintessentially named villages of Cattal and Cowthorpe and eventually back to Harrogate via Spofforth and Follifoot. About 35 miles or so and a very pleasant sojourn for a Sunday morning and allowing a lunchtime "ish" finish for those with afternoon commitments. Tall John

Medium Plus - Five Ride Challenge to Beningborough
Faster group
How a Medium Plus ride became a Medium Plus Plus ride or a Short Long ride. It all started when Gia announced there would be three groups on the Medium Plus ride to Beningborough, a fast one, a medium one and a slow one and would the fast group gather in a lower car park to be photographed by Malcolm. It so happens that two of Wheel Easy's older members found themselves in this group, no point in asking how they got themselves there, their memory is not what it used to be. The question was then asked, who knows the route? Dave P does said Bill! (thanks Bill). So Dave P was elected to lead the fast ride, this was a bit like a car rally consisting of Jags and BMWs being led by a Ford Popular. The route was very easy to describe, it consisted of eyeballs out to Aldwark Bridge, then a kick and a sprint to Beningborough Home Farm Cafe where we arrived before 11.00am. DP managed to get off his bike unaided. Luckily, the Vet was not visiting Home Farm so there was no danger of him being put down and his bike being raffled off, though Terry B mentioned that next time he would fetch the raffle tickets. During the consumption of tea, coffee and excellent cakes, the subject of the return route was raised.

If we returned at the same speed we travelled out on we would be back in Harrogate quite early. Somebody suggested returning via York, this met with approval, as we seemed to have all day passouts.

Ben also wanted to check out a commuter route to York. So it was into York via cycle route 65. Approaching Shipton, Steve asked about our estimated finish time. This was given as between 3pm to 4 pm, and Steve then decided to return via Aldwark Bridge. There was some slight unease about this as it left us with 13 riders, but fortunately luck was on our side.

Another short cafe/comfort stop was taken in Rowntree Park, Terry B stating that he had not been on a ride before that had more than one café stop (he had obviously not been on a café crawl with the EG's).

Then it was on to Marston Moor for a quick drink, banana break, and a history lesson from Glyn. At Cowthorpe the superfast left us for a quick blast home. At the Knaresborough road junction Bill and Glyn turned left, Bill heading for Pannal and Glyn for Leeds (now that's a finish) the remainder of us for Knaresborough, Harrogate and finally two for the Hornbeam Station car park arriving at approx 2-45 pm. Total mileage car park to car park around 55 miles.

A really enjoyable day's cycling, and thanks to all the riders from one tired but elated rider who enjoyed the challenge and the company. DP

The "B" Stream
The Medium Plus ride was really popular today so we were streamed according to preferred speed and our group was mainly led by Malcolm. The recurring challenge of the day was keeping ahead of the "C" Stream, led by Gia, who persisted in catching us up every time we stopped for a slurp and a nose blow. Interestingly, we never even saw the "A" Stream
It was a lovely bright, dry day and we were in familiar territory, out to Low Bridge at Knaresborough, meandering generally in the direction of Aldwark Bridge. We noted that the man on the bridge was counting all the cyclists and keeping a record - presumably there will be an invoice sent direct to Wheel Easy!
We continued effortlessly and uneventfully to our café stop at Beningborough Farm Shop. There were three plates of samples of all their pies on the counter, so we politely tried them all - twice - before making our purchases. There is plenty of bike parking space here but it is best not to park

next to the goats - they will attempt to eat anything and panniers looked like a special treat. The nice thing about bowling along such a lovely route on a summer's day is that you have plenty of spare capacity to chat and find out about people's other lives, skills and interests. Wheel Easy is bursting with talent. For example, Malcolm has attended a Patisserie Course at Betty's and was talking confidently about pastry, savoury tarts and carrot cake (complete with cream cheese frosting) and Chris is a fully qualified Mountain Leader so there was never any danger of the group going hungry or getting lost. The day just got sunnier and warmer as we returned via Great Ouseburn again, Thorpe Underwood, Whixley, Cattal, Cowthorpe, Little Ribston and Spofforth. We had two new Wheel Easy riders today, Allan who defected to our group at Beningborough and Brenda who had been persuaded by husband Jim to see what we get up to. The on-board computer showed 47.7 miles at a relaxed, bumbling average (RBA) of 12.5 mph. Helen

Slower group
 A record number of people elected to ride to Beningborough today, so it was just as well that I had called the Farm Shop to warn them of our arrival. We split into three groups, the fast boys (no fast girls today!) a medium pace and a slower pace, all of whom skilfully arrived at the Farm Shop in an orderly fashion. Six of my group of 15 had never been to Beningborough before so this was a real treat, and all enjoyed clattering over Aldwark Bridge where we were counted in and out by the toll keeper. It was perhaps fitting that this was our destination today as Wheel Easy not only got a good mention in yesterday's Yorkshire Post featuring the launch of the Way of The Roses route but also there was a fine rearguard photo of Malcolm and Gia (in Wheel Easy shirts of course) in front of Beningborough Hall! We returned via Whixley, Hunsingore and Walshford having cycled about 45 miles. It turned out to be a lovely sunny day, hardly any wind and well done to our new members who joined us today and for those whom this was one of their longest ever rides. Also farewell to Harriet who has been riding with us for a few weeks, good luck back at uni and maybe see you at Christmas. Gia

EGs Group
 Three of the Wednesday EGs, Terry, Dave W and Norman, chose to start at Low Bridge. A 30 mile dash took them to Kirkby Overblow, Sicklinghall and Wetherby where they stopped for tea and toast at Morrisons. Then it was up the old A1 to the Little Ribston turn off, back to Knaresborough where they left Dave, and up to Harrogate on the Beryl Burton. Terry W

Long Ride
 Wheel Easy really is fantastic, we had a great turn out of 17 riders meeting at 8:30 for the long ride to Helmsley via Sneck Yate. There were murmurs of concern (from those on last week's ride) when I announced a slight change to the published route but it was a minor alteration to include Thirsk and Old Byland. We split into 2 groups, the first led by a combination of Jill and Geoff while I led the second group. We all met again in Thirsk for coffee where 2 riders left but not long after we were joined by Nick who hadn't made it to the start at Hornbeam. The main event of the day began just after the pretty village of Boltby and it certainly lived up to expectations but we eventually reached the top and headed to a well earned lunch stop in the walled garden at Helmsley. The return was via Harome, Yearsley, Easingwold and Aldwark. 16 riders completed 85 miles and 2 did 40 miles giving a grand total of 1440 miles. Phil S.

2010	Wheel	Easy	Miles	(approx)	Today	3753	YTD	93785
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