

Sunday, September 5, 2010

## Wheel Easy Ride Report 228



Short

Ride

Report

Another glorious day for cycling. I wished I was going on a hundred mile adventure..... but perhaps not today, at the speed the big boys and girls would be going at!! I had Knaresborough in my sights, with the joys of the slow short ride. I tried to remember to keep it short and to have a coffee stop.... the go at a gentle pace was not a problem. Firstly we toured the cycle paths of Bilton and Starbeck, noting large quantities of broken glass strewn at intervals over the track.... punctures might be a problem. Eight ladies with Matt as our chaperone, left him open to all sorts of tyre changing requirements. (We know how to do it, it is just getting the decent tyre off the decent wheel of a decent bike). As we came onto the Avenue Starbeck, Lynda, just back from a 6 month break from WE, lost her chain, which luckily the leader could easily do, due to all the practice she has with her chain. As we rode sedately into Knaresborough, I noticed we had done 7 miles already, I'd never keep this mileage down to 12 miles - there were lots of places to see before we were to turn home. Sue T had also realised we had lots more to do and abandoned her job as back marker in favour of getting ready for an appointment at 12. Matt willingly took on the job and we sallied safely on to Lingerfield where we had a photo call and a couple of breaths. By this time I had realised that everyone should be doing the medium ride. New blue Sue with her new cycling trousers, and Adrienne with her new straight wheel, and first timer Carolyn with 14 extra gears, and Maris and her beautifully operated upon newly pinned wrist more than kept up with the old timers S.A.Lynda, Sue D and Caroline. It was a ride full of Lu Lu and Sin, to quote John W.

We passed Farnham, and ambled pleasantly back to Knaresborough and its Waterside Cafes, via Bar Lane and its superb vistas, Chain Lane and its Coop, and another road and its lovely new surface and Abbey Road and its pedestrians and dogs. As we parked up our bikes to sample a well earned coffee and things, Carolyn threw her bike hat into the river, whereupon Adrienne leapt over the hedge and retrieved it from the brink and returned it to its owner. Sue D on her strict diet routine and Maris short of time left the group to face the hill out of Knaresborough without the necessary food fortifications and rest. Thus only five people could watch Adrienne tuck guiltily into a delicate quarter of coffee gateau and a large frothy creamy coffee. Evidence of which has

been photographed for Tony. However her guilt was lessened by a text from Tony telling her he was on his 5th bacon sandwich and had only just reached Boroughbridge. Having put the world to right The Hill loomed and we set off conquering the slope without noticing it. We left new blue Sue to ride straight home along Knaresborough Road and curved our way back towards Hornbeam. Well done all, I enjoyed the ride, thank you for your patience, 19.25 miles x 8 and 9 miles x 1. A slightly extended short ride with the riders consent. Caroline

Click on slide show for all today's photos

Medium Ride Report

A group of 12 left Hornbeam Park for the medium ride but 13 arrived at Markington! Dennis led us to Low Bridge, then Farnham, Copgrove and Bishop Monkton and on into Markington at a steady pace and a very pleasant ride. At Markington we went to Sticky Wicket to enjoy their home made cakes and scones on their last opening day of the season. As we arrived Big John kidnapped our leader and took him straight home for Sunday lunch! Sticky Wicket was full of cyclists including the medium plus group who were eating when we arrived so could not have been that much faster than us. After a very enjoyable break Sarah volunteered to take the rest of us home and it was at this point we realised with relief that we did not have to complete 38 miles as it said on the web site plus most of the big hills we had to negotiate went downhill! The sun came out as we sped through Bishop Thornton and Shaw Mills. After Hampsthwaite we worked off a few of the calories consumed earlier on the steady climb towards Killinghall then, after braving the difficult A61 crossing, passed through Knox and then started splitting up to find our individual way home. About 28 miles and back approx 1.30pm. Liz

Medium Plus Ride Report

Seven of us left Hornbeam Park for the medium plus ride at a canter ahead of the Medium ride. At Bishop Monkton we were joined by a refugee from the 100m ride but then a puncture for Darren meant we were delayed on our arrival at the Sticky Wicket (but still 15 minutes ahead of the Medium group!) A very enjoyable coffee and cake/pie/scone and a knotty conversation. Homeward bound a democratic decision was made not to add on the extra miles by returning via Pennypot but took the shorter route of Bishop Thornton, Shaw Mills, Hampsthwaite and Knox. Family in shock as returned home at the unheard of hour of 12.30pm. 28 miles x 7 William

THE MAGNIFICENT SEVEN RIDE SERIES 100 Mile Ride Report

There is a scene in Lawrence of Arabia where, in an air of expectancy, a group of Arab fighters are waiting for Lawrence to come out of the desert. Slowly a half image appears in the haze and gradually it forms into a man struggling through the heat and dust to finish crossing the desert. Today I was the one waiting as thirty two keen Wheel Easy riders headed towards me through the sunny roads and countryside of North Yorkshire, (and anyway I think bikes are far better than camels). Due to an injury (now getting better) I was consigned to the role of supporter and part time rider, and it was rewarding to help everyone achieve their goals. It also gave me the opportunity to take some photos as the riders whizzed past. The route was north and south of Harrogate and Ripon, keeping mainly to the flat. Towards the mid-point we included a gentle hilly area around Leyburn and Jervaulx and this was welcomed by most riders as providing a change of scene and gears. After that it was head down for home, into the wind.

Thirty two is an impressive turn out for a long hard ride and it included several 100 mile first timers. At the risk of not mentioning everyone, those doing 100 miles for the first time included Sarah, Howard, Sue C Angela, Tony, and Neil. All the more credit is due because everyone finished, overcoming all the difficulties included a strong headwind on the return leg, Ben managing it on a fixed wheel bike, and some slow café stops. Most rapidly devoured snack of the day - fruit pastilles at 94 miles. Top tip of the day - Waitrose Baby Butter (you work it out!). Quote of the day - Brian, as he headed for home, "I could throw

this bike in the skip". calculations - 32 x 101 miles = 3232 miles. Martin W

A brief report from the Malcolm Yates recovery ride - it was fast, furious and fun! Somehow we covered 104 miles at 15.5 mph average speed and James gave us a wonderful demonstration of how to avoid Knaresborough hill - the secret is to get a puncture about 1 mile from the start, stand around looking helpless until a kind motorist in a Porsche 4-wheel drive gives you a lift to the top of the hill and then your cycling buddies fix the puncture for you - brilliant! It was a great route being both scenic and interesting. Phil

Great Milk Stout Ride Report  
What a fantastic day out! Cycling to and from Pateley Bridge for the Annual Great Milk Stout Ride in aid of Macmillan charity proved to be the easy bits of the 58 mile round trip. The evil organisers created a new category of ride this year : Full Monty Xtreme. The Full Monty contains plenty of hills but clearly not enough for some people, so halfway up the climb from Wath back into Pateley, they inserted an optional left turn up Silver Hill. This is a serious climb and had plenty of people walking and pushing - but not your Society's courageous correspondents who both made it up hill and down dale again until the normal route was rejoined above Wilsill. That just left all the remaining hills and descents to negotiate As usual, fantastic weather had been booked , although the fresh easterly wind made several sections much harder going than on previous occasions. Even so, the views were stunning across the purple moors and a considerable amount of the Vale Of York and were well worth the effort. The atmosphere at the event is always so friendly and the organisation so good, that this has to be a must for the 2011 Wheel Easy calendar. Peter and Dave

2010 Wheel Easy Miles (approx) Today 4069 YTD 108701



