



#### Poddlers Ride Report

So, full of the joys of spring I sprang into action this morning, it was the first decent day for cycling for at least 3 months, or so it seemed. Blue, blue, blue skies and yes and sun, and no wind and no blocked up nose, no galloping exhaustion, no cough etc, etc, it was a perfect day. Also I was clutching a new era Poddler's ride leader list that was nearly full till the end of July.....deep joys. With a light heart I explained the chosen route for the morning.....my favourite. A route which seems to have a lot of long down hill bits and very few up hill bits. A route to be treasured. As we set off, there appeared to be tens of unfamiliar faces, including the two first timers - a confused Mike and Jan. I felt like the Pied Piper, Scottish John turned to follow us thinking we were the speedy Batz, who were in fact, still debating which coffee shop to visit and looking as if someone had eaten all the yellow part of the Battenburg Cake. At Woodlands Corner again, a car tried to take one of our group with him on the left hand turn when our group member wanted to go straight on, and several colourful members of the Batz tried to join us. Anyway the confused were soon sorted out and we continued towards to Low Bridge where it seemed as if every Elderly Gentleman in Harrogate had gathered. There must have been at least 40 cyclists ready for a good mornings cycling. We could have stood and chatted all day. We thought we had lost Sur John who had rushed to Angela's aid and was grabbing her bike and doing something with her valves.

At the end of Abbey Road by the river we turned right, to avoid disorientating the Batz any more than was necessary (they kept mixing themselves up with us) and headed towards Wetherby. We arrived there in record time and still bright warming sunlight. Soon we were zipping along the bike track towards Thorp Arch Prison and Trading estate, but not for long as Max instigated an enforced banana break while he and 5 other men showed a disinterested group of ladies Liz, Sue D, Allison, Lynda and

Caroline how to change a tyre. The vital tool seemed to be knife, which John W had stashed about his person, brilliant. We the ladies had soon put the world to rights and we continued on our way to Boston Spa and a comfort break in the very lovely upmarket car park toilets. All raring to go again we skirted the very scenic outskirts of Boston Spa towards Clifford, and the A1 cycle path.

Now this is where it all becomes very mysterious, the whole way back to Wetherby is a long seemingly quite steep downhill zoom. How can that happen when we had actually not even gone up any small hills? Even the great El Butler does not know the answer. Anyway, without resolving the riddle, Sur John surged off home, and we zoomed gleefully into Wetherby, where Glen left us to return home to Leeds and a cold ridden Jen, via some vertical cliff which he has to cycle up each week to ensure peak performance at all times. At this point everyone declined a coffee and cake stop declaring that their bodies were their Temples and they needed to get home.

Thus it was along the Harland way we trundled, until Skipton Lynda noticed her tyre was funny. She was experiencing her first puncture in two and a half years!! Once again it was a race to see who could get their rubber gloves on first, and the ladies of the group thankfully remembered they had left theirs next to the sinks and headed for home. Max, Dave, Steve, and John worked tirelessly on the tyre whilst Lynda sat in the sun, ate an M and S ham sandwich, and gave words of encouragement. Once more John W. came to the tyreman of the day's rescue with his eyebrow tweezers, which he carries with him at all times, and a small offending thorn was removed by the surgical team. The bike was reassembled and from there, to Spofforth, to Follifoot, via Rudding we returned home with no further incident, except a silly motorist nearly wrapping himself round another whilst overtaking us on the right angled bend on Rudding Lane. Even the Showground hill was tackled with delight. Thank you for following (this makes a change) so beautifully. 29.42 miles by 13 riders. Caroline G

Click on slide show for all today's photos

#### Wheel Easy Ride Report

A big crowd of Poddlers and Wednesday Wheel Easy gathered at Hornbeam today with the sun shining it was going to be a great day for cycling.

Caroline had organised her troops but still she was leading a ride today! She assures me that she has a great rota going and many thanks to all those who responded to her appeal.

Chris Smith set off for some hills, Sur John was a hero and changed Angela's puncture for her, we hope that John caught up with the Poddlers, and leaving the Elderly Gentlemen still gathering their flock we set off for Coxwold. Nice to welcome Jon back after a long absence and Jill on her well organised Wednesday day off. Minor protests took place at Boroughbridge when the vote was to carry on to Easingwold without a coffee stop at The Laden Table. We raced to Easingwold in glorious sunshine and almost overwhelmed the good ladies at the Yum Yum deli.

Rested and fed, Sarah, Angela, Steve and Bob headed back to Harrogate while Richard led the rest of us, Paul, Sue, Yvonne, Jon, Jill and Gia on a delightful Sustrans route 65 out through Millfields Park in Easingwold and then along amazingly quiet roads to Cotswold. Along the way we passed through Oulston and Newburgh Priory all fabulous and we had a wonderful view of the White Horse from an approach which was new to most of us. We refused Richard's suggestion of going on to the White Horse and headed back to Boroughbridge via Sessay. So we finally got our Laden Table stop! Two café stops in a day, reminiscent of an EG's ride.

This was a great ride, Richard thank you for leading us. This should go down as a summer medium plus ride, a real classic, especially on a day like today which was perfect. By the way on our way home who should we see cycling towards us on Bogs Lane but El Butler (with no helmet!) and his wife Dorothy, out on a sneaky bike ride. We reckon Dennis probably had two bike rides today and a swim! Later on riding on the Stray we met Paul Randall on his way home from work. He has a great Dutch bell on his bike!

We should mention here that our heroes Martin and Malcolm were suffering by sitting at the Bilton-Ripley inquiry all day, all on our behalf. Thanks guys! Gia 7x58 miles 4x49 miles

#### EG's Ride Report

A clear blue sky, quite a change from the wet, wet, wet previous Sunday, when we felt it (wet that is)

in our fingers and also in our toes, the rain was all around us, and running down our nose. As the gathering of the EG`s began at at Low Bridge we were soon joined by the rest of Wheel Easy. Poddlers an all, with Gill`s group heading for Coxwold. It was just turned 10.00am when the eleven headed for Boroughbridge where Bill left us for an early return, here we gritted our teeth and pressed on without a coffee stop, soon to catch up with some pink shirts (that part of Wheel Easy who look pretty in Pink) as they turned off for Easingwold while the EG`s sped North with the sun on their backs to Marton Le Moor and a marvellous display of snow drops. Then into Ripon via Sharow for refreshment at the Cathedral cafe, where just before John E punctured, John R staying with him , the remainder heading the 100 yards or so to the cafe. Refreshment was taken in a leisurely manner but still no sign of the Johns, this was most unusual as experienced cyclists like these two will sort a puncture out in 3 mins flat. Eventually they arrived still with the flat, the problem being duff spare tubes with faulty valves. While the Johns had a coffee the Daves replaced the tube with a good one, this example of the EG`s looking after one another prompted Dennis to ask if he brought his washing next week would we do it. Whilst bending over the bike, a lady on a disability chariot remarked on the attractiveness of the bums in Lycra, and a temptation to "pinch". Some of the EG`s are getting a reputation as "babe magnets", last week Temptations Cafe this week Ripon, the babes tend to be around the 80 mark, but hey who cares, the old adage regarding good tunes and old fiddles still applies. Over coffee it had been decided that Dave W would lead the ride from now over his old stamping grounds, however those in the know knew it would be somewhat lumpy, and Norman left us to return to Harrogate via a less lumpy route. So the remaining riders Colin, Dave P, Dave W, Dennis, Ian, John E, John R, Peter J and Rob headed North past the Barracks to Kirkby Malzeard, Laverton and Winksley via some small back lanes which were lumpy and clarty (though not as bad as expected), to the trained observer it was noted that the sun was in our faces then on our backs, then our right and left sides, where was Dave taking us? About this time John R went missing, this was quite worrying, not that he is not an experienced cyclist, but being from the deep south and he had to ask for directions would they be able to understand him or him they. However due to modern technology ie mobile phones which some EG`s are just getting to grips with a meeting was set up for Aldfield. The full complement then headed for Ripley and the inevitable comfort stop, then various routes were taken back to Harrogate and Knaresborough. It had been a good days cycling in near perfect weather and thanks to Dave W for a great little diversion. Miles? Well, say  $9 \times 48 = 432$ ,  $1 \times 30 = 30$ ,  $1 \times 26 = 26$ . Dave P

2011 Wheel Easy Miles (approx) Today 1712 YTD 18752



