



Short Ride Report

Four of us started out from Hornbeam, Bob, Chris, Robin, and me. The plan was to go for a 15mile trip out to Knaresborough, on to Old Scriven Lingerfield and Farnham and back to Harrogate. However it was apparent that our group was made of sterner stuff, and when offered the chance of a longer run, jumped at it. Staveley Arkendale and Ferrensby were added to the route. Chris who is recovering from a knee injury was off up the road, had he had a miracle cure on the ride? Bob, now he knows how slow we go, has threatened to join the EG's on a Wednesday, he will be made most welcome. Robin, on his mountain bike with a slow puncture, and on his first ride with WE, is in training for a charity ride in India this November. It turned out this was his longest ride to date, an achievement, he will be out again next week. A good ride in good company. Now the facts. 24miles x 3, 1x 30 102 miles in total.
John E

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Medium Ride Report

Six riders joined me for a quicker paced ride through delightful countryside passing through Farnham, Bishop Monkton and Rocliffe on our way to our appointed cafe stop at Boroughbridge. I think of moving house to this part of the world as recent rides, whether they be medium, medium plus, medium plus faster pace, all seem to lead here! Well, I have had the chance to visit the three excellent cafes in this neck of the woods and they all come up to scratch. Whether it be a latte and a croissant at 'The Laden Table' or the more traditional fayre of beans on toast and a pot of tea at 'Tasty Snacks' so

you won't be disappointed.

Fully refreshed, it was time to depart and make our way through Upper and Lower Dunsforth, Marton, Arkendale, Farnham and Knaresborough and home. Thanks to everyone for making my life easy and turning it into truly pleasant ride. I actually led from the front for the first time this year without losing (or gaining) anybody on the way! Well, there's a first time for everything. For the record: 6 x 36 miles and 1 x 60 miles. Glyn

Group 1 Ride Report. During the pre-ride chat at Hornbeam, it transpired that some of us were keen to go 'up to the hills'. So we set off with Richard's group aiming to do the first part of the medium plus route and turn for home at Brimham. We certainly got all the hills we wanted-Clint bank, Cut Throat hill, and a steady climb from Wilsill took us to Brimham. Here we bid farewell to Richard and co who were savouring the thought of the Pateley cafe before the ascent of Yorke's Folly. We had a beautiful ride down to Birstwith before the Birstlung hill. Once at the top, Dennis and Sur- John decided to go straight back to Harrogate. However, the rest of us felt it our duty to check out the new cafe in Hampsthwaite. It certainly passed the test!

Finally, back to Harrogate. 5 X 30 [hilly miles]. Debbie, Dennis, Peter. John, Alison.

Group 2 Ride Report. Oh no! a crisis at the start of the medium ride. The slightly better weather had tempted about 30 riders to do the medium ride. With two ride leaders this posed a health and safety problem. Management were soon on the job. Gia consulted Paul, Paul consulted Gia and a risk assessed solution, with which Malcolm, still with a smile from ear to ear, concurred, was devised. Then Gia gave me one of those looks which means you have just volunteered and asked if I would lead an extra , middle paced, slower pace medium ride, middle paced group (come on keep up). I smiled and said "of course Gia" and so it was. I quickly removed my underwear and replaced them over my trousers and applied a very large S to my vest. No you fools! S for sick. As my better half will verify I have had man flu this last week. She must have felt sorry for me because I overheard her telling a friend that she thought it was double man flu! I had been hoping to hide at the back of the slower group and revel in sympathy but it was not to be.

Oh yes, back to the ride sorry. Twelve of us, including several new faces (to me), set off taking the usual route to low bridge, Farnham (thanks to Norman for helping one of our distressed ladies), Occaney, Bishop Monkton (where we stopped to for a group photo) and on to Boroughbridge. Just before Bishop Monkton I was deeply saddened to learn that Trevor, who was helping Crawford to very efficiently back mark, had started a malicious rumour that there was to be no coffee stop on the ride thereby causing severe distress to several riders. He further compounded this act of mischief by riding down a one way street the wrong way, reappearing and gleefully announcing that the Laden Table was closed due to staff illness. Well there is a lot of it about ...have I mentioned my.....!

For this abominable act he was sent immediately home with Crawford and two others who needed quick returns. The rest of us went to the yellow café on the corner with the purple toilet (so I'm told). As we arrived the proprietor confused us by asking if we were from Wheel Easy and if we had booked for 12 people. We replied yes and perhaps! If someone had booked ahead for us then thanks, if not, well we didn't sit at the reserved tables anyway. This caused even more confusion as other cyclists, and there were many in different matching tops, were not allowed inside - extra tables were placed outside. We stayed longer at the café to accommodate two new members Allison, who skilfully mountain biked the route, and Nicola, who knows a man who will build bikes from quality used components, who decided to have the 5 loaves and 2 fish option. Need I say more?

Out of the café and into the sunshine, carefully avoiding the hateful stares of the thousands of multicoloured displaced cyclists, now ably back marked by Mary, freshly returned, shaken not stirred, from her multi-week trip to New Zealand, we set off towards Gt. Ouseburn via Aldborough and the Dunsforths. At Gt. Ouseburn the lady with the 2 ounce Boardman Cycle left with the feeble excuse that she "lives here".

The rest of us (7) returned to Starbeck via Arkendale, Ferrensby and Farnham. Now here I must report the intransigence on this route of the slower group of pesky little urchins, several of whom kept catching us up and urging us, in anglo-saxon terms, to go faster, instead of keeping a respectfully distance behind. So common!

Six of us returned to Harrogate along Bogs Lane and one continued via Starbeck. A good ride if

somewhat longer than the advertised 30 miles and good company. Thanks for coming.

Oh thanks for asking about my double man flu. I think I'm slowly recovering as I only used half a kitchen roll to keep the olfactory ducts under control. For the captains log 4 x 32.5 miles (quick way home)

8 x 37.325 miles half a kitchen roll!. Max

Group 3 Ride Report. 11 of us set off following the prescribed route to Bishop Monkton though by mutual consent we bypassed Burton Leonard as it was felt why should we do another hill when there is no need! It was a lovely day even if the sun was missing most of the time and with lots of chatter we followed the stream though Bishop Monkton and after a brief stop sped on through Roecliffe (where most noted the people outside the pub) and into Boroughbridge arriving 17 minutes behind the fast group. Here we sampled bacon butties and other delights in one of the cafes. Caroline left us to speed home where she must have arrived safely as a very smart version was later seen manning the Sustrans stall at the Pavilions (as were Malcolm and Gia). 10 of us then left Boroughbridge but soon returned - thank you Paul for then getting us out in the right direction! It was a lovely quiet flat ride through Aldborough, the Dunsforths and Great Ouseburn then it was homeward bypassing Grafton and into Arkendale. By this time we had caught up the 2nd group so they had to pedal harder to stay in the lead while we had a brief stop! Thank you Joe for being an excellent back marker. About 36 miles by the time we arrived back in Harrogate. Liz P

Medium Plus Touring Pace Ride Report

Eight of us set off, (though 3 said they were only out til Brimham). Having allowed the faster group a few minutes start, in their bright yellow they stood out well on the hills. At Brimham 5 left for Hartwith and the remaining 3 caught up the fast group who had only left us 2 puddings. Steve was so enchanted with his debut of Yorke's Folly that he rolled down and had to redo it once he had released himself from his clips. A faster descent and we overtook the faster group with a trapped chain at Knox. 3 x 41, 5 x 28 Averaged 11.6. Richard

Medium Plus Ride Report

Paul and Debs made important technical adjustments to their wheels before setting off. I.E. they swapped valve dust caps because Debs' yellow ones looked better on Paul's bike. Darren riding on new pedals and shoes. Debs on a shiny new Ribble carbon bike. Some of us were starting to feel left out having nothing new! In usual medium-plus-fast fashion the ride was led by committee (of eight) and we made our way fairly swiftly to Warsill. Only a chain malfunction on Mark's bike to report up to this point. Alison headed off for Ripon having an appointment in Newcastle in the afternoon (although we reckon she wasn't actually cycling to Newcastle). Arriving at Pateley Bridge there was dissent in the ranks. Mark and I insisted on decent coffee over the river whilst everyone else went to bid for the cheapest cuppa at the auction room cafe. Suitably refreshed seven assembled at the auction room ready to tackle Col de Yorke's Folly. And what's more seven made it to the top. Phil didn't seem to struggle. Dave put in a good show having been out of action for several weeks, making the ride probably more challenging for him than ordinarily. Quick pause for photos and then homeward bound. Debs fell victim to the chain gremlin at Knox ford, but otherwise trouble free and even a bit of sunshine at one point. (Were we hallucinating?). Great ride, great company. Thanks all. Average speed 12.8 mph. 8 times 42 miles. Steve B

Long Ride Report

Wonderful Wharfedale" - that's what it said on the tin! "Great weekend weather" - that's what the forecast had promised earlier in the week! However, after cycling to Grassington with lights on due to heavy mist, in drizzle, and a very chilly 4oC, the Wheel Easy tin was looking pretty damn rusty! 18 riders assembled at Hornbeam for the long ride. 9 set off in the faster group, leaving 10 of us in the medium paced group. Now just in case you're now getting worried about the arithmetic capabilities of the ride leader and Wheel Easy Treasurer, and therefore the accuracy of your Wheel Easy Accounts, I must point out that the medium paced group included Rob's imaginary friend to make the 10th member of our group - more of him, or her, later!

Penny Pot Lane was delightful as it is still closed to traffic due to road widening as far as the site of the

new tip. At Menwith Hill we were joined by Susan, who had cycled from Clint, increasing our group's numbers to 11 (including Rob's imaginary friend, who was still with us, but more of him, or her, later). As we climbed up the long drag of Duck Street, the weather rapidly deteriorated, and we found ourselves cycling into thick wet mist, and the temperature dropped too. Not good for Sarah's legs which were dressed for much warmer weather. At Greenhow, Susan decided to turn back via Pateley Bridge, so our group was now back to 10 (including Rob's imaginary friend, who was still with us, but more of him, or her, later). After Stump Cross Caverns, Bill and Glyn took the shorter route home by turning left for Appletreewick,

It was approaching 12.30 when we arrived at Cobblestones Café, with the faster ride already having ordered their food. Big decisions: do you sit in the warmth inside and risk hypothermia when you resume the ride, or chill outside and warm up when you resume the ride, so we divided into 2 camps. We later started the return journey, back to Hebden, then passing above Hebden to Appletreewick. Eventually we realised the roads were dry, and it was time to switch off lights, dry our glasses, and enjoy the scenery. Yes this was "Wonderful Wharfedale" emerging in all its splendour from the previous gloom. Lambs in the fields, walkers enjoying the Dalesway, families exploring the stepping stones across the river. Yes, we are finally emerging from a long harsh winter, and we can now look forward to the spring and summer ahead, appropriate thoughts as today is the Vernal Equinox, the first day of Spring. So Bill, please note that for the next 6 months, daylight will exceed night-time!!!!

We had 2 photostops at iconic places on the River Wharfe, one at the suspension bridge and stepping stones near Burnsall, and one at the wooden footbridge at Cavendish Pavilion. At both places I recruited a passing stranger to take a photo; at Cavendish Pavilion the passing stranger greeted me with a very cheery "Hello Eric!". It was Matt from Halifax with whom I cycled the length of the Leeds to Liverpool Canal last October, enjoying a walk up The Strid.

Our next stop was at the Cock Pit Farm Tea Rooms. This is where Rob's imaginary friend was finally outed. The owner came to the table to take our orders. "I'll have a pot of tea and a toasted teacake" said Rob, "and a pot of tea and a slice of coffee cake for my friend", pointing to the empty seat next to him". She looked confused. "Rob has a problem" we explained, "so don't upset by telling him there's nobody there". "Would your friend like a colouring book and some crayons to fill the pictures in?" she winked and smiled knowingly - obviously an expert in handling customers with such embarrassing problems. A few minutes later when we were paying our bills, she asked "Would anybody like to take away this last piece of cake with the compliments of the house?". Rob jumped in immediately "Oh yes please", to which she smiled again and enquired "and would you like me to wrap it up for your friend?" We resumed the ride at 4pm, and arrived home at 5.30, having covered 62 miles, which were very enjoyable, particularly so on the return down "Wonderful Wharfedale".

Notes for the Captains Log: 18 riders set off, not all completed the full ride via Grassington, plus Sue for part of the ride. So my best guess is:

13 completed 62 miles, 5 x 45 miles (approx), 1 x 25 miles (approx)

Total: 1,056 miles, plus the miles of Rob's imaginary friend. I'm not sure if he, or she, completed the full ride, but if you should ask Rob, please treat the situation with your usual tact and diplomacy, and if he claims he was reserving the seat for Dave who had gone to the loo, just smile knowingly, and pat him gently. Eric

2011 Wheel Easy Miles (approx) Today 3007 YTD 34114



