



Short Ride Report

The battle of the Cafés!

Would the short ride go via Knaresborough, Little Ribston, and Spofforth for a coffee stop at Fodders, or go via Beckwithshaw and Penny Pot Lane for a coffee stop at Sophie's in Hampsthwaite? The ballot papers were set, and irrespective of whether it was AV or 'first past the post', Hampsthwaite won by a clear margin - arriving at Fodders at midday on Easter Sunday was just too risky!! So 8 of us set off at a gentle 'EG's pace' as 4 of us were EGs, including Dave P and James C recovering from replacement knee and hip surgery respectively. What a superb demonstration of the wonders of modern surgery, but perhaps even more important, the benefits of cycling to aid the body's recovery from such major operations. Congratulations to both Dave and James! The short ride is usually restricted to 15 miles, but on Penny Pot Lane, another option was put to the vote: we could continue on the 15 mile route turning first right along Burley Bank Road direct to Hampsthwaite, or we could take advantage of the lovely conditions and Penny Pot Lane being traffic free, and turn second right, via Constable Ridge Road: the 20 mile option. The view was we would take advantage of the conditions and the longer route. Shortly afterwards, disaster struck - the ride leader got a puncture! So others carried on to the coffee stop whilst the leader stopped to fix his puncture, aided by James. Thenthe embarrassment!.....the humiliation!.....the utter stupidity!.....the leader discovered his spare inner tube had a Schraeder valve, but today's mountain bike was equipped for Presta valves. Result: spare inner tube won't fit the wheel. So the ride leader fell on his sword - aided by James! Plan B was hatched: the punctured inner tube and tyre were refitted and with a few pumping sessions we would catch the others in Hampsthwaite where they were enjoying bacon sandwiches and coffee in the sunny garden at Sophie's café - except Trevor and Lee who had continued home due to other commitments.

The remaining 6 of us later returned to Harrogate via Burley Bank Road and Penny Pot Lane. We then disappeared home in different directions, with Carolyn returning back to Hornbeam Park, and Anne continuing on to Knaresborough. 8 excellent travelling companions had each completed a lovely 20 miles: 160 miles total.

Thanks to Dave for today's photos. Eric

Click on slide show for all today's photos

Medium Ride Report

Twenty riders opted for the 30 mile medium ride. Julie, Paul and Peter volunteered to lead a faster group. The route took us to Burn Bridge, Kirkby Overblow, Sicklinghall, Linton and up Jewitt Lane to Bramham where we joined the cycle path to Wetherby.

At Wetherby both groups met up for coffee before returning along the cycle path to Spofforth, Follifoot and Rudding Park. A lovely gentle paced ride with an average speed of 10.8. Paul

Medium Plus Touring Pace Ride Report

Fifteen riders set out for a 55 mile ride, and at the end of the day the group had averaged 13 mph. The weather was glorious. Our first halt was a "relief" stop in Boroughbridge, then on to Coxwold for lunch. Sue's suggestion of a bacon sandwich with marmalade was taken up by some and recommended by all, except Terry, who had to put up with a half cup of coffee and flat biscuit with a red dot in the middle. Poor Terry - others kept him dosed up for the remainder of the ride.

After Coxwold we took up Chris and Sandy's suggestion of a NEW ROUTE. We turned left out of the café, up the hill and past the lake for the first right. This was a fabulous alternative route to Easingwold, going through the "Hole in the Wall" opposite Newburgh Priory, past Peep O Day, and specially arranged by Chris and Sandy a Point to Point horse meeting for us to enjoy.

At the T junction we turned right into Easingwold, when we took the usual route home over Aldwark Bridge. Here we said good bye to Rob and wished him bon voyage for his trip across the USA. Yvonne

Medium Plus Ride Report

11 riders set out for the fast(er) paced medium plus ride in warmer than anticipated conditions. It wasn't long before leg and arm warmers were being cast aside as we make quick progress (slowed only by a puncture/faulty tube) towards Coxwold and a very civilised tea stop in the sunny tea garden. Following the tea stop Debs and Lindsey decided to return with the other medium plus group and so with depleted numbers we tested out our post-tea stop legs on the only real hills of today's ride. With the hills out of the way the pace really picked up and we stomped home averaging nearly 33kph (18.6 mph) in the final stretch before Knaresborough!

I clocked a total of 91 Km, which is 56.5 miles in 'old money', at an average pace of 27.1kph (16.8 mph). Thanks for a great ride in the sunshine! Alison.

Long Ride Report

What a great ride to Castle Howard, sunshine all the way with Easter colours provided by Yorkshire's best Dandelion season and acres of Rape seed and all in good company. Riding northwards along that majestic avenue through the stone arches and past the house is probably the best approach and we achieved this by going via Aldwark, Stillington and Sheriff Hutton. This route also gave us the challenge of Bulmer Bank with that nasty steep bit in the middle.

After taking in the views across the lake to the house we turned left to lunch among the lavender at Terrington. The scented theme dominates even the menu but Peter's attempt to avoid it by choosing another plant rather backfired when presented with a blueberry muffin hardly larger than the fruit. But for high calorie intake Glynn recommends the cheesecake which powered him up that nasty little hill which interrupts the magnificent views from the ridge travelling east at Dalby. Rather than continuing straight to the B1363 we dropped down a terrific road to Stearnsby and then Brandsby. Crayke and met up with the Medium Ride at Easingwold.

But whilst they turned south Peter and Jill led a storming 10 miles to Boroughbridge barely dropping below 18mph so imagine our disappointment that the average had only increased a mere 0.4 mph.

We continued via Minskip and Knaresborough to reach Harrogate by 3.40pm.
Thanks guys for a really great ride of 73 miles each, totalling 292 @ 14.5 mph average. Peter

2011 Wheel Easy Miles (approx) Today 2493 YTD 54200





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