



Poddlers Ride Report

With the Great Chief on holiday and our appointed leader sadly incapacitated the poddlers had to hold a meeting to appoint new leaders so left Hornbeam Park a few minutes after 9.30 lead by the duly elected Linda and Pete. They took a total of 11 to Burn Bridge, across the A61 and up to Kirby Overblow. After the steep climb we enjoyed the wonderful views from the ridge as we continued into Wetherby where a valiant but battered Sur John lead off a small group who needed to get back to Harrogate. 8 poddlers continued up the cycle track to Walshford where Keith bravely lead us through Ribston Park then Linda and Pete took over again as we continued to Spofforth and Follifoot. Our leaders left us to return to Pannal so a smaller group continued up Rudding Lane and starting with Dennis the poddlers all went their separate ways as we arrived back into Harrogate. About 26 miles but hard ones as there were plenty of hills and the strong winds always seemed to be against us! Liz P

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Wheel Easy Ride Report

Everyone wanted hills to support Stewart with his Harrogate to Edinburgh training. The route decided upon was Beckwithshaw, Fewston, Timble, West End, Duck Street, Greenhow Hill, Pateley Bridge, Beverley, Glasshouses, Birstwith and Hampsthwaite.

Angela set a strong pace against the wind and rain with Sue and myself at the rear. We lost Steve just after Beckwithshaw as he was struggling with an injury. We were considering returning with him but we decided to battle on. Approaching Fewston Richard and the two Dave's set the pace and it was

decided we would meet them in Pateley for refreshments. There were plenty of good hills made difficult by the strong winds. Richard added a few additional loops on the way to Hampsthwaite where we stopped again for refreshments. After Angela finished her enormous lemon meringue we returned home after completing 45 miles. Paul

<http://bikeroutetoaster.com/Course.aspx?course=247268>

EG's Ride Report

It started a bit of a grey day, however the weather forecast said sunny spells, well we've all heard that before. We had eight riders, Bill, Colin, Dave P, Dave W, John E, Peter J, Norman, and Terry. Missing were Roy (who wife is just out of hospital) and John R (down with a bug), so speedy recovery to both Grace and John.

Last week it was north to Ripon, so this week it was south to Tadcaster via Wetherby cycle path, Thorpe Arch village and Boston Spa. Tykes Tearooms were not full so we were quickly served with the usual tea,

coffee, chocolate and toasted teacakes. Then it was on to Appleton Roebuck and Acaster Selby (a DP pilgrimage to see if the Ouse was flowing the wrong way). The water was brown and turbulent, DP's hopes were raised only to be dashed when it was realised it was flowing south. On to Acaster Malbis with some wind assist, and thoughts of the return journey (in your face). The cycle path was taken to Rountree Park, those with 20/20 vision could see that the cafe was closed, so it was decided to cross the river to the cafe opposite Clifford's Tower, this was not an issue as the food is much better there, though we do sometimes have toilet queues. After some good grub, the weather brightened but with the aid of the wind, so the shortest route back was chosen. In starting the two Daves covered themselves in glory (one headed for the river all by himself, the other finding a roundabout was not round.). Then getting our act together we headed for Acomb, Rufforth and Long Marston. The wind was very much in your face, but we had some excellent riding by some of our fitter members who took turns in pushing the wind, thus making it easier for us lesser mortals. They will remain anonymous, not because of their modesty, but because they might get called up by team GB and we will need them again. A banana was taken at Marston Moor Obelisk before continuing to Tockwith, Cowthorpe and Harrogate. Another excellent day's cycling, dry but a bit windy (well who wants perfection every ride, we need the odd challenge) Approx average mileage for everyone.

Say $58 \times 8 = 464$ miles. Dave P

2011 Wheel Easy Miles (approx) Today 1290 YTD 70497



