



Acorn 100K Bike Ride

Saturday 21 May

At least 15 Wheel Easy members took part in this year's Acorn Ride. The event was the most successful yet with well over 500 cyclists helping to raise funds for medical research.

[Click on slide show for all 'Acorn' photos](#)

Sunday 22 May

Less than 30 members attended this morning. This was possibly due to many members taking part in yesterday's sponsored Acorn Ride and today's strong winds.

Short Ride Report

No one wanted a short ride today

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Medium Ride Report

Eight hardy riders braved the gale force winds and threatening clouds to climb up to Little Alms Cliffe, on to Birstwith and Swarcliffe Top, trying to enjoy the views without being blown away. A pleasant descent to Hampsthwaite, where no-one could be tempted by the offer of a coffee stop! We pressed on to Hornbeam, arriving with perfect timing, just before a heavy downpour from the black cloud which

had followed us all the way. Thanks to Dennis for his support. 22 miles x 8 riders. Sue W.

Medium Plus Touring Pace Ride Report

Ten riders, including new member Peter, set off for the 55 miles to York and back via the showground, Follifoot, Spofforth, Little Ribston, Cowthorpe, Tockwith, Marston Moor Memorial, Long Marston, Hutton Wandesley, Angram and Askham Richard. Due to a westerly wind we flew along at great speed with Dave attempting to get to York without pedalling. The wind was particularly strong as we crossed the racecourse where a few portaloos had blown over. After a good lunch stop we continued on the Sustrans route to Beningbrough farm shop. We decided that the return journey we would all go at our own pace due to the strong wind. The return took us through Aldwark, Great Ouseburn, Arkendale, Ferrensby and Knaresborough. Once again it was another great Wheel Easy day! Paul

Long Ride Report

The Famous Five left Hornbeam Park in high spirits despite the foreboding weather forecast. The Five made good progress in reaching Ripon helped by the wind. At Ripon the ride leader was given several suggestions as the correct route through Ripon to reach the road to Galphay. The winds increased in strength and it became a blustery day but no balloons for assistance or honey to eat. Approaching Galphay the Five had to take shelter to avoid the worst of the heavy showers. Then it was onward to Kirkby Malzeard and Grewelthorpe but this did require another stop to shelter from another heavy shower. However, on leaving Grewelthorpe we benefited from the strong gusts of wind that actually blow us up the hill towards Masham. At Masham the committee met to decide whether to continue or turn back as the clouds had turned ominously black. Four brave souls decide to carry on with one sensible member of our party returning home. No sooner had we left Masham than the wind strength increased dramatically, the terrain become very hilly, and the rain started again. But we pressed on and were rewarded with excellent views made better by the fact that we were now bathed in sunshine. We continued cycling in an easterly direction and had the wind at our backs for most of the time. At Carthorpe one of Phil's spokes parted company and had to resort to applying a plaster to his poorly wheel. By now the wind had abated somewhat and the ride from Carthorpe to Ripon was very pleasant. To avoid a mutiny amongst the committee members a café stop at Ripon Spa gardens was called for. The ride continued from Ripon via Bishop Monkton to Knaresborough and by now the wind had reduced in strength, and the sun was out to welcome us home. Peter J
<http://bikeroutetoaster.com/Course.aspx?course=249775>

Boroughbridge Family Cycle Day

The second Boroughbridge Family Cycle Day was a resounding success as some 250+ cyclists of all ages braved the high winds to cycle 12 miles along the route of the Way of the Roses from Boroughbridge to Great Ouseburn and back. There was also cycle proficiency training and entertainment was provided by the Tholthorpe Jugglers, a children's group whose name does not really do them justice as they perform most of their tricks whilst riding unicycles. The local MP Andrew Jones was in attendance and the children were presented with certificates and goodie bags when they completed the ride by the Mayor of Boroughbridge Geoff Craggs. Wheel Easy and Sustrans were represented by Steve and Martyn, who when not holding down our gazebo or retrieving items which had blown off the stand, found time to hand out leaflets & freebies and chat to the locals about cycling. 3 WE members completed the ride - 3 x12 =36. Martyn B

Click on slide show for all Boroughbridge Family Cycle Day photos

Please note

Terry Barker is leading an away day on Sunday the 26th of June from Hornbeam to Bridlington and then returning by coach. It will be ridden at a touring pace with a maximum of 24 riders. Anyone interested in taking part please contact Terry as soon as possible by e-mail terry.barker@hotmail.co.uk or during office hours on 01904 468514. The cost will be £s;12.50 per rider.

Great Yorkshire Bike Ride ticket wanted, ideally with return transport. Please contact Debs, on 07769

642659.

2011 Wheel Easy Miles (approx) Today 1147 YTD 71644



