



Short Ride

There were 8 riders today for the short ride including new members Sue and Allan and returning member Susie. We enjoyed a nice leisurely paced ride visiting some of the villages to the north west of Knaresborough, heading out via Knox, Grainbeck Lane and Crag Lane to Ripley and then on to Brearton making a slight detour into the village and back out again to Scotton, Lingerfield and Old Scriven. Carrying on to Knaresborough via Bar Lane and Abbey Road we disbanded at Low Bridge. The four ladies headed off for coffee, the rest for home. A nice ride on a fine day with good company. Thanks to Gordon for a sterling job as back marker. 8 x 24 miles. Dennis.

Medium Ride

Nineteen riders set off for a 25 mile ride to Wetherby and back. We went via Burn Bridge, over the A61, straight over the roundabout and left up Walton Head Lane to Kirkby Overblow where we turned right and left to take us into Sicklinghall and Wetherby. At Wetherby we had a coffee stop, except for Caroline and others who wanted to investigate a new route, and some who didn't want to stop for coffee. I also think that Gia kidnapped some our group, but no one was lost or abandoned or dropped so we all went with the flow.

Anyway, ten of us left Wetherby. We took the cycle track by the side of the old A1, turned left to Kirk Deighton and Little Ribston, and finished by going through Spofforth and Follifoot, and up through the Show Ground, home. A good ride, and of course, welcome to Robin who was on his second ride with Wheel Easy and did some really good hills. Yvonne

Click on slideshow for all today's photos

Breakaway Ride

Well, we should have stayed under the organised care and attention of Yvonne and Sarah C.....but I had a bee in my bonnet about checking out a ride towards the north from Wetherby, two Sue's kindly volunteered to accompany me, as did the gentlemen non coffee drinkers. A smile of relief spread across Martin's face as he realised that he could go now to Costa coffee without having to make any of the group stand outside. As we hit the path up the side of the old A1, Sue D exploded (well her bike did), a repeat of Friday night. Everyone rallied round. The ladies offering rubber gloves and cleaning liquid, the men unscrewing bits....It was soon mended, Bob having held the bike, Caroline, Sue D and Sue T (despite choking on an energy bar) holding important nuts and bolts, Crawford, Trevor and purple Robin operating on the rebellious back tyre and Paul B supervising the inflation and deflation of the inner tubes.

We set off again and within seconds Sue D had exploded even more spectacularly than before. We had been defeated and gave up. We sent the gentlemen off home under the watchful eyes of Sue T, and started to phone for the rescue services...starting with Sue's husband George, who was obviously still cycling to Glasgow and back, before his lunch. Every other person we knew in the Harrogate and Leeds area were out or had their phones turned off. So we had to resort to Max who was readying himself for a performance in the bandstand in Knaresborough, and luckily we caught him in and he made a mercy dash to Sue's rescue. I continued on my way and achieved my goal of sorting out another Wednesday Puddle. Everyone of the breakaway group arrived home having covered a few gentle miles in pleasant conditions. 5 at 24 miles, 1 at 22 miles, 1 at 15 miles, 1 at 27 miles. Caroline

Medium Plus Touring Pace

The drop in temperature from Friday did not deter a good crowd today and about 30 elected to ride the medium plus to Eccup. Nice to see so many of the "former medium ladies" stepping up to medium plus!

A chilly start but enough climbs to warm us up and many thanks to Debbie and Dave P with their local knowledge to guide us out beyond Collingham and on to Wike. We realise there are several options of getting to Slaid Hill which we need to update on the site.

By the time we got to Eccup we were ready for our lunch/caffeine break and were well served at The New Inn. Note the EG's know how to eat at lunch time, see photo.

Home via Kirkby Overblow, 35 quality miles in great company. Gia

Medium Plus Medium Pace

My relatively idle tendency (I had the slower Medium in mind on my way to Hornbeam) was brushed aside by wifely instructions to attempt to lead the medium pace Medium Plus to Leeds, which is how I found myself in the company of 6 Wheel Easy legends (Brompton superstar Newall, 'Every one a bargain' Barker, techy Whale etc.) dodging down Church Lane to avoid overcrowding with a slower group en route to Burn Bridge.

They kindly slowed for me up Walton Head Lane, possibly mindful that I was the only one who had the print out of the route. Somewhere around Sicklinghall we were joined by Tim, an escapee from the fast ('too bloomin' fast) group, so now we were 8. At Collingham we had between us at least 9 different ideas of which way to go, and for once I pulled rank as I remembered the last time we'd done this route.

Up Jewitt Lane and later on the hilly stretch towards Shadwell I watched the rest pedal steadily further ahead of me, but always stopping to let me catch up. At Alwoodley we made a slight detour to surprise my brother and his wife, except John W who continued on the route. The rest of us decided to go to Roundhay Park Lakeside Café, recommended by the group who stopped there last Wednesday, and it turned out just as good as described.

As we came out so did the sun, making it an even more glorious run across Eccup reservoir and down to Weardley (thanks to Terry for directions). The last time we were all together was at Kirkby O where the fast climbers were waiting for us on a shady bench. Then we split off in different directions back towards Harrogate. A lovely ride - going to Leeds is not all bad by any means! 8 x 39, 1 x 35. Malcolm

Medium Plus Fast Pace

No designated leader today but as the route was well known (we'll come to that later) the party of 11 set off at a quick pace heading for Kirkby Overblow and Linton beyond. The pace was too quick for one member who slowed down to be swept up by Malcolm's peloton who were following behind. Dan was due back in Harrogate and left us shortly after. It was at Collingham that Alex had to put us on the right track. "But we always go right here" was the cry from many in the party, including me, who had led the ride previously. "Well that's why you're always quicker than the rest - you miss sections out!" replied Alex, "Now let's go the right way!" Off we went, with our tails between our legs and not wanting to upset Alex further (You can take the man out of the army but not the army out of the man). We then climbed the steep hill out of Collingham and on towards East Keswick (more hills) passing through Shadwell and on to Eccup. At 'Five lanes end' it was mutually decided that a coffee stop was required and a slight detour to Pool in Wharfedale was decided upon and off we went. I was struggling to keep up at this point and seeing the rest of the ride heading off the distance and knowing the area well, I slipped in a short cut that brought me out at the front - the first and only time on the ride - but it made me feel good for a while. I was soon swept up and passed by the 'front four', so I kept my head down and endeavoured to catch them at the cafe stop. Unfortunately Debs, Gary and Mark T were behind the 'front four' by some distance and did not see me appear at the front! I did see them though and thought it would only be a short time before they caught me up. How wrong I was! Knowing that I was struggling earlier they decided to retrace the route to try and find me but without any luck. So they assumed that I must have gone home (I do live locally and I was struggling, so it was a fair assumption) and set off for the Cafe. 'What are you doing here' was the cry when they arrived at the cafe - so my apologies were quickly given and thankfully accepted and I promised not to be naughty again!

Our port of call was The Farm Shop at the other side of Pool on the main Harrogate Road. Not a wise choice; although the food was good and the waitresses kind and courteous, the service was slow and not very well organised, so we left after what seemed a lifetime later - semi-refreshed! We then turned back down the road and made our way on through Castley, Weeton and Dunkeswick and returned onto the official route towards Kirkby Overblow, Rudding Lane, the Showground and back home. My thanks go to everyone on the ride today for making it most enjoyable. Nine riders at 43 miles, 1 at 15 = 402 miles in total. Glyn

Long Ride

Seven riders set off on a chilly morning which was quite a change from the heat of Friday. We headed for Boroughbridge, then on to Sessay and Husthwaite where we had a banana break. We now had great views of the White Horse on the way to Kilburn. After a steep climb out of Kilburn and a nice descent, we had a couple of fast miles into Thirsk. Conversation included such topics as prostate problems and bargain meals for over-60's.

Shortly after leaving Thirsk our leader had a senior moment when he took a wrong turn and nearly took us down the A19. Phil put us right as he used to live in that area. He then told me about his imminent John O'Groats to Lands End trip. Best of luck with that, Phil.

With a tail wind we made fast progress through Dalton, Topcliffe and Cundall to Boroughbridge where another cafe stop was had, apart from Geoff who sped home to watch the Federer/Nadal tennis final. 71 miles. Geoff Morgan

2011 Wheel Easy Miles (approx) Today 2041 YTD 78091



