



### Great Yorkshire Bike Ride

Yes its a Saturday ride in June - its Great Yorkshire Bike Ride time again! A few months ago John Eaton offered to coordinate riding the GYBR both ways: Wetherby to Filey and back home to Harrogate / Knaresborough. Mysteriously, the offer was only taken up by the older members of WE: the four people wanting to do the round trip were all EGs. A training ride of 130 miles was completed a few weeks ago, so we were all prepared for the big day. Then the mystery virus struck: Colin P had to call off on Friday night, he'd been in bed all day with a very unpleasant stomach bug. John E and I met at Wetherby Racecourse just after 7am, but where was the other member: JR? Has anybody seen JR? We're still looking for him! I met Debs at the registration tent, who joined us on the outward journey to Filey. The three of us set off in the rain just before 7.45am. Three other WE members: Mervyn, Karen and Gary had started a minute or two ahead of us. We met them numerous times en route, overtaking them on the road, and they would pass us again when we used each of the refreshments stops - our strategy was to maximise every opportunity for food and drink on the way out, given the number of calories we would burn throughout the day. Peter J started 30 minutes after us and beat us to Filey, highly motivated to get back home quickly for another engagement. We met Martin and Yvonne briefly at the Terrington lunch stop and again at Filey, where we arrived before 2pm having covered the 72 miles at 14.5mph. Debs' phone was used for a quick team photo: Debs now being an honorary EG. I met and chatted with members of the Cappuccino Club, Ripon CC, and St Mark's Church, quite a meeting place. Then it was time for John E and I to set off homewards into the strong headwind - this would be hard going!

We saw several other WE members on the way back. Richard P confused us: first he was seen cycling homewards from Filey, then an hour later we saw him cycling back to Filey. He'd gone to escort Liz P

to the finishing line. At different places we also saw Ben and Mark O. We stopped for more cake refuelling at the final refreshment stop at Wold Newton, 10 miles from Filey. We talked to a family from Harrogate doing the ride with their children on 2 tag-along bikes - they may join WE! Then Bridget, Monica and Debby H arrived so we spent another very pleasant 10 minutes with them until we couldn't postpone it any longer and had to get back onto the road again and into the wind. We had a brief pause for a drink of water at West Lutton whilst the drink stop was being dismantled, and then on to Malton where we arrived at 5pm for a 'quick' meal break at Morrisons. Their usual speedy service was sadly lacking which significantly delayed us, it was 6.15pm when we finally left: 100 miles completed, 42 to go. We'd hoped the wind would die down as evening arrived, but it didn't happen. The descent of Terrington Bank provided us with a brief respite as the forces of gravity exceeded the force of the wind 42.5mph briefly put a broad smile on our faces, but the car that overtook us at the same time took the smiles away even quicker. At 8.15 we reached Easingwold, a regular EG destination, so we were now in our own back yard once again. At 9.30 I left John E close to his home in Knaresborough, and I put lights on for the final 5 miles. As we all know, the climb from Knaresborough to Harrogate isn't easy at the best of times. The weather changed for the worse, and I arrived home at 9.50pm cycling into even stronger winds and heavy rain! 143 miles completed at an average speed of 14mph. The strong westerly headwind on the way back had certainly made it harder than last year's return trip, but nevertheless another great ride. Perhaps more will come next year! Eric

#### Saturday Ride Report

The third Saturday afternoon ride was blessed with perfect cycling conditions. There were 5 of us - new Sarah, Alison S, Jean B, Robin and myself. Fortunately, we all felt like a gentle ride without any big hills, which made Knaresborough a hot favourite for our first destination. After Abbey Road we turned right intending to take another right at Little Ribston back to Spofforth, but along the way there was a unanimous vote that it was too nice to go home and instead we carried on to Wetherby. Here the ride leader was slightly disappointed that his planned café stop got the thumbs down, but in fact this proved a good decision as several of us had time limits. The sun continued to dapple (as Jean said) through the trees along the Harland Way to Spofforth. In Follifoot we took a small detour to use the underpass which our Rangers group had cleaned out on Tuesday, and then it was the usual route back round Rudding and through the Showground, and finally up the one serious hill of the day. An easy relaxing ride and a lovely way to spend a fine Saturday afternoon. 5 x 20 miles. Malcolm

#### Sunday Ride Reports

##### Short Ride Report

Three riders set off on this ride intending to ride to Wetherby via Kirkby Overblow and back by Spofforth. No sooner had we left Hornbeam when the heavens opened and all got quickly very wet. At Burn Bridge Black Swan we had a confab and we decided to abandon it in the circumstances, we had had enough and rode back towards Hornbeam via Church Lane Pannal. At Leeds Road we all went our separate ways home. Sorry no photos. Approx. mileage 5x3 = 15 total. Lynda

[Click on slide show for all the weekend photos](#)

##### Medium Ride Report

Sixteen opted for the flat lands of Boroughbridge today - ideally two groups of eight. However only 4 took Ian up on his brisker paced run leaving 12 to eventually depart having first tested the ride leader's mechanical skills with a binding brake block to attend to. Whilst we set off in unfavourable conditions the weather was generally kind to us and though we never actually were able to shed our waterproof jackets the rain was usually light and infrequent. Following a quick stop at Low Bridge to check that the ride pace was suitable what the ride leader then failed to realise was that to this point we had mainly been travelling downhill and so sticking to this even pace thereafter, either up or downhill, proved to be a novel experience for the group. Sue didn't make it out in open countryside but the rest of us continued on the mainly quiet roads to our café destination - Tasty Snacks, where we met up with Ian and the remaining two members of his group. Dennis, Gordon and Bob departed here without taking

on fuel whilst we had a light snack and discussed the exciting metropolis that is Boroughbridge including the lack of cafes, the recent visit of Prince Charles, the family cycle day and Morris dancing (I haven't witnessed the latter but Peter advised me that it was now Morris dancing season). Heading out of Roecliffe and onto the bridle path to Copgrove we came across the Staveley Stampede 10 mile road race and as we weaved our way through a number of joggers giving them plenty of encouragement as overtook them it certainly proved the old adage that a third class ride is better than a first class walk (or jog on this occasion). Caroline departed for Lingerfield as Peter, Al, Monica, Sue, Justin and Adam made it to Knaresborough where we all departed on our journeys home. A thoroughly enjoyable ride with good company, 11 x 30 miles and 1 x 5 miles. Martyn B

#### Knight in Shining Armour Ride

Annette arrived from York and due to her car lock misbehaving found herself locked out and her cycling equipment locked in. Terry, gentleman that he is, made sure he was first in the queue to offer to drive her home, collect her spare keys, return to Hornbeam and then guide her round the route. All this, just to boost Wheel Easy's weekly mileage total! 2 x 30.

A quick count as the riders gathered for the medium ride revealed a total of 15. We announced that Martin would lead the medium ride and I a 'slightly faster' ride. Peter B immediately signed up for my ride. The rest of the group eyed Peter warily and seemed to conclude that 'slightly faster' was an inadequate description. The result was that Peter, Jeff, Robin and I set off together with the rest of the group a little way behind. We peddled on with Peter at the front muttering that he was going as slowly as he could. At Staveley, Jeff rode off in disgust, declaring that the pace was far too slow. Robin, a new member of Wheel Easy!, revealed that he was looking for a road bike. Did we have any advice? After an hour he was looking thoroughly confused and probably wishing he never asked the question. So it was that three of us arrived in Boroughbridge as fresh as daisies and settled into the café at a window table giving us a clear view of the rode into the town. I failed to note the time but can report we were replete with tea and toasted teacakes by the time the main group came into view. The group was somewhat depleted, the survivors complaining about how they had kept losing people. We invited anyone from the main group to join us on the ride back to Harrogate "at a slow pace, honest" but, once again, they looked Peter up and down and declined. So it was that our little trio set off through the drizzle. Close to Knaresborough we came upon Steve emerging from some roadside bushes with a look of blissful relief on his face. He had been on the medium plus ride which had been rained out at Hampsthwaite! With our group swelled again to four we cycled into Harrogate reflecting that it had been an enjoyable but, with the exception of Steve, uneventful ride. Good luck with that new bike, Robin. Ian

#### Medium Plus Touring Pace Ride Report

Today's Medium Plus route is a Wheel Easy gem taking in the remoteness of Heyshaw Moor and the magnificent swoop down Yorke's Folly. And then after a well earned lunch break in Pateley there's the long climb from Glasshouses up to the endless vistas from Brimham Rocks, the glorious 3 mile descent to Bishop Thornton and the lesser travelled lanes through Markington to Bishop Monkton, before the final ascent on tired legs from Knaresborough.

However, we didn't actually do any of this. What was billed as the Medium Plus Touring Pace turned into the Wheel Easy Wimps ride shortly after Beckwithshaw by which time the 8 of us were soaked to the skin. I called a pow-wow at Pennypot Lane and as we passed the peace pipe around in the usual fashion suggested some research in Hampsthwaite into the quality of the latte at Sophie's. Nick decided he would bat on and do some extra miles through Tang. Bill was still holding out for Darley Mill, but by Hampsthwaite we were even wetter so I think we all agreed that Sophie's was the right choice, provided it was open that early, which happily it was. John decided to keep going to keep warm, and do a slightly longer route. Paul said anyone who suggested stopping for coffee after only a few miles was the ride leader for him.

We were welcomed in, despite leaving puddles everywhere, and warmed up over the usual mixture of coffees, scones etc, and speculated about whether we would continue, or how we would explain our early return home to our better halves without entirely losing face. I can remember some gallows humour about the landlady at the old tavern near Scar House reservoir who used to murder her guests

(surely not good for business?), but not much else.

It was still raining but Steve felt the call of the wild and headed for Clint Bank while Sally, Nick (who rejoined us at Sophie's) and I, and hopefully Dave P, Bill and Paul who we left chatting in Hampsthwaite, returned to Harrogate for a shortest ever Medium Plus of 15 miles. Say 5 x 15, 3 x 20. Completely predictably, the rain stopped almost exactly as I arrived home. Malcolm

#### Long Ride Report

Four ladies opted to join Peter B on a long ride which led us out to Stump Cross and on to Grassington where we met James C who had ridden from Pateley Bridge. After some discussion and feeling rather wet and cold Jill and Gia decided to abandon the well led ship and head home via Burnsall, Bolton Abbey, where the sun had finally come out and we were definitely feeling much warmer and on to Cockpit Farm for tea. At Ilkley we stopped to watch a show jumping event, hence the horsey picture and at Cockpit Farm an elegant shot of our new socks purchased by James which Sarah, Gia and Jill gratefully exchanged for our sodden ones. Note Cockpit Farm will be staying open until 5.00pm in July, Aug and Sept.

We came home via Almscliffe Crag in the warm sunshine and the wind on our backs. Thanks for the ride Peter and for shielding us all the way to Grassington and we will do it another day. 62 miles x 2. Gia.

As I rode along Penny Pot Lane in the heavy rain I jettisoned plans A and B for the ride to Malham on the grounds that I did not want to be on the receiving end of something that would make the Caine Mutiny look pretty mild. As we managed Duck Street and entered Grassington the rain eased and there was James to greet us with a beaming smile despite having waited for an hour after my ETA.

Cowardice masquerading as consideration led me to feign democracy so I called a discussion. Result Jill and Gia peeled off to Bolton Abbey and home, but not before James had scoured the village for socks for 3 of the group. His offer of free fitting was not taken up.

The rest did a flat way to Malham via Cracoe and Airton, nevertheless it was one of the many high spots of the ride. After the obligatory photo we retraced our steps to Rylstone and turned south to Embsay and Bolton Abbey, again a very beautiful road especially in sunshine. The cafe drew us like some black hole where tea and cake did the trick. James left us to go home. The rest used the deserted A59 to the roadworks at Blubberhouses where the WE code of obedience was ignored; we used our wire cutters and rode through and played dodgems with a couple of JCB's. Good to know that age does not diminish the childish sense of mischief.

The ride along Penny Pot Lane was done in a spirit of mild euphoria- we had done it , the sun was shining , it was warm, the wind was behind us, it felt like it was downhill and the company was perfect --- as usual the gods smiled on our WE ride. 3 --- 75 miles, 2 --- 60 miles, 1 ---55 Total 340 miles.

Peter B

2011 Wheel Easy Miles (approx) Today 985 YTD 83925



