



Poddlers Ride Report

11 Poddlers left Hornbeam on a wet and windy morning with Gordon in the lead and Joe as back marker. We headed for Burn Bridge and then across the A61 and up the hill towards Kirby Overblow in heavy rain but good spirits and possibly more chatter as we could not see much of the scenery! By the time we reached Kirby Overblow and headed towards Wetherby the rain had eased off and there was a feeling that we had made the right decision to go out today. There was a brief photo stop in Wetherby before Linda left us to get on with her packing then the poddlers followed the off road track towards Thorp Arch but turning off to Boston Spa where we were allowed a brief banana stop. Then we headed towards Clifford and joined the cycle track to swoop back into Wetherby turning right at the roundabout to follow the A1 track to Kirk Deighton, the first bit of which was new territory for some of us. As we turned towards Kirk Deighton the wind met us coming from the opposite direction which slowed some (but not all!) of us down and of course after Spofforth some hills appeared! Steve left us at Follifoot and then the rest of the group disbanded at the Showground where some tired Poddlers were very pleased to reach the top of the last hill! About 31 miles with an average speed of 11mph if you don't count the showground hill! Thank you Gordon for a brilliant ride and Joe for herding up the stragglers. Liz

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Wheel Easy Ride Report

If someone suggested riding to places called Halton Moor, Killingbeck and Garforth they would have

refused politely, especially as the first mile of the ride towards Burn Bridge was in pouring rain. However, throw in place names like Roundhay Park and Temple Newsam and the fact that Sarah and Angela had come over from Leeds to lead us, we all rose to the challenge. Julie sadly had to return at Weardley to make sure she got back in time for the school run and to dry out. The rest of us, Dave R, David R (work that one out!) Richard, Robin, Paul, Sue, Sarah, Angela and Gia enjoyed our first stop of the day at Roundhay Park at the excellent café by the lake. Dave R's wife then texted us to remind us to visit the award winning gardens in the park so we took a gentle climb back up to enjoy the Monet, Alhambra and Hesco gardens. Well worth a visit. Please note Angela's attempt to replicate the BBC cycling in a circle photo. Pretty good. On to Temple Newsam on the new cycle routes via Primrose Valley. Sarah took us round the outside of the house so that we had a good view of the house and garden. We arrived at Garforth via the Leeds Bridleway and found an excellent community café on the main street, called Baraka. Home skirting Bramham Park and down Jewitt Lane to Collingham and Kirkby Overblow. Excellent ride, great company and a real opportunity to cycle something completely different. Thanks to Sarah and Angela for leading today. 49 miles x 9. Gia

EG's Ride Report

Cold, damp and miserable on Harlow Hill, however at Low Bridge the weather started to look promising. Despite previous bad weather we had 10 riders, Bill, Bob, Colin, Dave P, Dave W, Glyn, James, John E, Peter J and Rob. Eric and Peter B very sensibly taking some time off from cycling after their roof of the world adventure, Roy was also on taxi duty. Due to the areas covered by Sundays cycling it was decided to head north to Ripon, take coffee and see how the weather progressed. Heading north the sun began to shine, the roads were dry and even the wind seemed to be on our side, making conversation very pleasant. Soon we were sitting at Ripon Spa Cafe. Conversation continued covering many strange subjects, like fish that swam into peoples bladders ??, a mackerel sky said DW, no its an armadillo sky said JE, as they both don't smoke we could not blame wacky baccy. After refreshment Bob left us to return home, as his pass out was running out, or was he confused by the conversation. The nine then headed north to Wath, blue sky and sun, the ride was to be a little shorter than usual due to Sundays rides, some being on the Wild, Wet, Windy Wolds, others on Jills Hills and two others trying to break all records on the Milk Stout "Race ?". The conditions fitting in with a leisurely relaxed ride with a banana break taken at Rainton, then on to Cundall (sorry you missed it Bob) at Thornton Bridge we swung into the wind, but just like the old Royal Navy it was inline with riders taking turns at wind pushing, no commands or requests, just poetry in motion. Good time was made to Boroughbridge to take late lunch or heavy afternoon tea, Colins intention was to leave us here and continue home, however as we parked our bikes, there was Colin, he had been waylaid by Sonia who seduced him with a bacon sandwich. As we ordered our bacon sandwiches, eggs & chips etc, Colin tucked in to the bacon sarny already in his possession, on finishing it he was soon away. After their lusts have been sated men can be very fickle. Then was into the wind and sun to Knaresborough (wind pushing continuing). A few spots of rain (compared with Brid ride) but a dry ride into Harrogate. A nice relaxing ride after Sundays hard but enjoyable ones, and it was dry. Mileage $9 \times 46 = 414$ miles. $1 \times 34 = 34$ miles. Dave P

Wheel Easy on Tour - Paris-Brest-Paris

On Thursday 25th August I finished the PBP randonnee which is 1220 kilometres long. It is one of the biggest and best organised multi day rides and only takes place every 4 years. Riding it was an incredible experience, with cyclists from around 40 countries taking part including several hundred from USA, large groups of Germans, Scandinavians, Japanese and 350+ Brits. I found that I was able to go without sleep, just taking 2 hours out at Brest and having short naps at a couple of other stops. My speed on the road wasn't that fast, but by just keeping going I finished in 79 hours 12 minutes, well inside the 90 hour cut off. I never expected to be as quick and envisaged crawling in with half an hour to spare. When I had finished I had to get back on my bike to go 6 miles back to the hotel we were staying at, as I had a bed booked and I was not wanting to sleep on another gymnasium floor. The biggest problem for me were mosquito bites inflicted during a warm, humid night-time section, but many who finished complained of sore knees, tiredness and the inevitable results of being in contact with a bicycle for such a long period of time. The control points were generally very good and you

could buy hot or cold food, drinks, energy bars and bike bits at most of them. All were manned by volunteer staff who did their best to feed us and point us in the right direction. Riding through the night for 4 consecutive nights is a challenge but the route is well signposted with arrows pointing the way to Brest or Paris at every junction and roundabout. As an additional safety measure , motorbike outriders do their best to check that there are no dangerous riders or situations, stopping those who were not wearing hi-viz vests or with inadequate lights. On the very last uphill near the finish I came up behind a rider weaving all over the road due to a combination of tiredness and neck strain , being escorted by a moto. Needless to say I gave him a wide berth and moved on as by that time all I was thinking about was finishing and I was on cloud nine even though it was uphill.

Paris-Brest-paris is everything you want it to be. It is a hard ride but not impossible for the average cyclist. I am not fast and my size means I am slow uphill(there are plenty of hills but nothing as severe as the dales) but downhill are a different matter. It helps if you speak a bit of french and are used to big events, but many riders got by with neither.

The next PBP is in 2015 so plenty of time to prepare and plan. Chris Delf.

2011 Wheel Easy Miles (approx) Today 1230 YTD 125489



