



Short Ride Report

6 riders set out from Hornbeam Park on a still and pleasant Autumn day. We headed out to Knaresborough and briefly stopped at Low Bridge to chat to 2 other Wheel-Easy members who were 'loitering with intent' on the corner! Our route took us along side the river and a right turn to leave behind Knaresborough and head onwards to Little Ribston. The countryside was glorious with the beginnings of the rich colours we associate with the beginning of Autumn. A right turn at Little Ribston took us towards Spofforth where a brief pow wow took place at a T junction! 3 of the group fancied venturing onto Wetherby, (the brave souls!), to clock up some additional miles, and the other 3 were not that brave. We waved a cheery farewell to them and head back to Harrogate via Follifoot, Rudding and Fodder! (Well, only 2 of us by then!). All seemed to enjoy the day. Sarah E.

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Medium Ride Report

We had a lovely day with a few surprises along the way. Twenty four riders opted for our ride so Helen went first with 14 and Keith followed with 10. There had been a bit of disgruntled chat about no coffee stop on this route but Alison convinced us that she could recollect a little tea room in Braythorn if we made a minor detour. We did the usual ebbing and flowing and changing groups and had a mass catch up at Stainburn forest. We caught a fleeting glimpse of someone looking exactly like Paul Tindle presumably heading for Sunderland. We then bumped along the thankfully dry forest track before emerging and descending to Lindley. The weather stayed fine all the way, visibility was superb and the

zooms along the ridges were spectacular.. Dennis and Co waved goodbye to us at Stainburn and, whilst we waited for the rest of the group to catch up, the conversation turned to mens' legs. I won't bore you with the detail but us girls unanimously voted Dennis "legs of the week". He might be nudging 80 but we think he has got rather nice 30 year old legs! The only structural failure of the day was our new Wheel Easy member Pete. Just outside Leathley he managed to bend his rear mechanism, which became wedged in his spokes. Phil, supervised by Dave P (who had suspiciously clean hands) attempted a "get you home" repair by shortening the chain and limiting the range to one gear. Meanwhile, egged on by our Officer in Charge of Morale (Alison) we formed an advance party to check out the mythical tea rooms above Braythorn. To our unspeakable delight we chanced upon a large sign saying "The Honey House - Farm Shop and Teas".** The nice blond lady in white wellies cleared all the spaniels out of the way and we settled down in the warm sheltered garden to be served cafetieres of coffee, pots of tea and a variety of delicious home made cakes and scones, all at very reasonable prices. We were surrounded by tasty looking chickens and a rabbit who took a rather dim view of flash photography. Up the hill out of Braythorn we encountered Pete who had started to walk home. However, Robin from Hampsthwaite had zoomed home to collect his vehicle and was rapidly on his way back to rescue Pete. There you go, Wheel Easy never leave anyone to die within sight of the oasis! A few more hills and a delightful descent down Brackenthwaite Lane and the day was over, still in brilliant sunshine. We count it a successful day when we return with the same number we set out with - give or take 10%.

**Footnote: The Honey House run by Sue Fowler provides farmhouse honey-cake, chocolate cake, lemon tart and scones with pots of tea and cafetieres of coffee at very reasonable prices. It is the only café on this route and highly recommended by the 16 Wheel Easy members who enjoyed their hospitality today. To avoid delays, and they evidently have a number of cycling groups visiting them, telephone 0113 284 2982 in advance! 24 riders x 22 miles Helen and Keith

Medium Plus Touring Pace Ride Report

Just when everything was going swimmingly....Gia had an unfortunate encounter with a fallen branch approaching Marton which caused a spectacular unscheduled dismount and the inevitable bruises, cuts and grazes but, 3 hours later, no evidence of anything more serious. Fortunately, Colin of Spa Cycles, Terry, whose sox give no indication of his considerable technical knowhow, and Tim from Leeds who turned out to be the only one with the essential tool, were able to repair the damaged derailleur and patch up the mangled mudguard (see photo) so that Gia could finish the ride. Earlier our group of 10 had a fairly leisurely climb to Brimham, swept down through Studley (Colin, who prefers hillier Dales and doesn't often come this way was delighted to find out Studley is open to cyclists - it hadn't been many years ago and he'd avoided it ever since!) and stopped at Spa Gardens, arriving just as the faster group disappeared a few yards ahead. Bob, not feeling 100%, returned to Harrogate, while the rest enjoyed late summer sunshine to Boroughbridge before the incident at Marton. Sun turned to rain and a ride which until then had rated an A* ended up, at least on the final stretch, more of a straight B. It could, as Gia pointed out, have been very much worse. 46 mostly lovely miles and as always good company. Malcolm

Evans Thirsk Sportive

Four Wheel Easy members, Alison, Steve, Darren and I set off with fear in our hearts, for the Evans Thirsk Sportive from Sutton Bank, the buzz word was "hills" (and it wasn't wrong). The Terrington Express (Darren) filled us with dread the day before with tales of every "bank" in the Hambleton Hills area but thankfully this was not the case, although there were many climbs along the route, Kilburn, Byland Abbey, Oswaldkirk, Hutton/le/Hole, Wombledon (home of the wombles!!!), Helmsley and Old Byland, were just a few of the many places we passed through on a beautiful, clear, sunny day, perfect for riding. The 57 mile ride was completed at about an average of 16 mph with plenty of fun and laughs along the way as well as some very tired legs at the end. A great effort from the 4 musketeers. Mark Townend

2011 Wheel Easy Miles (approx) Today 1206 YTD 130404



