



### Friday's Ride Report

Another leg in the EG's 100+ series took place on Friday, and thanks to Dave P' s plug on Wednesday stating all members welcome, our numbers were swelled to five, 4 EG's John E, Peter J, Colin, and Rob, and one all, Richard from the Poddlers. Dead on 8am we struck off for Easingwold. It was the sort of day when you know why you enjoy cycling, gentle breeze on your back and warm sunshine. We arrived in Easingwold and stopped for a comfort break. We averaged 14mph and felt as fresh as a daisy, well most of us did. Now the real fun started, we were about to take on the Arthur Metcalf Challenge into the Howardian Hills. Off we went on the "Challenging route with plenty of Hills" our first Cafe stop was to be in Terrington after we had climbed up Terrington Bank. It was just before 11am when we got there gasping for a nice pot of tea and refreshments. Alas it was not to be. The Cafe was closed due to the owner going to the cash and carry! Even on his return he was too busy unloading his 4x4 to see to us. However a bright spot was that Rob purchased a sausage roll in the shop, which was the best he had ever tasted! So suitably unrefreshed we pressed on to Castle Howard and up towards Malton. Turning off to Amotherby after the climb we stopped to regroup, and look at the view which was stunning in the clear sunshine. We could even see the high rides at Flamingo Land in the far distance. Soon we were passing by the entrance and on to Nunnington Hall and our second cafe stop at 2pm in Hovingham. The Cafe inside was full so we sat outside and waited to be served. Waited being the operative word. However we did eventually manage to get some food and drink into us, before continuing on to Ampleforth and Byland Abbey. Rob had had enough of all these hills by this time, on his heavy mountain bike, and headed off to Easingwold in search of flatter roads. This of course was like a red rag to a bull for the rest of us, could we do the hilly Byland Abbey bit, and catch up to Rob before he got to Boroughbridge? Yes we could and we did! What excitement as we sped past him. In

view of our catering disasters so far we agreed to all meet up at Tasty Snacks, if closed Morrisons. It was closed, thank goodness for Morrisons. Proper food at last! It was now 5pm and we had done 94miles so we were on for the 100. Here Rob informed us that this was his first 100 miler, well done Rob. Now it was on to Knaresborough Harrogate and home. All agreed, that it was a super route, just challenging enough to be enjoyable. We somehow managed to average 13.5mph over a riding time of 7hrs 30mins getting home by 6pm. For the record 2x 102miles 3x 106 miles 522miles. John E

## Sunday Ride Reports

### Short Ride Report

To follow

Click on slide show for all the weekend photos

### Medium Ride Report

21 riders cycled a fairly flat course to Boroughbridge via Arkendale, Marton, Upper and Lower Dunsforth, and Aldborough. Whilst two riders, Yvonne and Sarah, were nominated to lead the ride, two other leaders, Bill and Martin were available so we were able to split the ride into various speeds. The weather was better than predicted with the rain not getting into full swing until much later in the ride. One of the group, Robin, was in training for his ride across India for Madam Curie cancer charity. Robin has raised expenses to cover his travel, and has already raised £5,000 in sponsorship. Robin sets off on 11th November.

A warm welcome to Kerry, who was on her second ride with us, despite riding a very heavy mountain bike, which she plans to replace with a lighter bike for Wheel Easy-ing. She will be flying - heaven help us! We were fortunate to have a naturist (or is it naturalist?) with us - Peter pointed out a buzzard, which apparently looks very similar to a crow, but with a broader wing span. Whilst spotting the buzzard we had a club time trial going on at Arkendale. Of course, a little competition helps them, but after a short spurt Dennis decided not to dispirit the youngsters and slowed down to let them past. Most of the group stopped at the Old Foundry Cafe (which has replaced the Laden Table). Paul had a big fairy cake (see photos) and a chocolate drink. Perhaps as an insurance against the problem he had with his brakes early on in the ride.

A very enjoyable ride. 21 x 32 miles. Yvonne

### Faster Medium Ride Reports (one based on fact, the other on acid?)

Ten of us opted for the faster paced ride. We followed the route, kind of. We turned left at Marton cum Grafton, cutting off a sizeable chunk of the ride but promised that we wouldn't tell anyone, so arrived at Boroughbridge at a surprisingly early time looking relaxed and refreshed before we had either relaxed or been refreshed. Then, in an effort to relieve some of our guilt, we added Ripon and Studley Roger on to the route, battling manfully and womanfully through the drizzle past a herd of deer who looked like rutting was the last thing on their minds, and came home through Ripley and Knox. Much of the ride was performed in quite an impressive looking Peloton, making conversation that much easier, and Stormin' Norman of Spa Cycles mended my gears so I'm a happy bunny! Stephen P

Or

574 of us left Gotham City at 9.30. We streaked along the roads to Boroughbridge past fields of ripening sunflowers with the blue ridge mountains of Virginia in the back ground. In Boroughbridge we tethered our mighty steeds and indulged in an orgy of gourmet delights, washed down with that Scottish delicacy, Old More-hen's Shredded Sporan. Thus nourished we careered courageously through Studley Nigel (brother of Roger) where we were rewarded by the vision of mighty herds of Wildebeest stampeding across the plains. After descending the hills off the moors at an impressive 107 miles an hour (Garmin evidence on request) we arrived home, tired but happy. Stephen

### Medium Plus Ride Report

On debris-strewn roads 6 of us emerged from Hornbeam heading for Pateley Bridge to be briefly joined by 2 "fast-paced" riders, (soon disappearing out of sight). Rising onto the moors, the drizzle soon



turned to heavy rain, propelled by a strong westerly wind. The Cattle Market tea rooms in Pateley Bridge provided an all-too welcome relief; dragging ourselves away, swapping comfort for cold, wet clothing and still more hills, we easily found an excuse to vary the route via Ripley instead of Knaresborough.

37 satisfying miles of effective training was enjoyed (endured?) to make good days seem fantastic.  
Alec

#### Long Ride Report

Despite the weather forecast the long ride attracted 5 riders, which for the long ride is remarkably good. The riders battled through the wind and the persistent drizzle leaving Harrogate via Hampsthwaite and Bishop Monkton. On reaching Winksley Bank the drizzle stopped and the ride conditions were dry. The riders made their way to Masham and surprisingly the wind was occasionally at our backs so we made good progress. From Masham it was onward to Ellingstring, with one of the group deciding to take an alternative route home via Lofthouse. Following the rapid descent to Jervaulx Park it was off to Thirn, Thornton Watlass and Bedale. Although we were now heading in a southerly direction the wind was not proving to be a problem. Finally, it was back to Ripon Spa gardens for afternoon tea. As we approached Harrogate conditions worsened and ended up riding in the drizzle again. Total ride mileage 5 X 65 miles = 325 miles. Peter J

2011 Wheel Easy Miles (approx) Today 2061 YTD 140870



