

Sunday, July 15, 2012

Wheel Easy Ride Report 324



Short Ride Report

Feeling very sorry for itself we Sailed past the Soddan Showground (see pic) and onto Spofforth (taking in Follifoot and Little Ribston). Surprisingly Sunny, Sue A, Steph and Sue "Sycled" into the Sunshine!

A Short and Succinct ride - need I say more! A very Satisfying few miles in the Saddle - thank you both. Sue T

Medium Ride Report

There were quite a few takers for the medium ride on this lovely sunny morning so we split into 2 groups and met up again at Low Bridge where Dave Watson joined us. The weather continued to be glorious all the way, although there was quite a strong headwind at times. Our route took us to Bishop Monkton and then onto Markington, Bishop Thornton and Shaw Mills. There were a couple of short steep hills en route, but we all managed them fairly comfortably and were spurred on by the thought of our coffee stop at Sophies in Hampsthwaite . At that stage the first group of 11 had dwindled to just 4 female musketeers. We found ourselves an excellent table in the

sunshine and had just finished our coffees when the the second group joined us. Martin was then the only male surrounded by 10 women and was heard giving out his email address in a loud voice for all to hear! Everyone agreed that it had been a lovely ride and the company was good as always. 25 miles.
Debby and Monica

Medium Plus Ride Report

[Route Map](#)

Not many could resist today's weather forecast and quite a gang signed up for the 55 mile trip heading east. The group split up in to four teams with Darren's fast boys setting off before you could say "buzz off". Helen lead a touring pace+ team, Keith lead an allegedly gentle pace team, Dave Preston kindly volunteered to lead a touring pace team+/- and with that the peloton rumbled off.

The dazzling skies just didn't let up all day and we all had the same idea of pausing at Thorp Arch for a quick wee before making good progress to Tadcaster. The original plan was to have our café stop on the old railway line after Acaster Malbis and before Bishopthorpe but a quick phone call from Keith confirmed that there had been a unanimous decision to stop at the café at Bolton Percy and our presence was requested. Great café in a lovely garden setting, although they were a bit overwhelmed by three waves of hungry Wheel Easyites. I think they were really set up for occasional visits by genteel elderly couples. Anyway, everyone was fed and watered to varying degrees of satisfaction and then there was the opportunity to wander in to the local graveyard to admire the large headstone of Mr Sam Smith (of brewery fame) and enjoy the delightfully haphazard flowers and shrubs, imaginatively tended by Askham Bryan Agricultural College. Apparently this graveyard has a website so you can do a virtual browse of the flowers in all seasons and Keith recommends a Spring visit when it is a riot of colour. Despite not being even half way round the course, a group also visited the church to admire the fabulous modern stained glass window. The wind seemed to be behind us as we all swept gracefully along to Appleton Roebuck towards Acaster Selby but deviating left through the old Acaster Airfield and then heading down towards the river and on to the old railway line in the general direction of Bishopthorpe. We were quite glad we had taken our café stop earlier, as the railway line was rather busy and the originally proposed café stop did not look too inviting. Our friendly North Westerly wind began to bite a bit along the A64 cycle track and then we started the slog through Askham Richard, Angram, Hutton Wandesley, Long Marston and Cowthorpe. By this time Helen's group had dwindled to four and it was felt that she was far too small to offer any protection from the increasing wind so Alec, Terry and Sue locked wheels and, Super Domestiques that they are, lead their

leader all the way to the A1. Helen said it was very pleasant and quite restful! Helen insists that, had she known Terry was nursing four cracked ribs from a previous mountain bike incident, she would never have let him work so hard. We then took the familiar route home via Little Ribston, Follifoot and the Yorkshire Show Ground which had the look of the aftermath of a particularly high tide! Meanwhile, further back, Liz was selflessly leading out her team until the finish was in sight when she finally cracked on that last, horrible Show Ground Hill!! Another good long, enjoyable day exploring a slightly different route, with a tiny bit of culture thrown in and it was 56 miles. Helen & Keith

For once it was a pleasure to bask in the sunshine at Hornbeam Park Car Park. Good day and good turn out for the medium plus meant Keith split the numbers in to three ?/four? groups, anyway Keith and Dave P had the two slowest groups. Daves group comprised Bill, Colin, Gia, Julie (a new rider with Wheel Easy, hope you enjoyed the ride), Malcolm, Neeta, Paul T (recovering from a nasty infection, sorry will rephrase that, Kidney infection) and Steve. Out to Burn Bridge up to Kirkby Overblow and along the ridge with great views of Wharfedale and the plain of York, some seeing the White Horse. On to Wetherby (due to the sensibilities of some of our party Morrisons was not offered as a coffee stop), continuing on the cycle path to Thorpe Arch Trading Estate, here coffee was offered, but rejected. Arriving at Taddy some riders were feeling need of caffeine, one individual said he would not object to Tykes Tea Room, however he was overruled by a majority (we are democratic) and it was on to the Tea Rooms in Bolton Percy. Refreshment was taken in the garden in the sun and also indoors, the staff did their best to cope with the cafe shock brought on by Wheel Easy arriving almost together, and Alec & Sue W plus Bridget (not riding today) would probably see a similarity with the Rocky Road Cafe in Bellingham, though the staff were much nicer here. Keith gave us a little tour round the village, before we were on our way to Acaster Selby to indulge DP in one of his fantasies that the Ouse might be flowing North (and it was not). On to Acaster Malbis and the cycle track at Bishopthorpe, a quick stop at the cafe on the track for comfort only, Paul T leaving us here to return home. As expected there was a head wind on our return, but the group kept together making it easier for everybody. A banana break was taken at Marston Moor, meeting up with Keiths group, before heading for Cowthorpe, Spofforth and Harrogate. Crossing the showground on the cyclepath the area still looked bad, despite the sun and wind. A nice 50 plus miles in SUNSHINE. Dave P

Rarer than a sunny summer day is a ride report from the medium plus group. Well it was a bit medium minus today with only three takers. Trouble set in

before the end of Leadhall Lane. A mountain biker had the audacity to overtake and was swiftly reeled back in but this required some post sprint adjustment to Darren's dérailleur . Two or three miles later and the Shimano 105 groupset was giving more grief as the chain snapped. With a collection of chain breakers offered by Geoff and myself Darren made the repair. Tadcaster made for an early coffee stop at Tykes. A speedy ride into Tadcaster at 25mph tipped us off about the following wind and sure enough a headwind slowed us down all the way back from York. Nice to enjoy a bit of sunshine. 3 x 58 miles for the record. Steve

Long Ride Report

At last a bright, sunny and an almost warm day that encouraged 10 riders to take part in the long ride. The ride set off towards Timble along Penny Pot Lane where we encountered the major problem of the day. This turned out to be a very strong gusty north/ north westerly wind which was to be in our faces all the way to Grassington and across Embsay Moor. The climbs from West End to Duck Street proved as testing as normal. The ride stopped at the Cobblestones cafe to refuel; where we were informed that when cyclist order beans on toast they get a larger portion of beans than normal! At various points along the route riders left to return home such that by the time we reached the climb to Embsay there were only 5 riders left. Once we started home from Embsay the wind was at are backs and we made excellent time on the return journey, even allowing for another cafe stop at Cockpit Farm. Peter



