

Wednesday, July 25, 2012

Wednesday Rides



Starter Group Report

Fifteen cyclists showed an interest in joining the starter group and ten attended the first two sessions. The group were supported by Malcolm, Gia, Steve W and Martin W. The aim of the sessions has been to give the group confidence and to encourage them to cycle more to enable them to join the Wheel Easy short rides. The focus has been on simple bike checks, starting off on a road journey, road positioning, looking behind, overtaking parked cars, understanding how and when to signal and turning left and right. The group also rode ten miles on each session on cycle paths and roads. They are all so enthusiastic and will soon be joining us on Sundays.

Poddlers Ride Report

Billy Whizz aka Gordon set off with 14 to Knareborough, Boroughbridge, Newby Hall and kindly let us have a breather at Ripon where two disappeared for coffee, clearly Billy wasn't going fast enough for them! We returned to Harrogate via Ripley and Bishop Monkton and lost Steve and Dave one of

which had a puncture right at the end of the ride. Mileage was about 35 @ 11.5 mph. Allison S

Wheel Easy Ride Report

"Where do we fancy today?' That was the question that brought several blank stares, until someone muttered 'Coxwold, possibly Byland Abbey'. This was capped with 'Ampleforth' and suddenly there was the plan. Four set out led by Richard: two Daves and one Terry. The stage across to the Swale was a reprise of Sunday's 100 miler, taken at a fairly brisk pace, almost 15.5 mph average. Crossing the A19 near Hutton Sessay with surprising ease, the flat lands ended as we approached the Howardian Hills, the White Horse now very much with us. Saving Coxwold for later, our route was through Oldstead to the day's climb up to the Yorkshire Gliding Club's cafe. After the equivalent of climbing Sutton Bank, we were very pleased to stop for lunch. Members at the Club were hospitable and chatty, despite one of them patrolling the place with a carving knife - in an apologetic non-threatening way, it must be added. Sadly, the mist and cloud prevented any of the grand views that we might have had. Aircraft were grounded - it's a pity that the scones were not grounded as well!

Our post-lunch relaxation comprised a blast eastwards along the A170, followed by a very worthwhile quick visit to Ampleforth Abbey, reminding us of what the T in CTC stands for. The route back to Hornbeam took us past Byland Abbey and through Coxwold, thus completing the day's tick list, but also starting a new 'to do again' list.

Richard's excellent mental mapping guided us to Easingwold and a sheltered housing complex. The plan was to have tea in the cafe facility there, but it had shut early for the day! Good value tea was taken in Morrison's at Boroughbridge, rather appropriately as we had passed Sir Ken's country pile earlier in the afternoon. Richard's route finding had brought us over a rough but surprisingly firm bridle path from Myton-on-Swale to Milby, which reminded us of the difference between road and off-road bikes. But, it was good short-cut back to Boroughbridge, after which it was the reverse commute back to Hornbeam, arriving at 16.55. A very varied and interesting long day. Many thanks to Richard and the maps in his head.

Stats: 73.4 miles; 13.7 mph average (higher for Richard and Dave R, probably); ascent from Swale crossing to Gliding Club 1120 ft (340 m).

Terry Smith

EG's Ride Report

It was quite crowded at Low Bridge this morning, with Wheel Easy EG`s, Wheel Easy Wednesdayers, and a group of hikers. It was interesting to note that all three groups had a fair number of greyhairs combined with that

retired look.(happy & carefree) EG`s began arriving quite early, was this due to the promise of summer or just insomnia, even Eric was 5 mins early, this was due to the fact that he had Di with him, who got him there on time. We soon had seventeen riders heading for Taddy breaking in to small groups to prevent motorists getting annoyed. Rob was back with us after holiday in France where he was within arms length of Brad Wiggins as he swept by in the tour. Dave W returning after a nasty bug, unfortunately Peter B is still unwell (best wishes Peter). After Little Ribston Eric and Di left us to head for Wetherby and coffee. The remaining fifteen groupies on to Tykes Tearooms which meant there were no toasted tea cakes for the last group, so they had to be content with crumpet and toast. Dave S left us here to return home and the remainder carried on to Ulleskelf and Cawood, (a tour of Yorkshires flat lands specially for John E back from East Anglia) a quick stop for those who had not seen the castle before, then over the bridge, and much to Dave P`s delight the River Ouse was flowing North towards York. (After many disapointing trips to Acaster Selby only to suffer derision from the EG`s). On to Ricall village green for a snack stop (pies and sandwiches from the village post office). Bob endeavoured to visit an old mate but no luck (perhaps he had seen us coming). Then on to the cycle path to York, starting off with Pluto, then Saturn, then no more planets for a while, why ?, "Oh I`ve seen Uranus" said Colin T. This statement immediatly demanded qualification, fortunately it had nothing to do with inferior quality cycling shorts. Tea and cake where then taken at Naburn Station before the final banana break at Marston Moor. Dave W led the pelaton from the Obelisk, then (not slowly) but surely things got a bit out of hand as up went the pace, eyeballs out before the final sprint to the B6164, a close run thing. Whatever bug DW had been infected with we should all have it. At Little Ribston the Knaresboroughites and the Harrogateonians went their separate ways. A good days cycling around 65 miles max, and if you were lucky enough to do Sundays100, a nice little addition. Dave P

