

Sunday, June 30, 2013

## Wheel Easy Ride Report 374

---

### Short Ride Report

Sixteen riders for the short ride today. Route planned was to Farnham, Lingerfield, Scriven and back to Knaresborough with a coffee stop on Waterside. There was an option of adding a loop to Copgrove and Bishop Monkton which 6 faster riders opted for. The slower group on arrival in Farnham had a committee meeting and decided we would like to do the extra loop too. A particular treat of the route was the topiary chicken seen in Bishop Monkton. In all we had a ride of approximately 25 miles and the extra mileage was enjoyed by everyone. Popular opinion is for longer short rides at a slower pace. Medium ride mileage is manageable for us but the pace is not. Photo of the slow group sent in separate email. Jean





### **Medium Ride Report**

Eleven of us, including a new member, Christine, opted for the medium ride, led by Dennis. The web site said 35 miles, hilly, Brimham Rocks and Burnt Yates, but Dennis was concerned about the wind (forecast to be 18 – 20mph from the west) and used his executive privilege to change the route. He did not encounter any resistance to this, although, to be honest, I was not quite sure where we were going, and as I was back marker, I should have made more effort to listen. Three of us got a bit behind on Skipton Road, and by the time we reached the top of the road down to Knox Ford, I was not sure whether to descent to the ford, or to continue and take the Greenway towards Ripley. Alec kindly did the recce down and then back up the road, but could not see the group, so, on my suggestion, we continued towards the Greenway before realising that this would not be the best way to Hampsthwaite. We finally caught up with Dennis who had come back to look for us. On to Hampsthwaite and up Clint Bank. We lost one of the group at the junction with the B6165 Pateley Bridge Road, a victim of hay fever, and Gordon and Alison had gone on ahead at this stage. Through Shaw Mills, up to Cut Throat Lane and on to Bishop Thornton and past the now-non-existent Drovers to Markington, where Malcolm took on of the group photos, but he took another one later. I'm not sure where we went after that, but it involved the bridge/ford at Robert Beck (not Rupert Brook...) and some unsurfaced tracks, but it was all lovely. I saw some Ripon Rowell signs, and we ended up on the A61 just north of Ripley, so we had to negotiate a few hundred metres of that. The Tea Rooms did not appeal sufficiently to detain us, so the bulk of the group returned to Harrogate along the Greenway. About 25 miles.



### **Medium + Ride Slower Report**

Away went the Medium Plus faster group led by William, the slower group led by Dave P hung around for a while before following them down to Low Bridge. At Low Bridge we picked up Dave W to ride back marker and increase the numbers to fourteen. At Farnham we were caught up by the short ride, this caused us to sprint to Boroughbridge for an early coffee stop at Morrisons. I know early coffee stops are an EG thing, but fourteen riders at Benningborough Home Farm cafe would have caused "cafe shock". Near side of Aldwark Bridge, Bob and Keith T left us to return home and yon side of same bridge we were left by John R again to return home by a different route. Then on to the Linton and the Newton on the Ouse and in to York on the cycle path alongside the river. In York, Howard and Jenny took their leave, Jenny heading in to York centre and Howard (the only man I have met who has flown a Spitfire and isn't over 90) south to Wetherby. The remaining nine continued on the cycle path to Tesco's cafe for a late lunch after which it was eastwards to Healaugh, Wighill and the cycle path to Wetherby, where Dave W turned off for Knaresborough (many thanks to Dave for riding back marker and making the ride easier for the

leader and the group). A break was taken on the Harland Way with the suggestion to take on some liquid, the word liquid seemed to have quite an effect on the group with riders heading for the bushes. That damm hill through the showground seems to get steeper. As Debbie and Helen entered the carpark it was noted we had 61 miles carpark to carpark, this means Bash and Stephen had exceeded their previous best distance by at least 23 miles, well done. A very pleasant sociable ride, with good group riding skills, and it didn't rain.  
Dave P.



### **Medium + Faster Ride Report**

A big day on the flat to York via Beningbrough saw 10 take up the faster paced challenge. With the wind behind it was probably one of the quickest transits to Boroughbridge in Wheel Easy's history. Here we said goodbye to Peter and Barbara (something about dancing the cha cha) before

we headed off eschewing a Beningbrough cafe stop and almost avoiding mishap on the track laid down on the York cycle path as repairs to flood defences are being made. Then to Rowntree Park and the revelation of a new operator of the café which has been transported from pre-war (green) crockery & coffee to 21<sup>st</sup> century café culture. Great coffee, cake and additionally promoted as a readers' café with books and newspapers galore I could easily have spent the day here. To be recommended as a Wheel Easy café highlight. Grudgingly taking our leave it was into the wind and home via Wighill, Thorpe Arch and Spofforth. WE mileage needs updating as this was 65 miles not 55 but home for 2.30 at an average of 15.8 mph. Great days run out and plenty of chances to practice technique of taking a pull on the front which by the time we reached Ridding had almost been mastered.

### **Long Ride Reports**

I had described the ride on the website as "fairly hilly" & I think all would agree that it was no exaggeration, with the westerly wind adding that extra challenge to the first half of the ride. There were 8 of us for the "steady" pace group heading out to Stump Cross & down to Appletreewick where 3 people returned home. The remaining 5 carried on to the café at Burnsall where the faster group were almost ready to leave. After a much needed lunch it was on to Hetton, Gargrave, Broughton before the biggest climb of the day from Elslack heading towards Lothersdale. There was a nice downhill run into Skipton where we had another much needed café stop. Then it was a steady, mainly wind assisted ride back to Harrogate having completed just under 80 miles. Jill

The faster long ride group (5 of us) were very appreciative of the choice of route, less so the headwind up to Stump Cross. Some of us were new to those areas over to the west and it was a pleasant discovery. Everyone managed the impressive 2,200m total climbing. Loyalty to Jill made us feel duty bound to honour her route by returning via Leathley and North Rigton. (Jill & Co returned via Askwith & Fewston). Nick



