

Wednesday, August 21, 2013

## Wednesday Rides

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### Poddlers Ride Report

The Poddlers left Hornbeam in a group of 14, but returned with only 8!! The 6 departees were all accounted for, but I did wonder if there was some sort of message and if I needed a change of deodorant! In the event we had a good ride of about 32 miles and the weather stayed kind with no rain and a bit of sunshine every now and then. After passing through the Showground and down the Stonefall Cycle Path we headed over Forest Moor and, despite the bike's natural tendency to turn left towards Low Bridge at Calcutt, we turned right up Thistle Hill, over the Bypass and along the old road into Follifoot. Turning left we took the usual route to Spofforth and then the right hand fork towards Kirk Deighton, where we turned left in the village and picked up the Cycle Path alongside the old A1 right round Wetherby and then up the side of the motorway towards Boston Spa. Having passed under the motorway Caroline opted to go straight into Boston Spa and wait whilst the rest of us used the Cycle Path into Braham and circled round through Clifford to meet up with Caroline outside the library for a banana break. Turning for home and having been out voted by a big majority on a cafe stop in Wetherby we headed out of Boston Spa over the river and straight on to join the Cycle path just outside Walton and head in to Wetherby and home via the Harland Way to Spofforth and Follifoot, where Stephen and James turned left for Knaresborough and the other survivors went right to Rudding and Harrogate. Thanks to all for their company and to Stephen for acting as back marker.



### Wednesday Ride Report

4 members of Team Spa Audax with their mentor Colin T were pleased to welcome 5 other riders to their training ride. The route took us out to Birstwith and over the toll road to Stripe Lane and Brimham. Guest rider Paul Tindle set a sharp pace towards the coffee stop taking us on a brilliant run down through Risplith and on to a swift swoop through Studley Royal. Oliver's Pantry in Ripon was our destination and we were not disappointed, all enjoyed a pleasant meal in lovely sunshine. Our journey home via Bishop Monkton, the Mountgarrett estate and the Greenway was not without incident. Helen lost her husband and then her phone and then had a slight tumble. Phone was found not sure about the husband. Enjoyable ride of 40 miles . Sue C



### **EG's Ride Report**

We had a good turnout at Low Bridge with fifteen riders, the original intention was to take a long route to Spa gardens cafe, a bit of a wait for caffeine for EG`s so Morrisons at Boroughbridge was the compromise. The cafe staff were on form and the toasted teacake arrived PDQ after which Roy and Bob very sensibly headed for home. Nice to see you out again Roy. Then on to Roecliffe and the bridle path to Copgrove, unfortunately due to some communication glitches the route was changed to Wormald Green, Markington, Bishop Thornton cross roads, Watergate and Spa Gardens Cafe. Due to Caroline's absence some beans on toast were a bit light on beans, but as regulars our complaints were noted and extra beans duly arrived. The route back was via Bishop Monkton and Farnham, with Bill doing a detour via Knaresborough Market. The weather had been good , no wind to speak of and with only a slight drizzle in places, mileage around 48 miles. Dave P

