

Sunday, September 22, 2013

## Wheel Easy Ride Report 386

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### Medium Ride Report

Being a regular on the Medium+ and Long rides, I was unsure what pace to lead the Medium ride. I started rather slowly and with stops at frequent intervals or after long drags uphill, I must have got it about right as we all ended up in the same places shortly after each other on most occasions. I think we were 16 when we headed off towards Beckwithshaw and Little Almscliffe and John definitely left us there to go back via PennyPot Lane. We proceeded through the Stainburn forest track, which was quite stony at first but then resolved into a smoother sandier surface. We admired the Buddy Bike manoeuvring with its reverse gear and then headed off along the gated road through Lindley and back to the Harrogate-Leathley road. After 27 years cycling intensively around the District, I still occasionally come across a stretch of road which I've never cycled before and today it was the 300 yard stretch which Dennis suggested we use instead of dropping down to the old Emmerdale Farm in Leathley. We then raced along the main-ish road before pulling off right along New Lane towards Almscliffe Crag. I checked that the Honey Farm was not open for coffee and we all headed off to Huby and crossed the Bradford Road, travelling under the railway arch towards Weeton and then the A61 and Kirby Overblow. At the top of the hill the group split with 6 riders opting for the additional loop via Wetherby and Dennis leading the remaining nine back home. I hope they arrived safely. We 6 had a great ride with the wind behind us along the ridge all the way to Wetherby and North Street Deli, which was packed when we arrived but emptied quite quickly once we had bullied a table from two little boys who clearly didn't need to rest their reading books on it! Very nice grub as always. We took the Harland Way path back to Spofforth, Follifoot and Rudding and then started to split as people spotted their quickest routes home. The final pull up by the back of the Showground was in blazing sunshine and amazing heat. What a great September day for cycling. Two first-timers joined us today - Geoff and Stuart. I hope you enjoyed it and please come again. Stuart particularly is to be commended for completing the whole ride on his mountain bike and smiling throughout. I guess I got the pace about right after all and I don't think anyone looked distressed by what was quite a challenging route. Peter L





### **Medium+ Fast Ride Report**

A good weather forecast and a good turnout at Hornbeam Park as Terry B got us in to some semblance of order. Unfortunately for Keith T, Helen was not available to help with the leading so Dave P was co-opted on to KT`s team to lead a "fast " group, this caused DP some concern as his group of fourteen contained some very good/fast cyclists, so with DP insisting that it was just a "faster" group away we went. It is well known when you are playing with the big boys, you go for it and sure enough the pace picked up along the ridge at Kirkby Overblow (magnificent views) and the swoop down to Collingham. On the climb up to Bramham the older generation leader did gravitate towards the rear of the pelaton but the swoop down in to Aberford enabled him to recover some of his pride. Then it was in to Lotherton Hall for morning coffee at 11-15am (a fair old pace), soon to be joined by KT`s group 25 mins later, they too must have set a fair old pace. The cafe was mostly cyclist (cyclists rule OK), which we hope is the trend for the future. After caffeine and calories it was on to Sherburn in the ancient kingdom of Elmete and past Biggin to take a delightful small back road to Church Fenton (nice one Keith), then on to Kirkby Wharfe and Grimston Park with a locked gate across the road, a minor obstacle for the pelaton who were on a roll, the bikes seemed to just float over the gate including Rick and Sue`s tandem. In to Taddy past Wighill and then the Thorpe Arch Trading Estate where six riders left to continue home and the remaining eight in to the Cafe for afternoon tea in the sun, by the lily pond (perfick). All good things come to an end and it was cycle path to Spofforth and on to Follifoot, however the gremlins struck as we entered the Showground when Pete Loker skidded on the cattle grid and buckled his front wheel beyond repair or riding. As Bob J said "a bit beyond the twist of a spoke key", standing on the wheel could not straighten it sufficiently to rotate through the forks, however in a eureka moment from Dave S it was decided to put the wheel in cattle grid and twist, it worked sufficiently to get it to rotate in the forks (with no front brake) to get Pete home to Harlow Hill. We never saw Keith`s group after Lotherton so we hope you got a second cafe stop in, and your day went well (nice ride) Also thanks to all our cycling companions who made a good day great. Dave P.



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

I was without my Number One Assistant today, she was recovering from a cold and did not want to pass on any unpleasant symptoms, mainly grumpiness, to our fellow cyclists. So, many thanks to Dave Preston for offering to lead a second faster group. My elite group of eight made good progress to Lotherton Hall via Burn Bridge, Kirkby Overblow, Collingham, Bramham (giving a wide berth to the travellers who had based themselves on the cycle path) and Aberford. The refreshments at Lotherton Hall were, as usual, provided swiftly by friendly, courteous staff. This left ample time to visit the Condors in the Bird Garden but the group were revolting, so we went to Sherburn in Elmet instead! We continued on towards Cawood, left to Biggin and then Church Fenton. We were refused entry to the RAF base, so the photo opportunity was limited to the gate area. On to Ulleskelf and then the delightful detour to Kirkby Wharfe and Grimston Park. Unusually, the gate through Grimston Park was closed but we assumed this was a Dave Preston jape so ignored it anyway. We emerged at the other side of Grimston Hall and then went through Tadcaster to the White Swan at Wighill for a second refreshment stop. The service was

a little muddled but we all ended up with something to eat and drink. The return was via Wetherby, Spofforth and Follifoot. A splendid ride in the good company of Liz, Yvonne, Sue C, Sue W, Debbie, Brian and James. Thanks to James for back marking. Hope this weather goes on for a few more weeks. It won't be long before the days draw in and dusk falls by 4.00 p.m. - and then we will all have time to clean behind our fridges. Keith.  
PS. Found a "bag-clip" in Grimston Park - does it belong to anyone in Dave Preston's group?



### **Long Ride Report**

Perfect summer-like weather, beautiful scenery, great company, cycling doesn't get much better than this and it's all on our own doorstep. The long ride numbers varied between 4 and 7 but eventually 5 of us completed the ride which was changed in 2 places from the published route though it still ended up as 85 miles. The route took us out to Ilkley where James and Dave added an extra loop up Langbar while the less energetic riders took an early lunch at Bolton Abbey tearooms. Dave left us at Burnsall where we took the lovely minor road through Thorpe to Cracoe

and on to Malham. The climb from Malham was tough but the fantastic views and wind assistance helped us up to the tarn for a photo stop. Just after Arncliffe Richard's rear derailleur broke for the 2<sup>nd</sup> time in 6 weeks but thanks to Andy's mechanical wizardry he was soon up and running again but with only one gear. We stopped at Grassington for a 1940's afternoon tea which despite rationing fuelled our wind assisted ascent to Stump Cross. The site of Richard spinning along Duck Street will cause much amusement for years and allowed the rest of us to have a relaxed ride home arriving back about 6.30. A great ride - thanks to Wheel-Easy. Phil S.



