

Sunday, September 28, 2014

## Wheel Easy Ride Report 439

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### Short Ride

At first a round, and later a baker's dozen for the short ride today, including several new riders. Our route took us along the Showground Greenway, past Sainsbury to Stonefall and then along Forest Moor Lane to Calcutt and Abbey Road, where we had a minor mechanical, a seat post needed securing with spanners. Debbie produced a bone spanner and John a pair of adjustable pliers. Over the next few minutes both ends of the spanner broke off, but the job was finally done with additional imaginative use of an Allen key, and we continued to Little Ribston where we were joined by Dave from Scotton, who had an interesting story to tell, too long to include here. Suffice to say he'd intended to make his debut ride with Wheel Easy today, and chased us from Knaresborough. I never found out how he knew what route we were taking, but maybe he just happened to spot us.

At Ribston we turned off to Spofforth, and then up to Follifoot. This was where we had an unfortunate incident. Joan came off her bike going up the Main Street, resulting in some hopefully minor injuries, and it was a few minutes until she felt steady enough to get back on her bike. John offered to get his car and take her home, but she said the thought of coffee at Fodder gave her the incentive she needed to carry on. So we took a delayed photo at Rudding Park gates and not long after we did indeed reach Fodder where we sat outside as the sun at last began to break through the clouds. Most of the group had bacon sandwiches, which all agreed were outstanding. After a very pleasantly long relaxed chat we set off in various directions, five of us returning to Hornbeam at the same time as some of the medium riders. 17 miles, a bit too busy and maybe flat to be a great route (my route, so I can say that), but Fodder gave it an ideal finale. Malcolm



### Medium Ride

Wheel Easy doesn't usually publish Ride Leader Performance Reports. Indeed, many of you will be unaware that they exist. Here, in the spirit of transparency, is one of today's. (1) Know your route. Nine members dutifully followed me down Abbey Road to Farnham, Arkendale and .... and then I couldn't remember how to get to Little Dunsforth. Thankfully, Max turned up with his group

and showed us the way. (2) Always know the number of riders in your group. After coffee in Boroughbridge, 6 followed me on the published route via Roecliffe. Interesting, then, that there were 7 when we got to Bishop Monkton. (3) Always identify a back marker. Ah, yes, I knew I'd forgotten something. Luckily for me, Joe just got on with it, and did a sterling job. (4) Get the right people in your group. Rather better news here, both before the 'merger' with Max's group, and for our Fully Monty group, which set off towards Roecliffe as he led the Staveley Option home. (5) Consult when appropriate. I tried, it didn't work. Benign dictatorship is the only way to get a group round in one piece. (6) The ride distances on the web site are correct to the nearest centimetre. We followed the published route to the letter, and reckoned we had done 38 miles by the time we got home in bright sunshine. Not sure where the extra 3 came from (though it hardly mattered on a perfect day for cycling). (7) When you have some nice Americans with you, don't mention the Ryder Cup. Full marks on that one, at least. Many thanks to all for a great ride. Justin

### **Medium Faster Ride**

Having counted to 10 including me I was slightly surprised to find we were 12 by the time we reached Knaresborough and somehow when we stopped for a photo in Dunsforth there were still 12. However when we stopped for coffee, bacon butties, cakes and teacakes in abundance at Tasty Snacks, 3 had already gone and 2 more were to follow. As we sat outside we were able to watch the other groups pass by, heading for a different cafe. We did follow the route to the letter - Bishop Monkton, Burton Leonard and Lingerfield - alternatives were offered but rejected - and did see some of the others as we passed through Knaresborough though coming from a different direction. Many will realise that fast group and me do not go together at all so I was very grateful to my trusty back marker Paul B who with good voice and fast legs managed to round up speeding strays as well as slow ones! Thank you all for your company and welcome to Tim, Julie and Lesley. About 38 miles and the sun arrived just before we got home. Liz P



### **Medium Ride Group 3**

Around 30 riders opted for today's ride. Three equal groups were quickly organised depending on the individual's desire for speed (or desire to get a seat in the café).

Still traumatised and shaking from Wednesday's close shave with Devil's country I was very pleased to have the hero of the day, mountain goat, calming influence and portable analogue satnav, El Butler with us (I believe he is considering starting a route and safety consultancy). After duly waiting for the prescribed safety period we set off along the predetermined route.

There was a slight logjam near the Wetherby Road at the "what we don't want and entrepreneurs' centre" (tip) where we caught up with the Short Ride group who graciously pulled over to the side to allow us to pass. Thanks. It was nice to see non-electric Malcolm out leading the ride. The lack of wind, warmth, but lack of sunshine were noticed as we passed through Arkendale. By some miracle we managed to avoid disturbing a time trial event along the old A1 by passing between riders.

Nearing the turn off to the Dunsforths we came across a scene of utter confusion as the slightly faster group were buzzing all over the place seeking to ensure that everyone followed the correct scent. The two groups formed an amiable peloton and headed for the Boroughbridge watering holes. As usual several declined caffeine and the rest headed for Morrisons due to there being a lack room at Tasty Snacks (the faster group, mission accomplished, were occupying all the chairs with "cat got the cream" expressions. After tiffin the peloton was reorganised, many following the prescribed route home whilst others, with a myriad of plausible excuses, opted for the slightly shorter route home via Minskip.

Well done to John, first ride with WE today, who was last seen heading back to Hornbeam and muttering something like "my first mistake was to assume that a flat ride meant flat roads". Ah the vagaries of the English language! Thanks for your company, Max.





### **Medium+. Terry's group**

Terry escorted four ladies round the route he described as having a few bumps. We thought they were steep hills! Together he and John made sure we kept going, with special signalling for Monica at strategic turns.

We arrived with the other two groups at Tea Cups in Pateley where we were able to sit outside and enjoy the early autumn weather. This route has splendid views, needs concentration descending Yorke's Folly and determination to get up the other side at Smelthouses.

But a great ride with the three groups mixing up at various points and home along the Stray in glorious sunshine.

Perfect day, thanks Terry.

Gia

### **Medium+ Ride EG Pace**

It was the last ride of September for Wheel Easy.

It was a grey day at Hornbeam Car Park, No ! it was a misty Autumn Morn, which sounds poetic and much more positive.

We had three groups for the Medium Plus ride, one for the fit and fast, and one, thanks to Terry B for stepping in to lead a team of Ladies at a touring pace.

So for Terry's team there was to be no bad language or the telling of risqué jokes, but according to Terry the ladies were on their best behaviour so he did not have to cover his ears.

Dave P led the last away team, which was virtually an EG's team in all but name, comprising, Bill W, three Dave's, P,S,and W(not a full set today), Peter B, Terry C and Dan.

Dan often rides with the EG's on his days off, his function is to lower the average age, eat the breakfasts and the pies, whilst the EG's look on in envy of a healthy "young" appetite.

However he did leave before Darley to exercise his lungs, vocally rather than hill climbing.

From Hornbeam "the only way was up", culminating at the top of Yorke's Folly, followed by the descent to Nidd level in Pateley Bridge.

According to some of us "Yorkshire" lads, this descent should cost a few "quid" in rim wear and brake blocks.

Caffiene and Calories were taken at Teacups ? cafe. Most of Wheel Easy ate outside, but due to their more delicate constitution the old ones ate inside.

This did pay off in fact, as an unwanted, spare plate of toasted teacake was given away "for free", well it would be rude not to accept, the plate was soon empty.

Time for a Wheel East Team photo, then again "the only way was up" to Brimham Rocks, Dave P's "Wrinkley's Rule Team being last away (no more free teacakes).

At the Rocks Peter B left us to visit his family.

After High North Farm it was the big swoop down all the way to Ripley and back to Nidd Level.

As Dave Watson was not with us we decided not to return via Risplith, leaving that pleasure for another day ?.

At Ripley the groups combined and it was Team Wheel Easy returning via the Greenway to Harrogate in the afternoon sunshine (perfick).

Mileage around 40 miles but definitely quality ones.

Dave P







### **Medium+ Julie's Group**

Alex, Peter, Paul, Michael and Julie set off as the "slightly-faster- paced group" on one of the most scenic Wheeleasy routes. In spite of the slight mist the views over Nidderdale were stunning and we stopped a couple of times to look around and admire the views. Before descending Yorkes Folly we could even see Emley mast to the south .

Stoped at the market cafe where the team snack was a very tasty and cheap bacon sandwich and a welcome cuppa. Another of the medium plus groups arrived at the cafe and it was nice to have a chat and some group photos. On departure Michael discovered a puncture which he repaired but his tyres were badly worn. Luckily it lasted during the steep ascent to Brimham rocks and almost to the Drovers cross roads after which the tyre deflated.- several times.! On reaching the Greenway Michael conceded that he would have to keep pumping and riding all the way home so sent the rest of us on our way .

The sun broke through the clouds as we rode back into Harrogate but we had still had an amazing ride in near perfect conditions. Julie E( 37 miles.)

### **Long Ride**

Anonymous memories may suggest otherwise. A fast outwards to beyond Thirsk then an hour at less than walking pace.

"I think we could abandon the planned ride, use that tarmac as it goes downhill,... what forgo the best burgers on the moors?"

" I am on the track"

Then the sun came out , the second stop outside as 19\*C at the gliding club and fast riding on decent tarmac rescued the day. stats show a typical long ride for the distance 79m , average speed and climbs. New leaders and writers welcome. Richard P

