

Sunday, March 15, 2015

Wheel Easy Ride Report 463

Short Ride

We had a small group of 6 today - a nice turnout considering it was Mothering Sunday! Our route took us to Low Bridge at Knaresborough and on to Chain Lane, with a period of off road down Water Lane. Pleased to report that though there was evidence of some early hedge trimming, we managed to avoid any puncture incidents! Onwards to Farnham, Scotton, Lingerfield and Old Scriven before arriving back in Knaresborough in search of spring flowers to be photographed by! We found some in Castle Gardens - though not quite the 'host of golden daffodils' we had in mind! Ah well! Tea/coffee and cake were enjoyed at Waterside after which it was onwards and (quite literally) 'upwards' back to Harrogate via various convenient routes. As usual, a wonderful way to spend a morning! Sarah EM



Medium Ride (Slow)

Eleven riders set off in the second group following the ride route as written "on the tin" to Wetherby, via a miraculously, almost dry, Harland Way. Thorpe Arch was reached by a minor road and not the footpath. Boston Spa featured as the toilet stop. Here Dennis left to attend a family birthday celebration. Caroline decided to go at her own speed so as not to slow the group down. So successful was this strategy that at Bramham that she appeared a good 200m in front of the peloton. The route through Collingham and Linton brought us back to Wetherby for a much needed coffee stop in a very crowded cafe. After tiffin Sicklinghall and Kirby Overblow were deemed "a bridge too far" so we returned via Little Ribston and Spofforth. Spofforth turned out to be the site of mass mutiny. With due diligence the ride leader had assessed that the Hags Lane route to Rudding Park was the shortest distance with the minimum climb. After the turn off I found myself alone, the peloton continuing straight on to face the col du Follifoot. Ploughing my own furrow to Rudding Park I came across an inviting bench, surrounded by daffodils and surprisingly benefiting from sunlight. Taking advantage of the bench I patiently awaited the others who arrived minus four. Two had taken refuge in the pub but the other two, I was informed, hadn't mutinied but had followed me. Oooooooops! Just as I was about to retrace my pedals to search for them they were seen approaching. The reformed peloton then set off for the challenge of the col du veille ski slope and home. To those that I inadvertently left behind- my apologies. Max G approx. 34 miles.



Medium Ride, 1, 2 & 3

Three ride reports for the price of one this week. Report 1, by Robert Frost

Two roads diverged in a wood, and I took the one less travelled by, and that has made all the difference. Or, in plain terms, I agreed to an alternative route from Clifford to Bramham – and found out, too late, that it involved a lung-busting (not my phrase) hill. Oh dear.

Report 2, by a management consultant. Last week Geraldine and Joe introduced the 'fluid' approach to ride leadership, involving much creative decision-making during the ride, and excellent it was too, ride management at its best. Today's leader – I use that term loosely – thought he would copy them. He took a wrong turn just 300 metres from Hornbeam, which should have been a clue. Riders got ahead of him, later on, and had to be called back when they missed turnings. The Clifford-Bramham business was ridiculous. Recommendation: back to ride leader training school, I'm afraid.

Report 3, Wheel Easy standard. A dull morning, forecast dry and mild, and 9 of us set off in the first group. Nicky and Graham joined us at Follifoot, and 11 made it to Thorp Arch in good time. Then we faced a number of teasing climbs, none of which was too bad on its own, but which made for a good workout overall. Clifford-to-Bramham the back way – this took us Neil's old house in Bramham, which is wonderful (see the photo). Then the steady climb from Linton to Sicklinghall and on to Kirkby Overblow. Up to the A658. The up-and-down with the traffic lights at the bottom. The showground hill. Phew. Around 40 miles. A long medium, but a good medium. Excellent company, as always. And many thanks to Joe for back marking. Justin



Medium-Plus Ride

An early discussion confirmed that with a chilly day an early stop at Cockpit Farm was a preference so we set off through Burn Bridge to Kirkby Overblow. Then it was a delightful dawdle along the Wharfe Valley, past Otley to crowded Cockpit Farm where the crowds of cyclists caused us to sit in the garden, brrrr..... We warmed up by climbing up from Askwith to Timble. And from here we went on various directions depending on Mother's Day commitments. The joint leaders succumbing to the attractions of warmth and food at Sophie's. About 40 miles. Word of the Day on Yvonne's phone very appropriately is "knackered"! Martin W



Long Ride

Ten riders decided to go on the Long Ride, another good turnout. The ride started inauspiciously with Phil S getting a puncture on the cycle path near the Greenway. The tyre had suffered a deep cut, probably caused by a piece of glass, which gave rise to Phil S venting his spleen about glass on cycle paths. With a new inner tube and together with the insertion of a piece of metalised foil from a toothpaste tube we were on our way again. We then continued on to Ripley and Scarah Bank. At the top of Scarah Bank the majority of riders decided to don additional clothing ranging from lime green gloves, multi coloured head covers and jackets. The ride proceeded without incident and we stopped at Masham for refreshments. On leaving the cafe it almost felt warm and induced several riders to strip off the additional clothing. It was now a case of climbing several hills above Ellingstring, where we were treated to a great downhill experience i.e. no cars, dry road surface and good visibility. Again we had an uneventful ride back to Ripon where four riders headed for home while the remainder opted for refreshments at Spa Gardens. Suitably refuelled we made our way back to Harrogate. Peter J



Lost Report from Spain

It wasn't a great day when I looked out the window but in true Wheel Easy spirit I layered up, pumped up the tyres, checked the brakes, spun the wheels and headed for the nearest café! Unfortunately no cafés were open so it was plan B. This was an adaptation of my 'tanning ride' which runs east to west along the coast road (Las marinas) and as the name suggests when the sun is out it is great for getting an even tan.

A full circuit is about 30kms, mostly on a 2m wide cycle path, never more than 15kms away from base and on a local bus route. It was obvious that the sun was not going to make an appearance (in fact the weather got worse) so I thought why not try to get the first 100 miles of the year in? After all it was less than 6 circuits and on the flat. The wind was from the north and with some strong gusts. The first circuit went well, on the second circuit the wind picked up and the rain started, several racing teams passed me by, one of which was team Katusha.

At the start of the third circuit I went into 'Wheel Easy Warrior' mode, I was fighting headwinds, crosswinds and driving rain my legs were aching and my bum was sore. I was determined to do it. I didn't stop pedalling or get off the bike (apart from one photo stop) the whole way. In fact I didn't even change gear--just as well really as I didn't have any spare clothes with me!!

How did I do? Well I managed to do 167.5kms in 7hrs 30mins averaging around 12.5 --13mph. I was going to go on to the 200kms mark but 'er Indoors' said I had to be back for tea so that will have to keep for another time. Terry C



