

Sunday, June 21, 2015

Wheel Easy Ride Report 477

Short Ride

So nothing new.....cold wind, grey skies and drizzle at 9.00; fathers' day - well it is Fathers' Day every day or so I'd always told my children; bike at Veloheads getting its undercarriage sorted out; it is the weekend of the Big Bike Bash; the 100mile bike ride for Wheel Easy Super Distance People had already set off; and I am leading the short ride...a lovely treat, I can go where I want, at my speed. En route to Hornbeam I think of a route that I like, and expecting no body to be there, was surprised to see people unloading their bikes in the car park, and be greeted by some very enthusiastic lycra boys on flashy bikes, who asked to tag along behind me.....whoow, what a compliment. They were soon put right, but lovely to see them. Malcolm arrived (as instructed by super distance cyclist Gia) to tell the 20 or so remaining riders what their options were this Sunday. Surprisingly 6 people wanted to do the shorter slower ride offered, including Malcolm and Martin...oh goodness Ofsted revisited....Bikested....Malcolm even had a pen. Our ride was totally uneventful, we headed to Wetherby via the rock gabions of the old municipal tip, Knaresborough, Kirk Deighton (possibly), North Rigton (perhaps), to North Street Deli, which was full of fathers buying family treats. After checking into Bike HQ, Martin had to rush off to meet and support the 100 Milers who had nearly reached home, and Malcolm got left behind chatting, as we headed back home via the Harland Way, Spofforth, Follifoot, Rudding. Lynda left to go home at Rudding and I left the super hill climbers to the Showground hill as I skulked home along the hill free main road. No one fell off, no one had a puncture or any other bike malfunction, it did not pour with rain, the wind did not gust or breeze too much, we saw a glimpse of sky blue, everyone played nicely. Thank you I had a glorious ride, I hope everyone else did. 28 miles or 26 miles depending whose measuring equipment you believe and not too much upping and downing. CG.



Medium Ride (1)

We split the medium ride in two, with me leading the 'slightly faster' group. Alan and I were joined by two visitors from Rutland, Gary and Matt who were in Harrogate for the weekend. They had originally intended going out with Nova but had thought better of it after meeting Malcolm in Harrogate on Saturday. The ride was about as flat as you can get in these parts and we set off with a tail wind, soon to find ourselves with a pick of tea rooms in Boroughbridge as we appeared to be the first cyclists to arrive in that fine town. Refreshed we proceeded towards Bishop Monkton into the teeth of the westerly wind. I felt obliged to show Gary and Matt the wonders of North Yorkshire, including the devil's arrows in Boroughbridge and the pub in Roecliffe where Matt and Alan thought that they pulled. As we entered Knaresborough we were

passed by the Nova group causing our Rutland pair to express gratitude to Malcolm for persuading them to come on the Wheel easy ride! Ian N

Medium Ride (2)

Andrew volunteered to lead a 2nd medium ride and took a group of 8. By the time we reached Knaresborough the rain had stopped and rainwear began to be discarded though there was still a strong wind to contend with especially before and after Boroughbridge. From Knaresborough we headed out via Scriven and Lingerfield, which made a pleasant change, then onward to Arkendale and the Dunsforths. Dennis and Gordon left us at Aldborough, leaving 6 to descend on Tasty Snacks for a break. Some of the party indulged in enormous sausage and bacon butties. The return was via Rocliffe, Bishop Monkton, Burton Leonard and then, by mutual consent, (or anything to get out of Knaresborough Hill!) through the Mountgarret Estate to Ripley. We were relieved that the enormous bull in the field by the ford ignored us! Shortly after we passed a wonderful field of poppies. Paul B performed his civic duty by removing a large branch out of the carriageway near Bishop Monkton but unfortunately had a leave it to the experts when confronted with the enormous branch blocking the Greenway near Bilton Lane! Many thanks to Andrew for leading and his patience with stragglers. 39 miles. Liz P





100 Mile Ride - Siswick's Group (Relaxed Pace)

I was pleased to see Rob catch on to our group at Woodlands, even though it did take us to thirteen in number; so even better for lots of reasons when I turned around a few miles later and found Sarah tagged on the back.

A relaxed pace to Weatherspoons for a spot of refreshment (tea and coffee of course), and onwards on the edge of the weather, donning waterproofs at one stage though never really experiencing any rain of note.

PCJ's group caught us, and then we caught them up again, leading to great confusion on the road; it's always good to see the Peters, but it was good to see them pull away from us once more and leave us to our own devices.

We were a trio of Terrys, a duo of Daves, one woman, two Robs and a Bob, Mike Alan Paul Tim and Justin. Working as a team, onward and upward to the highest point of the ride and then the long descent into Snape, and back onto familiar territory for most of us..

It was great to meet up with Martin in Asenby, by which time most were flagging; his encouragement and snacks being exactly the right thing to boost the levels and get us to the tea rooms. By this time Dan had dropped back to join us, and then Glynn.

A quick and well received pitstop in Roelcliffe, and by now tired legs taking us up to the Drovers, and home via the practically deserted Greenway.

We had a splendid, convivial day out, with much support for the first timers, and those with less miles in their legs. Thanks very much. Dave





100 Mile Ride - Gia's Group (Steady Pace)

This ride has now become established on the calendar and each year attracts some newbies to the 100 miler, some who ride it every year and some who come back to it. Our group of six women, James G and Paul T left at 7.45 as the fast boys were arriving and revving up.

We stopped in Ripon for coffee and on to Thornton Watless where Paul returned to Harrogate via Ripon for a father's day gathering.

We arrived in Jervaulx as the fast boys were leaving, Dave Siswick's group were tucking in and as we were finishing Eric joined us.

Whilst Terry C had tried to explain to me the Bermuda Triangle of Finghall we could not quite get it and after readjusting the route were reassured by the arrival of Eric that we were now on the right track.

Our saviour Martin W then texted that he was in a red car armed with water and snacks which was brilliant. We nearly missed him for seconds as we were cycling so fast!!! And he was reading his book, but he stopped at Aldwark Bridge for some more refuelling.

And so to the treat of the day, tea at the Siswicks in Roelcliffe. Thanks so much to Jan for her delicious cakes, hot cross buns, scones and tea. It was splendid, so warm and welcoming and helped us with the final 15 miles back to Harrogate. We reached the 100 mile mark along the Greenway where we all felt very proud of our achievement and particularly to Jeannie who is a new cyclist, inspired by the Tour de France, joined Wheel Easy in October and did brilliantly today. Thanks to everyone in the group for a great ride.

Thanks to Dave Siswick for enthusing over 30 of us to do the 100 mile ride today. Gia





100 Mile Ride - PCJ's Group (Faster Pace)

Nine riders decided to leave at the later time of 08:00 to start the 100 mile ride. The ride had a few hiccups at the start namely, bits falling off bikes, a traffic jam on Abbey Road, and getting caught in a heavy downpour that forced us to take shelter and then ride to Ripon in the pouring rain. After Ripon everything was plain sailing despite the persistent headwind. We came upon the Siswick Group at Thornton Watlass, despite their very early start they all looked bright and bushy tailed. We now set off to Jervaulx at a brisk pace to avoid "cafe shock". Not only did Siswick's Group arrive at Jervaulx but Gia's Group also made an appearance. Suitably refreshed we left Jervaulx and headed towards East Witton but once we turned towards Ushaw the wind was now at our backs making riding considerably easier. We made great progress over the remainder of the route due to the strong tailwind. Unfortunately Dan H had problems with the pace we were setting and decided to wait for Siswick's Group and cycle with them. As we were making such good progress we decided to have another refreshment stop at Camp Hill. Again we passed Siswick's Group who had stopped for a break at Skipton-on-Swale. It was now a case of heading to Chez Siswick for afternoon tea. After crossing over Aldwark Bride Glyn was not feeling too well and he decided to have a rest and wait for the Siswick Group. Chez Siswick lived up to its reputation, lashings of tea, sandwiches, scones, cakes and biscuits. With some reluctance we left Roecliffe and headed back to Harrogate and managed to get back to Harrogate without losing any more riders. There was the usual dispersal at Ripley with riders going off in various directions.

Many thanks to Jan for providing refreshments, they were very much appreciated.

If you are interested ride statistics can be found at
<https://connect.garmin.com/modern/activity/810798819>

Peter J

