

Sunday, November 29, 2015

## Wheel Easy Ride Reports 500

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### The Ride Report

Michael, Ian and James preparing to cycle to Sophie's to uphold the Wheel Easy tradition of riding on a Sunday. They invited me to join them at Sophie's but a walk to Hornbeam was enough for me. Hope they had a good safe ride, they cycled off with great enthusiasm. Well done, Gia



### Nicaragua Ride

A new Medium Sunday ride?

Greetings from cycling in Nicaragua, Costa Rica and finishing by the Panama Canal!

Geraldine Bynoe and Joe Smith

