

Sunday, February 28, 2016

## Wheel Easy Ride Report 513

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### Short Ride

Five short riders of 'varying heights' left Hornbeam via Leadhall Lane, Burnbridge, KIrkby Overblow, Sicklinghall and onto Wetherby for the usual coffee and treats stop. The ride was one of highs and lows, fortunately in equal proportions.

Though cold, we had the pleasure of sunshine, daffodils and snowdrops, the first baby lambs and, (my naughty pleasure!), a bacon butty!

The lows were not so good - a puncture, which was ably mended by D. with a variety of helpers at various stages, and sorted within 20 mins or so. During this time, a number of cheerful cyclists passed us in groups and wished us well - as is so often the case with fellow 2 wheeled enthusiasts!

Sadly, after 10 mins or so cycling, we came upon one of the groups with 3 riders down - literally - on the road, bloodied and not looking so well, after a group collision between riders. (The reason for which we were told, was a combination of road ruts and a film of fine mud, which had obviously brought the first rider down).

Very sobering, and a sharp reminder to take care at all times, keep your distance from your fellow riders and look out for obstacles and risks on the road surface ahead at all times.

We wish them all well and hope that they have speedy and comfortable recoveries and that they continue to enjoy the merits of cycling again soon.

On a more positive note, congratulations and a big HI FIVE to D. who joined us today and is 6 weeks post knee replacement surgery. He still beat me up a few hills!

Respect!!!!!!

Sarah Everson.

### Medium Ride (1)

We had a fair number of takers for the Medium Ride so the group was split. Justin taking the faster group and Dave P the slower one, (this is their story), just like "waggon train" on old black and white television.

The weather was great for cycling and we had seven riders. This "magnificent" seven comprising Bill, Corrine, Dave P, Jill J, Max, Paul and Roy headed for the old ford at Knox (see photo).

The climb to Menwith Base was long, but done in good order, the rule being that "energy put in to climb must not exceed ability to hold a conversation with fellow climber whilst climbing". This resulted in nobody being way ahead or way behind, pleasant conversation, and being able to appreciate the magnificent views on arrival without the need for resuscitation or the kiss of life, which for some of us could well have been the kiss of death.

At the Fewston turn off Jill J, Paul and Max fought against the seductive thoughts of all that caffeine and calories and headed for Little Almscliffe. For the fortunate four it was into Fewston Village Hall to join Justin and his team just finishing their caffeine and calories.

The cream cakes were magnificent, and you could fair feel them doing you bad. (See photo).

More great cycling weather has spring finally sprung. Dave P



### **Medium Ride (2)**

Six for the other Medium ride - Al, Andrew, Paul, Peter and my friend Rob from Sheffield. We took the Old School route out of Harrogate, via Knox and Hampsthwaite. Then it was up to Swincliffe and Tang, and across to Menwith Hill, where Peter decided to head home. So, it was five for Fewston Village Hall. It's now the North Yorkshire home of Slow Cake. You order, you sit down, you wait. After a little while you wonder what's happening. Disaster in the kitchen? And then you get it: slow down, relaaaaaaax. It's sunny, you've already had some fantastic views across Nidderdale. Where on earth would you rather be? Exactly.

While we waited Rob revealed that he is off to the Europeans – that's the European duathlon championships – in the spring. We countered with stories of our bionic body parts. (Wheel Easy: the club where the bikes and the riders are both made of titanium.) When the cakes arrived they were, of course, great. Note to ride leaders: the photo suggests there weren't many cakes, but Paul spotted a contender for a Bake Off Final Showstopper arriving as we left. We will eventually run out of oil, but Fewston Village Hall will never, ever run out of cake.

Having someone who is used to cycling three times faster than us (OK, it might be five) proved a boon on the home leg, as Rob cycled ahead and captured us climbing up to Little Almscliffe. On the weekend when the Green Party held its spring conference here, I had been wondering why the Greens don't do better in Harrogate. The photo is the clue: it's well-nigh impossible to get any greener than we are already. A brilliant ride, thanks to all, and special thanks to Rob for the photos. Justin



### **Medium Plus Ride (1)**

For once we gathered at Hornbeam without wind and/rain and with a hint of sun and the forecast was set fair for the day, which proved accurate as the morning wore on. So, full of optimism, and with the thought of an "undulating ride" in prospect the more sedate group of 11 sent the faster boys on their way and then after extricating ourselves from Sarah's Short group headed out to Little Almscliffe for the first photo shoot of the day. The ride up to Little Almscliffe without the wind against was almost a novelty and clear crisp air afforded great views and a feeling of how nice it was to out in benign conditions. Sorry to verge on the lyrical! Heading across to Menwith and along the ridge we encountered and gave a cheery wave to the Medium Ride going in

the opposite direction and for once sped past the turn off to Clapham Green and headed down the 15% into Birstwith. The sense of wellbeing was then dented slightly as we ascended Clint Bank, dropped down into Shaw Mills and ascended again to Bishop Thornton and comments such as "is this the undulating bit" were heard to emanate from the Peloton! Having lost Gia – by arrangement and not accident – who departed on Clint Bank to return through Holly Bank because of time constraints the remaining 10 wound our way up Watergate Lane to Fountains and a well-earned caffeine break. To our disappointment the Nat. Trust lady who welcomed us and advised we could have a free drink as we had arrived on bikes was wrong, but none the less we enjoyed the usual convivial break, and four of the men sat without moving a muscle to intervene when Jenny receive a kiss from what appeared to be a total stranger but who turned to be her brother in law! Suitable refreshed we held another photo shoot outside, courtesy of the Nat. Trust lady and Paul departed to return via the Watergate Lane route whilst the rest of us enjoyed the usual free wheel through the Deer Park and into Ripon. The remainder of the trip back through Littlethorpe and Bishop Monkton was uneventful, although we did spy Michael and one or two of the faster group attending to a puncture on the outskirts of Knaresborough. The group were then kind enough to relieve me of leadership duties so I didn't have to do Knaresborough for a second time. A lovely ride on familiar roads but in some case in an unfamiliar direction which was great. For those who like the stats I recorded 41 miles at an average speed of 11.74 mph and 870 meters of ascent. Thanks to everyone for their company. James G.





### **Medium Plus Ride (2)**

A beautiful day for a bike ride: bright, cool, ice-free and a fair bit of sunshine. The faster Medium Plus group (Paul, Tony, Alan, Declan, Steve, Grant and Martin) worked its way nearly non-stop to Ripon, where we sat outside in the sunshine at Oliver's Café to indulge in large portions of sausage sandwiches and eggs royale. The pace on the return leg, via Bishop Monkton, started off high until Grant suffered a spoke failure, requiring the removal of both of his rear brake blocks to allow his cartoon-style distorted wheel to turn. I punctured on the way into Knaresborough, with everyone agreeing to roll on home while Declan and Tony stayed to offer assistance. A very good day for a ride and good company as usual. Michael I



### **Long Ride**

The forecast was looking good and the prospect of good weather brought out 9 riders for a relatively flat and not so long, long ride to Thirsk including 2 returning to the long ride after several months' absence. It turned out to be the perfect day, clear blue skies, fine views over to the White Horse (without the prospect of having to

climb up above it!) dry roads & a group that rode at a pace that seemed to suit everyone. We made steady progress out via Boroughbridge, Thornton Bridge, Sessay, and Dalton & Sowerby arriving for an early lunch in Thirsk. After a welcome stop we headed back to Sowerby & then to Topcliffe, Cundall, Norton Le Clay, and Boroughbridge where Peter opted to return via Rocliffe with the rest of the group retracing the outward route back to Knaresborough and Harrogate – 55 miles completed although probably nearer 80 for Rob who had cycled from Leeds. Thanks to everyone for a welcome back to the long ride. Jill F

