

Wednesday, March 16, 2016

Wednesday Ride

Poddlers Ride

The Poddling Sport Relief Correspondant had a plan, having recieved notes of excuse from several concerned carers, the Poddlers' seemed to be one. However Alison N. also appeared to like my plan and bravely agreed to join me....slowly....Dennis needed to be back for lunch, and his plans and Paul Hudson's did not seem to fit. After a lovely cruise up to Little Almscliff and down to Pool our plan slotted itself into place. The two plucky three legged Sports Relief walkers were late, Pool bridge as a viewing area was pretty, but cold, the Farm Shop Cafe 250 metres down the road would provide coffee, toilets and warmth.....and believe it or not the stopping off, massage, toilet, coffee, cake and tea, spot for three tired leggeders and also a good waiting place for groupie ladies. After an excellent coffee with a small lump of 85% chocolate and a pot of tea in very warm sunshine, a very worried looking Paul Hudson an entourage of bucket shakers and camera/microphone wafers, and an exhausted, pained Harry Gresham hobbled into the cafe car park. Harry G headed straight for a bbc camper van, leaving an extremely concerned Paul Hudson telling a lady with a clipboard that he was extremely worried about Harry and his own shoulder was suffering due being pulled against Harry as they walked. Finally we had seen enough and Alison needed to be back to tend to the sick and needy, so headed off up the hills in a truely spritely fashion, whereas I took the low road and headed home in a truely unspritely fashion, spreading news of the now almost legless three leggeders late arrival, to fans along their proposed route. Arriving home at the same time as my fellow rider, we both agreed we'd had a very jolly adventure, with lashing of sun. 14,000 paces, 10.98 km, 2,450 calories used up, about 19 consumed, in fitbit nonsense results, and in real life 23 pleasant miles mainly in the sun. Thank you Alison for your company. CG





Wednesday Wanderers

There were 11 takers for the Wednesday Wanderers today, a cool cloudy morning with a noticeable wind from the Northeast. The weather forecast promised sunshine later, but not till mid-afternoon. Hookstone Woods

and Forest Moor Lane to Low Bridge, where Gordon and Alison were awaiting us (Gordon on his new-ish carbon Giant Defy), making 13. Dennis was with us and doing really well for a man who had a knee replacement a few weeks ago. Farnham, Occaney and then Staveley, where Dennis and Dave Griffin left us, and Glyn disappeared temporarily looking for eggs, so that a quick count in Minskip revealed only 8. Gordon had been having trouble with his seat post slipping down, and he too had stopped somewhere to try to fix this (which can be tricky on a carbon bike without a torque wrench). Max left us when we got to Boroughbridge, so we were only 8 at Gilchrists café, where we were served very rapidly. When we emerged, the sun had come out earlier than forecast and Gordon and Alison re-appeared (Gordon having fixed his seat post). On to Aldborough, past Boroughbridge Primary School where there were several ambulances and a Police car. We pedalled on in bright sunshine through the Dunsforths and round Marton-cum-Grafton, across the A1 and into Arkendale, where we turned right at the Blue Bell and returned the way we came via Staveley, Farnham and Knaresborough. Glyn was able to retrieve his banana (which he had left at the egg place on the way out...) About 34 miles. CPS.



EGs Ride 1

Promising day with promising weather forecast, and they are getting more accurate and jokes about the Met Office are no longer valid (or kind), at Low Bridge.

We had nine riders, including four Dave`s and a Jill (taking a break from terrifying the hills).

So for safety, convenience and no cafe shock, it was a fast five comprising three Dave`s a Peter J and a Jill on to Taddy via Cowthorpe and Ruddgate crossing the footbridge and in to the cafe to await the EG`s senior section comprising Bill, Dave Preston, Roy and Theo.

However on arrival the fast five were seen ready to depart, (who can blame them this super cycling weather cannot be wasted), where they finished up Dave S will tell us, but this weather deserves a 70/80 miler.

There was not much sense of adventure in the calories consumption and it was 4off toasted fruit bread (delicious).

Then back via Boston Spa and on to the cycle path at the A1, into Wetherby, up the old A1 cycle path to North Deighton, Spofforth, via top road to the ridge, swoop down, up to the show ground, have a chat with Dennis Butler, curse the last hill, but not in Mrs B`s earshot.

Great little ride, great weather, Theo topped 40miles besides leading all day.

Dave P



EGs Ride 2

We were sadly unable to provide hills for Jill today, and despite being neither E, nor a G, she was a most welcome addition to our otherwise motley "faster team". We were the customary and compulsory three Daves and a Peter; same as last week really, only different blokes.

There was the usual EG type conversation. Riding up the banks of the Ouse; where's all them geese gone what's usually here?---Canada I suppose. Can you remember what the name of that prolific little blue rockery plant is?---Ambrosia? No, that's white. Amnesia?---not sure, can't remember. Why are we riding past that café, it still looks open?

A great blast to Taddy to sample the new bridge (it works just fine) Isn't Taddy much nicer now its blocked off, just feels like it did in the good old days. Managed to resist the strange call of the all-day breakfast (how can you have a "small"; it's large by definition). Met up briefly with the sensible members of our group who were having a good day, then off for a grand tour of Acaster Malbis; not too sure how you can get lost in a place with only one street, but take it from me, it's possible.

Beans all round at the excellent cycle shop/café in York (could've just done with a few more beans, but I think the rest of the team had had a word with the management).

A quick blast back, where we expected favours from the wind which had been against us all the day; it never seems to work like that though does it.

Oh, I remember; it's aubretia.

Thanks Jill, Dave W, Dave P, and Peter J for splendid company and another memorable day out on the bike.

Nothing better (well, nearly). Around 65M. Dave S.



Lightwater Valley Ride

Our mission was to view the bike trailer owned by Sherwood Transport and try out some bikes on it before we use it on John Russell's organised ride back from Settle. So John Colin and Martin were the 3 takers for a ride to Musterfield Farm near North Stanley, and next to Lightwater Valley.

It was a chilly start along the Greenway and on from Ripley to Fountains Abbey visitor centre for a warming coffee. Then we nipped down to Ripon and road out along the Kirkby Road to find Musterfield Farm. The owner and organiser of Sherwood Travel showed us the trailer, and how the bikes fixed to it, and Colin provided some useful help to him on fixing the bikes. It all looks pretty good for our April Ride.

We returned to Spa Gardens Cafe for lunch, and with the sun shining the ride up to Brimham was too tempting to miss. So we climbed up past Fountains and Sawley in lovely sunshine, with Curlews calling on the moors and Spring flowers and signs of renewal everywhere. Then a fast drop down to Ripley and homeward after super 48 miles. Martin W.

Wednesday Ride

The weather could not have been more springlike for our Wednesday wheel easy ride today to Boroughbridge. A dozen of us set off from Hornbeam to ride via Knaresborough where we briefly saw the EG's before they set off. Eric, however was not so lucky, arriving late for his EG ride, but whilst bowling along solo and standing on his pedals to look over the hedges he noticed our 12 helmets "over the hedge" and managed to intercept us in time to join our merry bunch prior to our coffee stop. Shortly after Aldwark we decided on a little detour to try out a new cafe which some of us had heard of but not yet visited. The Purple Partridge did not disappoint, and each new order delivered to the table caused increasing plate envy. Our return route now in glorious sunshine took us across Thornton bridge to Boroughbridge and home via Knaresborough. A warm welcome to Daniel who was on his first wheel easy ride today after a 9 year break from cycling but had no problem keeping the pace up at the front, nice to have our average age reduced slightly. Thankyou all for a really pleasant spring ride of 44 miles, Angela

Long Ride

Traffic jams at Spacey Houses and on Wetherby Road almost ruined the day for me and John, our new Chair. But, once through the knot, access to our new starting point at Nuffield gym was easy. Nevertheless,

there was no time to ask where the long ride was headed; just time to follow a wheel and ask questions later. Somewhere in the Yew Tree Lane area, Eric flashed past us towards Hornbeam and, we assumed, Low Bridge – obviously on a tight schedule. I understand that his chase was successful. Towards Beckwithshaw, we joined Caroline and companion who took us aback slightly by turning right at the mini-roundabout, apparently for Pot Bridge and Pennypot. Later Caroline revealed that they cut through Moor Park – smart move! A distinctly Pugh-esque detour took us to the Cobby Syke area to admire new tarmac and to ponder on whether a resident might be important enough to have their access road resurfaced. Thank you to whomever it may have been. Our 5-person group re-assembled at Delves Ridge, opting for a switchback through Thornthwaite and Padside followed by another detour to take us to a wonderful valley view over Pateley, made the more so by variations of sunlight on the slopes. Soon we were down past Yorke's Folly and into Teacups for what turned out to be a leisurely coffee stop. Not having asked the route yet, it came as a bolt to learn that we were heading for Dallow Moor via Old Church Lane. This known leg-and-lung buster proved its point once again. What can be said, however, is that we all made it to the summit somehow, as our picture shows. After battling into a headwind across the moor, it was a relief to turn towards Grantley and our lunch and recovery stop at Fountains. Good company, eager anticipation of crumbs from the Budget speech and nice food led to another leisurely stop. Warm sunshine guided us back to Ripley via Markington, past excellent sunlit views across the Vale to North York Moors and past those winter ponds that somehow don't seem to be shrinking. At Bilton, Lesley and Richard headed off to Knaresborough, home and sandwich-making for the evening's social. Richard P piloted new rider David through town to a vantage point for the arrival of Harry Gratton and Paul Hudson at Betty's, bringing a fairly strenuous shorter long ride to a conclusion after 44-50 miles and 3400ft of ascent. Thank heavens for those leisurely stops. Terry Smith

