

Sunday, August 14, 2016

## Wheel Easy Ride Report 536

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### Short Ride

There were 6 takers for today's short ride. At Stainburn forest, Sue T and new girl Jane decided to head back with excuses of afternoon tea at a railway station. Marion explained that it was possible to cycle back to Hornbeam from Stainburn without peddling!!

So although tempted to try it, the remaining 4 of us carried on to Sophie's for coffee and cake. Mary realised how much more interesting Yorkshire hills are than flat Holland for cycling and scenery. Jai enjoyed his first taste of proper road cycling as opposed to two years of spinning classes!

Twenty two glorious miles covered at a leisurely pace with great scenery and company. Bridget M



### Medium Ride (Group 1)

On a cloudy, not too windy morning the first group set out direct to Knaresborough where we were joined by an extra rider. On through Farnham and Arkendale to Gt Ouseburn for a short break. Across the bridge to Aldwark and a short detour to take in the bridge at Myton-on-Swale then on to Helperby then left, left and left again to get to our café stop (Gilchrists) in Boroughbridge. A most welcome drink in the garden for the leader to recover from a steady pace! Then back to Knaresb. via Minskip and Staveley, A59 cycleway to Starbeck and back roads to Woodlands Corner. Home by 2pm after 43 mile ride. Peter B

### Medium Ride (Group 2)

There were too many takers for a single group, so Peter B took one sub-group, Dennis another shorter route. Paul B and I took a third sub-group of 7, including returner Elizabeth, Alun, Jeannie and Jill. Gordon and Alison joined us at Low Bridge, making 9. Steady progress to Aldwark Bridge and then into Aldwark itself and on to Myton-on-Swale, where we met Peter's sub-group just returning from the bridge. Gordon gave us some background on the battle in 1319, when 20,000 ramshackle Englishmen (many of them clergy in white robes) were given a good hiding by 15,000 battle-hardened Scots. We made good use of the library in Myton (see photograph), and travelled on rather better read. To Boroughbridge and refreshments at Lister's Farm Shop

(very good sandwiches). Back to Harrogate via Minskip, and Knaresborough, where some went on Bogs Lane and others straight on the A59. About 44 miles Joe S





### **Medium Plus Ride**

14 riders opted for the Medium Plus ride today and it was a nice warm, windless morning as we set off towards Kirkby Overblow and Wetherby. At Thorp Arch, we had arranged to meet Debby and it was good to have her riding with us again after her recent enforced break from cycling. Our refreshment stop was at the delightful Doily Tea Rooms at Bolton Percy, where we sat outside in the pleasant garden. It almost seems a little up market for cyclists with their fine china tea cups but there were plenty of other riders apart from us, and the staff are very welcoming and friendly. We decided to split up into smaller groups after our stop. 4 reluctant riders were persuaded to go in the "grumpy husband" group, i.e. with David, who was guilty of a bit of moaning earlier on - much empathy was expressed by other wives! After that we went through the almost non-existent Acaster airfield, and then tried to turn to Acaster Mablis. Unfortunately there was a police road block due to a recent incident and we missed our ride along the river. Our alternative route still led us to the York Selby cycle path somewhere between Mars and Saturn! After a welcome stop at the Park and Ride, where there are some good public conveniences, it was onwards towards Askam Richard where we said cheerio to Debby (who didn't go into the Women's Detention Centre). Then homewards via Long Marston, Tockwith, Little Ribston and Spofforth. The Showground Hill is never welcome at the end of the ride but we all managed it and had a few laughs at the top before saying goodbye. As Debby said earlier she was very pleased to be back in the midst of all the group chat and banter which always makes for a good Wheel Easy day out. 54 miles Monica W





### **Long Ride**

Amazingly 17 riders elected to take part in the Long Ride. With a group this size it was not long before it broke up into several groups. The ride leader ended up in the slower group with five other riders. The slower group struck out at a steady pace towards Coxwold. Richard L decided to leave the group at Husthwaite will we continued on a newly resurfaced road to Coxwold. From here we took the Colley Broach Road to Ampleforth, although it was traffic-free it was not sheep-free. We decided to have a refreshment stop at the tea room in Ampleforth village. It would appear that Ampleforth is a "baked bean" free zone. Fortuitously we decided to try a route through Ampleforth Abbey grounds and came across the faster group of riders. We all now joined forces and set off for Easingwold. At Easingwold the majority of riders continued on their way back to Harrogate but five riders opted to have another refreshment stop. Dave S had a credit note for the Curious Table that was burning a hole in his pocket so he kindly treated all of us to afternoon tea. Now fully fuelled up we made short work of the return ride to Harrogate. As far as the slower group was concerned, the Long Ride turned out to be a pleasant, leisurely ride for once. 65+ miles PCJ



### **Yorkshire Lasses 100 mile Sportive**

On Sunday Sarah Radcliffe and I did the Yorkshire Lasses 100 mile sportive departing from Carlton Minnot near Thirsk. The route was fabulous , a flat first 15 miles followed by a few hills then the last 40 miles were flat again. Despite being in "wheel easy territory " we mostly rode on quiet country lanes that were actually new to us both which was amazing. The signage was the best I'd ever encountered on a sportive, the feed stations excellent, the atmosphere super friendly (all our ride numbers had our 1st names on so people could chat) and the marshals were encouraging and friendly. Sarah and I would both highly recommended this sportive to any HWE ladies for next year which also has 60 mile and 40 mile options. No fast Lycra clad competitive guys allowed (or even steady ones, sorry guys but it's a ladies only event). Angela



