

Sunday, April 2, 2017

Wheel Easy Ride Report 568

Short Ride

Six takers for the shorter ride (the thought of the hills to Otley was not tempting to the new girls) so Hampsthwaite via the Greenway was the most popular choice. We welcomed new members Pat (from the flat south coast) and Jill (from Pennsylvania), returners Sarah and Sue, and Joe (our token Y chromosome!).

After some good coffee and chat at Sophie's we headed back up the hill to Knox, stopping to view the mini canal on route. Sixteen miles with enjoyable company and good weather.



Slow Medium Ride

A slow medium ride is, I think, a copy of the medium ride only ridden slowly. Today was the first Slow Medium Ride of the year. It was raining as I left the house and crossing the Stray was cold. By the time I was at Hornbeam the decision had been made to attack the Otley area from a different angle. By the time husbands with "first time out" wives had insisted that their spouses could do the slow medium ride and turn back when tired, as there was no short ride leader today, all plans were completely confused. As we tried to find the medium ride meeting area, we noticed that St. James G had organised a short ride leader and the confused first time out ladies had been calmed and sorted out....and I hope you both had a lovely ride. Obviously not regarded as part of the medium ride we decided not to hang about and set off to Little Almscliff, with not much of a plan in mind. At Stainburn Forest we saw the old gentlemen, who run the farm we pass through....this was a first for me.....reminding me of characters in a Simon Palmer painting. Coffee at the farm shop on the main road near Pool bridge was very pleasant, the ride through Castley to Duneswick was a delight, we did not kill ourselves on the main Leeds road, and we climbed to Kirby Overblow with only the loss of a pair of gloves, which were retrieved, when two skinny black lycra clad cyclists pointed out that they had spied an abandoned pair of gloves. So upwards out of Kirby Overblow....why is that hill passed the graveyard so hard....a goodbye to Dan and a T de F pelt down the bye-pass and home after some world class chatting. Thank you everyone for being so patient with chaotic planning.....a fine day out. 27 miles, a few thousand paces and 97 floors. CG

Medium Ride

Today's ride was called the Otley loop- with no mention of hills. So an unsuspecting group assembled at Hornbeam. . It was good to see some returning familiar faces. We split into two groups because of numbers. Al kindly volunteered to take one group. We happily trundled along the lanes to Pool via Kirkby Overblow and Castley. Because of numbers, Stephen Smith's was the best café option. Here, I suggested that maybe we could deviate from the designated route and follow a more scenic, quieter route by Leathley and Stainburn. I did point out that all the routes back to Harrogate were hilly. As we progressed to Leathley, they were all beginning to agree- and the 'best' was still to come! At Leathley, Angela kindly agreed to take a faster group back to Harrogate, despite being a little hesitant about the route. We met up with them at Stainburn once more, so hopefully they all made it back to Hornbeam. Thanks, Angela. The rest of us continued up towards Almscliffe Crag. We were nearly at the Crag when Colette discovered a puncture. Hopefully, Al pumped up the tyre, but in a few minutes, it was clear his effort had been in vain. Dave speedily changed the tube and in no time it was inflated thanks to a cylinder provided by Mark. Then it was home via North Rigton and Burnbridge. Thanks to Dave for changing the tyre and encouraging Jon, who was suffering from a bad attack of cramp. Thanks, too, to Paul for backmarking. Despite the early morning mist it was lovely spring day which, with the usual friendly company, made for an enjoyable ride. Alison N.





Medium Plus Ride

With an incredibly large group opting for the Medium Plus ride it took a bit of organising before we split into 3 groups and Andy agreed to lead a group.

We had opted to 'reverse' the route and get the hills out of the way early and also to be the last group away and keep visual contact with Gia's group.

We headed down the Greenway where the 2 groups were close together but the pull up the hill to the Drovers sorted us out and we pushed on up to Sawley and then on to Grantley.

So far all was well as we entered Grantley where a 10k run was in progress. Gia's group disappeared down a little lane and half Andy's group followed with the other half following the 'correct' route down the hill to Galphay. With Colin's help the lane group rejoined the main group and headed off to Galphay (Gia's group had opted for another route and we didn't see them again till the cafe stop) this was an interesting leg of the ride as we passed the faster group (who had opted to do the ride the route as advertised) going in the other direction and about a 100 runners who were heading back towards Galphay.

On reaching Galphay we began to enjoy the downhill ride to Ripon where we all agreed to push on to Boroughbridge and enjoy lunch at the Vintage Bean.

Again we made good progress, despite the busy roads, and after leaving Ripon we came across two old beauties on the road (no not Wheeeasy members!) but restored vintage cars. A quick photo and then on to Boroughbridge for lunch.

We had made a good choice as it was not busy(yet) and we were quickly served with drinks and our food order taken.

Whilst waiting for our sandwiches we all admired Charlie's slice of Guinness cake (there are other stouts available) and there was talk of big heads which we think referred to the top of the cake not Charlie!

As always there was good chat, occasional mention of a ride in Spain somewhere(making us all jealous) and the perils of technology and the loss of conversation (certainly not in our group). By this time Gia's group had arrived and also the final 'two stop' group which made us glad we had got in early. However the service was excellent and staff very welcoming.

The decision was made to ride out to the Dunsforth(shhh!) and on to Arkendale and in to Knaresborough as the route back and with the sun coming out Kevin started to look smug in his shorts.

James left us at Bond End and the rest decided to go up the Beryl Burton and then the Greenway into Harrogate. Despite it being busy with walkers and cyclists it was still a pleasure to ride traffic free into town on a good surface.

Liz and Andy left us at Bilton and the remainder made their way across the Stray to Hornbeam//home.

A great days riding in good company and good weather.47 miles and a bit of climbing – just what we like to prepare for the summer rides. Kevin



Medium Plus Ride Gia

The ride today attracted a large number of people and thanks to Andy, Martin and Justin who stepped in to help keep the groups small and prevent café shock.

Our group was held up at Ripley loos inundated with car boot sale people (don't they know that this is often the first of the Wheel Easy comfort breaks?) but after that we rode along enjoying the increasing warmth of the sun, the scenery and the company. My suggestion to reverse the route seemed to go down well although as my confusion of the Sawley/Risplith/Grantley roads are sketchy at the best of times it perhaps was not surprising that I missed Galphay. However we rode a very pretty route ending up in Aldfield and as usual the run down the deer park was a joy.

We made contact with Andy's group who by this time were on their way to Bean Vintage where we arrived in good time to enjoy excellent food and service as always. Martin's group

followed us in for their second café stop so by this time there were about 24 of us comfortably accommodated in the café and we were all served in good time. The sign of a really well run establishment for hungry cyclists waiting for their first tea or coffee of the day at 1.30!

As it was such a sunny day we returned home via Marton cum Grafton and Arkendale and Knaresborough.

Thank you to my happy group who were very forgiving of my chaotic leading but we all had a good spring day's ride of about 42 miles. Gia



Medium Plus Ride

Medium Plus Report - the one with Martin's early coffee stop. We were one of many Medium Plus groups wandering over the hills of North Yorkshire today but ours was special because we were the first visitors for coffee in GTs at Risplith. After a chilly start along the Greenway the sun was appearing as we hit Sawley and Risplith. Then at Grantley we found ourselves heading in the opposite direction to the runners in the Fountains 10. It looked a great event and a few of us were envious of those mature folk injury free enough to tackle a spectacular race such as this. A rapid whiz through Galphay and down to Ripon was followed by Skelton-on-Ure and Boroughbridge. At Bean Vintage we stopped for our second refuelling, and realised that Gia's group had also just arrived but not had a stop so far - where had they been? Fully restored we started but quickly stopped again as Tim's chain came off and jammed in such a location that 3 of us could not fix it, so he resorted to the emergency phone call and a lift home. The rest of us continued through Marton-cum-Grafton, Arkendale, Ferrensby and home via Knaresborough. There were a few tired legs, and particularly well done to Lesley who was getting some good miles in for the first time this year. Martin W.



Medium Plus Faster Ride

A good weather forecast for the first Wheel Easy Sunday ride of April led to a large turnout today for medium plus. I led a faster group of 15 riders out towards Knaresborough. The group size made our journey out to Boroughbridge a bit ragged: less of a peloton and more several small breakaways with a potential gruppetto. As we left Boroughbridge, the attacks ended and the peloton reassembled. Alan and Declan turned back soon after Ripon for prior engagements, and we lost David with a recurring seatpost problem soon after. After enjoying the lumpiness of the route through Galphay and High Grantley (and picking our way through runners doing the Fountains 10km run), we entered the feeding station of the cafe at Risplith, where we basked outside in the Spring sunshine and admired Darcy's impossibly-white new cycling shoes. The steep post-Risplith climb up to Raventofts was appreciated by nobody and then we had a fast-paced run into Harrogate. As always, the company was good and we enjoyed a good ride. This is one of the more interesting routes on the calendar, with its flat section and then lumpy section. A Wheel Easy Spring Classic route perhaps?! Michael Inglis



The tyre shredding long ride
With daylight hours getting longer, temperatures getting warmer, Spring is well sprung, and

so its time to increase the mileage of the long ride. At 73 miles this would be the longest ride so far this year, and it was excellent to have the the largest turn-out so far too: good to welcome back some who haven't been with us for a while, and good to welcome 2 new riders: Justin and Lee on their first long rides. Our numbers increased to 12, when Phil from Boroughbridge joined us for a while as he was only doing a 40-50 mile ride. Our numbers increased to 13 when we caught up Dave P, who had set out early hoping to meet us at Aldwark Toll Bridge. However, just after crossing the A1(M), we found DP, with bike upside down, mending a puncture. In the tradition of the EGs, such misfortunes are always a great opportunity for hilarity, and with several EGs on the ride, today was no exception. The gash in the tyre was given the trusty first aid treatment of a section of toothpaste placed inside the tyre. We resumed our ride through Aldwark, Tollerton, Huby, Sheriff Hutton, and Bulmer to our lunch stop at the Castle Howard Arboretum. DP decided to shorten his ride just before the lunch stop, but still clocked up 70 miles today - well done, Dave! Lunch was a fairly leisurely affair, sitting outside the café, and then we were back on the road returning via Terrington, Brandsby and Crayke to Easingwold, where Trefor, Lee and Dave S opted for early baths and continued home, whilst the remaining 8 of us enjoyed our tea and cakes at the excellent Sugar Mouse. We then resumed our third, final and warmest part of the ride, via Raskelf, Brafferton Helperby, Boroughbridge, and Knaresborough back to Harrogate for about 6pm, but not without another puncture, this time it was Peter B's turn, and for the second time today the toothpaste tube emergency repair was required! Finally I called in to check DP had arrived home safely, and learned Dave had a further puncture on his way home, which resulted in another different area of serious damage to his front tyre wall. This time - with no toothpaste tube available - Dave inserted a section of the cardboard inner tube box inside the Port side of his tyre and then cycled with a 20 degree list to Port to ensure a safe passage home! Wow - that takes some navigational and cycling skills! Congratulations are particularly deserved by Lee, who confessed that the highest mileage he can ever remember doing before today's ride was just 30 miles!. 73 miles for those starting and finishing from Hornbeam, 79 miles for this Harlow Hillbilly. A very enjoyable and eventful Spring ride. Many thanks to all who took part, and we didn't talk too much about the B word! Eric

