

Sunday, January 14, 2018

Wheel Easy Ride Report 608

Medium Ride

It was decidedly dull and cold (4 degrees-ish), with a 10-miles-an-hour wind from the south. Nevertheless, there was a large turnout at Hornbeam. Scottish Brian was there on foot with a crutch (a lame excuse for not cycling if you ask me...). 13 opted for the medium ride, including new-comer Simon and some of the usual suspects, including Dennis and Sally, out for the first time in several weeks. Alun kindly offered to lead a sub-group of 6, with Dave back marking. We had ascertained that Burn Bridge road really was not passable on a bike, so we went from Leadhall Lane down to Pannal and across the A61 at the lights, up Drury Lane to the ring road. Right then left to Kirkby Overblow, where Paul B was waiting for us. There were lots of cyclists out and about today. On to Sicklinghall and Wetherby (where Dennis left us), through the town centre and south down the cycle path towards Boston Spa, but instead of going under the A1, we continued on the east of the A1 along the nicely-surfaced road towards Bramham. We noticed the headwind at this point, and Geraldine was impressed by the benefit to be had by slipstreaming behind me. We soldiered on to Clifford and Boston Spa, where a toilet break and a photo were taken. Over the Wharfe to Thorp Arch and the café in the trading estate, where there were several other cyclists as usual. Max suggested that on the way back, instead of cycling 'along the hypotenuse' we should cycle 'along the opposite and the adjacent', thus taking in the new, signposted cycle path from Walton (look at a map; his description is apposite). We went through the surprising clean underpass under the A1 and then past the new Aldi, right then left towards Kirk Deighton and North Deighton, where we turned left to Spofforth and Follifoot. The medium plus group passed us as we waited at the time-honoured spot at the top of the hill in Follifoot, whence we headed to Rudding, then the dreaded showground hill and back to Hornbeam or directly home. About 34 miles. CPS



Medium Plus Shorter Ride

Three of us bailed out just before Great Ouseburn for a 35 mile ride returning via Boroughbridge.

As we entered the town we met John who had repaired his puncture which had held him up at Hornbeam.

We all enjoyed excellent small breakfasts at Listers Farm Shop and enjoyed meeting some former and current Wheel Easy members who were riding with Knaresborough Cycling Club. Good ride out although chilly but decent number of miles for a cold January day. Thanks Paul, Tim and John for your company. Gia

Medium Plus Ride

Lots of riders ready for the Medium Plus ride to Beningbrough Hall, so it was sorted into a few smaller groups. Seven riders in the group set off, ChrisR, the two Liz's, Steve S, Alison, Mike and Mike W, on dry roads with no ice or rain. I volunteered to be back marker, having buddied up and stayed close to the ride leaders on the last two rides. We re-grouped at Low Bridge and set off to Farnham and then on to Great Ouseburn and Beningbrough. Just outside Linton on Ouse we saw James and his group at the side of the road, they told us to go on ahead as they were stopping off for coffee at the Lock House Café just in case Beningbrough was full. As we approached Beningbrough we met Steve from another group, by himself and so he joined us - there was plenty of room in the café!

After the stop, it seemed to be getting colder but riders soon pointed out the signs of Spring, a daffodil and then at Aldwark Bridge lots of snowdrops. At Follifoot it was unfortunate that Steve got a front wheel puncture, so he told us all to ride on to save us getting cold while he fixed it and made his own way back.

Thanks to all for the good advice and tips given to me about ride leading and being back marker, I learnt a lot. I did ask who to send a ride report to, but somehow I was volunteered to write this report! 45M. Chris Rogers.



Another Medium Plus Ride

Having acted as Dispatcher I lead the remaining 10 Medium Plusers, which became 9 before even leaving the car park as John H had a puncture, but assured us he would catch up later, although we never actually saw him again. We followed the route through Knaresborough and Arkendale to Great Ouseburn where Gia, Tim and Paul left us to return via Boroughbridge and we pressed on the exchange hearty greetings with the custodian of the Toll Bridge at Aldwark. On passing through Linton-on-Ouse we encountered Peter's faster group coming in the opposite direction who greeted us with the joyous news that the Farm Cafe at Beningborough was very busy so following a quick discussion a democratic decision was taken to try the cafe at Linton Lock, where unfortunately we "lost" Steve. (apologises Steve and hope to were able to merge with the other group who were very close behind us) Despite signs to the contrary the cafe was open with a lovely warm fire and a very cheery hostess to greet us. There was a marked reluctance to return to the "arctic" temperatures outside but eventually there was no putting it off and we persuaded our hostess to take the photo on another phone camera after Kevin's failed the quality test! We returned to Aldwark and after Thorpe Underwood explored a slightly different route through Green and Kirk Hammerton, exchanged pleasantries with the railway gatekeeper just down the line from Cattal and opted for Hunsingore and the old A1 cycle path to Little Ribston, where Colin and I abandoned Sue, Kevin and Tim to return to Knaresborough leaving them to find their way through Spofforth for home. A cold but dry day and most if not all of us were pleased to at least get futon the bikes. 40+ miles in good company for which thanks to all. James G.



Mecium Plus Ride with Janet
There were absolutely 'oodles' of cyclists at Hornbeam this morning despite the dismal weather. That sort of weather that gives you 'ice cream' headache. Eight of us set off but we

lost John H immediately due to a flat tyre. We carried on without him as the cold was getting into our bones. We made good progress towards Beningbrough and the old chap on Aldwark Bridge was particularly pleasant telling us that we were 'brighter' than the blokes! Who could he mean we wondered? Perhaps the fast group who had set off just before us? As we approached Beningbrough the fast group were speeding in the opposite direction - surely they hadn't already had coffee. My money was on a coffee stop at Tancred farm instead. Coffee and cake -just the ticket and we were joined by Peter who was out cycling on his own. We followed the published route on the return and were forced to stop at Cattal due to a train approaching. John H finally caught up with us- for all of 10 minutes before he turned off to go home. I had forgotten how evil the Showground Hill is after 44 miles of cycling at an average speed of 12.7 and approx 2,000 feet of climbing! My first ride of 2018, thank you and at least I burned off 1900 calories. Janet G.



Medium Plus Ride – Fast Group

Ten riders left Hornbeam Park heading off to Beningbrough Hall and its environs. The peloton set off at a brisk pace and we soon arrived at Beningbrough Farm Shop. A quick assessment of the seating indicated that ten could not be accommodated. Sitting outside was considered briefly, very briefly. So, it was about-turn and off to Tancred Farm. Horror, Tancred tearooms was also full, including a tableful of EGs. Thankfully after a short wait we were seated and served. Leaving the warmth of the Farm Shop the outside temperature felt a bit nippy. This encouraged the peloton to set off at another brisk pace to warm themselves up. On reaching Little Ribston the group split up with everyone finding their own way home. PCJ

Short Ride

Well now we all know what chilled to the bone means! There was a nice group of nine riders setting out from Hornbeam Park this morning and we headed up to Beckwithshaw and

across the moors to Little Almscliffe crag. The temperature was definitely on the cool side and although there was no ice it certainly felt very chilly indeed. It was onwards past the Sun Inn and a turn into Penny Pot Lane before heading across the A59 at the (now closed) Black Bull Inn. There was no argument about the need for a quick warm-up stop at Sophie's Cafe in Hampsthwaite and we were soon tucking into lots of hot coffee and snacks. Suitably refreshed we headed back home via Killinghall and thawed out by whatever means was available including hot showers, large alcoholic drinks etc, etc. Martin W



Long Ride

8 long riders set off from Hornbeam, but before we had gone 5 miles we were reduced to 4. After exiting the new roundabout just after Alexander's Garage on Borough Bridge, Knaresborough, I accelerated to get back to cruising speed, and seconds later there was a shout of 'Man down'. Turning round, I saw the rest of the group were some way behind so went back to survey the scene.

Piecing together the various accounts that emerged, it seems that as the group exited the roundabout and gears are changed, one chain came off. The rider slowed, called out that he had a problem, but not everyone heard. The next rider was able to take evasive action, the following person braked, person behind had to brake harder, etc. So there was a ripple effect of ever increasing severity resulting in the last 2 riders touching wheels, their two bikes becoming enmeshed, and both riders being thrown from their bikes. Initially the main damage seemed to be to Glyn's bike: there was a 4" section of the drive side seat stay broken off (see photo), where Terry's handlebar had lodged itself. Phil volunteered to cycle home to collect his car and transport Glyn with broken bike back to Hornbeam. Once Glyn and Phil had set off towards Harrogate (Glyn on foot, and Phil on bike), the ride restarted, only to find Terry was not able to continue either. Terry had hit the tarmac very hard, and injured his knee and was suffering from shock. David R escorted Terry back to a Knaresborough café for coffee and some recovery time. Best wishes to Terry for a speedy

recovery, and to Glyn for his insurance claim (Specialized have subsequently said the frame was out of warranty and therefore they have no liability. Many thanks to Phil and David for their humanitarian services.

So eventually 4 of us resumed our ride via Beningbrough to York, where we had lunch at Cycle Heaven, and returned to Harrogate via Long Marston and Spofforth, arriving home at 3.15pm. 56 miles and 2,200' climb for three of us, 88 miles for Rob M who had cycled from home in Leeds. Well done, Rob! Eric.



