

ISSUE No. 9

SPRING 1984



PRICE 20p

RIDING NORTH

The Journal of the North Yorkshire D.A.
of the C.T.C

Issue 9 - Spring 1984

Contents:

Editors' Notes	2
Dates for your Diary	2
Fortieth York Rally	2
Give us a Song, Rappo	3
Pedal Power '84	4
Club Table Tennis Championship	5
Ascent of Ben Nevis	7
Additions to the Catering List	8
Ride-out Luncheon, 1984	9
Brain Teaser	9
Awards Presentation and Social Evening	10
AOCR - A New Level Crossing	11
Artist's Eye	12
Easter in the Fifties	14
1984 Birthday Rides	16
Harrogate Festival Audax Rides	17
Midsummer Weekend	19
YHA York District Group	19
"Be Prepared" - for that Tour	20
Artist's Eye	21
Keeping Warm on the Bike	22
Award for a Veteran	24
Answers to Brain Teaser	24

Editors: Anne and Mike Haseltine, 145 Greenshaw Drive, Haxby

Copy deadline for next issue - 30 August 1984.

EDITORS' NOTES

After what seems like months of pleading, cajoling and almost even bribing members to provide copy for this ninth issue, material has suddenly come flooding in, so much so that we already have a few items for the tenth!

Don't let that deter you from providing more, though. It is a fact that far too many times, two willing (or even unwilling) writers choose the same subject, leaving your editors no alternative but to hold one article over for a later issue, and it would be refreshing to have a wider choice of what to include and what to hold over than has been the case recently.

With this issue, Riding North enters its fifth year, with its price of 20p having been static all this time, something of an achievement these days. Long may it go on.

Anne & Mike.

* * * * *

DATES FOR YOUR DIARY

April	15	-	G.H.S. Memorial Rides
May	13	-	National Bike Week - Coxwold Cyclists' Service
	20	-	D.A. Standard Ride - 100 miles in 8 hours
June	3	-	BCTC Local Heat - Organiser Ron Healey
	24	-	York Section 24 hour Standard Ride
July	21/22		York Rally (see below)
Sept	2	-	D.A. Rough Stuff ride
	23	-	York Section Standard Ride - 100 Km in 6 hours

* * * * *

FORTIETH YORK RALLY

The 1984 York Rally (the 40th) will be held on Knavesmire on the weekend of 21/22 July.

Chief Steward, Keith Wray, is looking for local members to swell the number of helpers to assist in any or all aspects of the event, from setting-up on the Friday, to clearing-up on Sunday evening. Helpers are required both on site, in the open air or under cover, and off site, marshalling the Grand Parade and the organised runs.

If you can help, please contact Keith as soon as possible, at 41 Hawthorn Terrace. New Earswick. telephone York 769117.

"GIVE US A SONG, RAPPO"

It is a wellknown fact that cycling breeds its share of Characters. We have them in our own Section, of course, but the one I bring to mind is W. Rapson, alias "Rappo". Bill, as I preferred to address him, was a former workmate, now retired, and also a cycling colleague of yesteryear.

If out on tour somewhere, be it the Dales, Lakes, Scotland etc., he enjoyed sampling the local brew in the evening. At the call of "Give us a song, Rappo" he would be on his feet and into one of the popular songs of the moment. After another pint or two he would capture the room with his rich renderings on cycling's vicissitudes. Here is one from his collection.

AWHEEL, AWHEEL

Once more into the blue we ride
On a frosty Sunday morn,
With the best of life's companions -
It's an absolute joy to be born.

Who is the leader this grand winter's day?
And where are we bound for, my boys?
One never knows and one never cares,
The countryside gives us our joys.

The purr of the bikes, so pleasant to hear,
Dispels all our thoughts of travail.
Through sunshine and showers we ride to the hills,
To the rills and the ghylls and the dale.

"Pull in for a break", someone shouts at the rear.
A coffee is just what we're needing.
To continue our pleasure we must have our leisure
To converse with the man who is leading.

Over the map we gather to settle our route,
The most interesting one we can find
To escape from the noise of the wide open road
Where the cars continue to grind.

After our break we are mounted once more
On our simple and trusty steed.
Into the lanes where silence prevails
We meander, thanking God we are freed.

From the turmoil and stress of the traffic's loud blare,
From the world of the speed and the devil,
To a world that is known to cyclists alone,
Where one's mind is more on the level.

Yes, a day in the open, in the quiet of the hills,
Keeps the mind and the body so clean.
To travel through life in this most simple way
Makes contentment so easy to glean.

The Captain.

* * * * *

PEDAL POWER '84

That is the sobriquet for a Cycle Festival being arranged for the folk of Goole over the May Day Bank Holiday to promote all aspects of cycling.

On Sunday, 6th May there is a touring ride starting from the Leisure Centre at 9.30am for a 60 mile round tour with lunch at Huggate. At 10.00am an Exhibition opens in the main hall of the Leisure Centre with various displays from clubs and organisations as well as the trade. There is also practising for the BMX competition and an Open 10 mile time trial from Gyne Corner at 1.00pm.

Monday sees a repeat of the Exhibition and finals for the BMX riders. There will be racing in the town centre from 12 noon to 5.00pm and the Exhibition closes at 6.00pm. Camping accommodation can be offered at the centre for anyone wishing to stay over Sunday evening.

It is envisaged that a C.T.C. display will be mounted jointly by Hull & E.R. and North Yorkshire D.A.s.

CLUB TABLE TENNIS CHAMPIONSHIP

The December Club Night was the occasion of the CTTC. The top seed, Iain Sellars, was defending his title for the third consecutive year and although he did not look in peak condition (more Tetley Type than Table Tennis practice for his right arm) he was eventually to prove capable of warding off all challengers.

A strictly un-biased draw was undertaken by the Hon. Sec. and Andrew Sellars with No. 2 holding the cap and sneaking a look to make sure that he did not draw Sellars Snr. The draw placed the said SS in the second half of the competition with a first round tie against the beaten finalist last year, Hon. Sec, Green. Strive as he might, and he might have, the Hon. Sec. went down 21:9.

Another interesting pair (no rude comments please) was the Ladies clash between Pauline Wray and Jane Bowker. In a tense match - akin to the Women's Wrestling seen on TV - Pauline proved victorious and Jane sought consolation in the arms of! Pauline went on to meet and beat Richard Longbottom who had had a bye in the first round and claimed he hadn't had a thorough warm-up. This brought Pauline through to the semi-final and up against (not literally you fool) Iain Sellars and whilst Richard had fallen for the flutter of eyelashes followed by a quick forehand smash, Iain, man of the world that he is, didn't fall for such tactics and disposed of her 21:4, 21:3. So ended the female challenge.

What of Miss Rutherford I hear you ask (don't I?). Poor Lucy had the misfortune to draw Andrew Kirby in the first round (she would have much preferred a cuddly teddy bear). He disposed of her in an easy win but he, too, had the misfortune to draw Iain in the second round and went down in 5 and 3:21 defeats.

Who of the Likely Lads in the first half of the draw would meet the No 1 Seed? That was the question on everyone's lips, well nearly everyone, well some people, well the caretakers daughter asked.....

Colin Shepherd and Mark Dickinson were the first to play in this half and Colin won a fairly tight match 21:14. He then came up against Mike Cooper

who showed a touch of professionalism by coming in trainers and bringing his own bat. Mike had already seen off Keith Wray who complained that he could not see the ball "dropping out of the sun" (We all hope he recovers soon!). Colin faded badly and Mike ran out an easy winner 10 and 6:21. The surprise of these first round ties was the way in which John Whitworth beat Sellars the younger. Andrew had no answer to the fast serve Of JW which he admitted to having polished up during his New Zealand trip. The other remaining first round tie had those two Audax stalwarts, Boswell and Benton, matched. Gerry ping-ponged his way to 10 points to No 2's 21.

The match between JW and No 2 proved the closest of the night and was the only quarter final to go to three games with No 2 just winning out 20:22, 21:17, 17:21. No quarter was given or taken in the semi, and despite some "impartial" umpiring decisions made by members of the Mike Cooper Fan Club, No 2 won out (or worn out) 21:19, 22:20.

Tea was taken so as to give the spectators a chance to recover their breath from the exciting preliminaries and to allow No 2's Phyllosan tablets to work. Unfortunately Anne Haseltine failed to lace Iain's tea sufficiently and it was this (and only this?) which was to prove the downfall of No 2. Each point in the tense match was greeted by ooohs and aaahs by everyone, well nearly everyone, well some people, well the caretaker's daughter, and Iain retained the title 21:18 and 22:20 which was just as well since he hadn't brought the trophy back.

Thanks to all for entering - See you next year.

Bjorn B.



ASCENT OF BEN NEVIS

Fort William is a good base for a tour of the Scottish Highlands, served by a rail link to civilisation, so that you can get there the easy way - though if you are taking a bike from York you will need to go either by the Settle-Carlisle line (if the campaign to save it succeeds) or by Carnforth and Lancaster to Carlisle and then to Glasgow (a change of station here) and on to Fort William.

For those cycling to Fort William, the most scenic route from York is by the lanes to Richmond and Barnard Castle, then by the Tees to High Force and over the pass to Alston, then Bramton, Longtown, Langholm, Eskdalemuir and Peebles. Then you need to thread your way through the industrial lowlands to Stirling, and Callander, then Crianlarich. From here you have a choice of routes, west through the Pass of Brander to Taynuilt, Bonawe, over the Airds Bay ferry and up the coast to Ballachulish, or north climbing amid heavier traffic to descend through Glencoe to Ballachulish and 12 miles further to Fort William.

A day's walking makes a pleasant break in a cycle tour, and Ben Nevis is not a difficult mountain for a walker - though if you insist on climbing it with a bike you need to be a dedicated rough-stuffer or cyclo-cross maniac, for there are some quite unrideable stretches and some steep gradients. The climb will take four or five hours going and about half that returning, though a lot less for the really fit. Don't attempt it between November and April, choose a clear day, wear heavy shoes or boots and warm clothing, and take food and rainwear.

Take the Glen Nevis road which leaves the main road about a mile north of the old town centre, though still in the built-up area. Cross the river and follow the path which is quite wide, but rough and with numerous gulleys to be crossed, some by footbridge. About two miles on, the steep path from Glen Nevis Youth Hostel joins at about 1000 feet, and at about 2000 feet where a stream comes down from a corrie a steep, much rougher short cut has been made, but the true tourist route turns left here and is now grass-grown and much easier.

This leads to the waters of Lochan Meall an t-Suidhe, overlooked on the

west by Meall an t-Suidhe, (Ben Nevis satellite) which at 2322 feet hides Ben Nevis from Fort William. There is a good view from here, north up the Great Glen, north-west over Loch Eil and south-west down Loch Linnhe, not as good as from the summit but a consolation if the summit is misty as it was both times I was there in June 1938 and June 1982. After the loch (the halfway point) the path is less steep as it zig-zags about ten times to the summit, where there is always some snow, particularly the Great North East Corrie - don't take the short way down here, it is almost vertical! The views from the summit are similar to those from the half-way point but much more spectacular if the weather is clear, upwards of 60 miles (Editors' note: we have clearly seen the summit of Ben Nevis from the Isle of Mull, nearly 50 miles away).

Walter Lee.



* * * * *

ADDITIONS TO CATERING LIST

- | | | |
|---------------|---|--|
| AYSGARTH | - | Post Office/stores in Main Street |
| HUGGATE | - | Wolds Inn (welcome back!) |
| KIRKHAM ABBEY | - | Coffee House in the Garden Centre |
| NORTH DALTON | - | "Mitred Corner" |
| POCKLINGTON | - | Burnby Hall Gardens Cafe will open for parties in the mornings, afternoons and evenings. Ring Pocklington 2407 |

RIDE-OUT LUNCHEON, 1984

York Section's annual ride-out luncheon involved a new (for this event) venue, and more than its share of incident. The Wolds Inn at Huggate, lately out of bounds for cyclists owing to an ill-disposed proprietor, had again changed hand with the new licensee sensibly realising that there is more of a future in catering for cyclists and ramblers than upmarket passing motor trade, and the Committee had chosen this occasion for a celebratory return to favour.

Unfortunately, the Wolds in winter can be inhospitable terrain, and when 22nd January dawned with an inch or two of snow in the Vale of York, some of the more senior members conferred by telephone and decided to postpone the event, and one volunteered to ride to the station to convey this decision to any others who turned up. Of course, York Section riders being made of stern stuff, there were about two dozen at the station and in true democratic fashion they vetoed the postponement.

Considering the weather conditions, the outing was more successful than it deserved to be. Nobody got lost or buried in snowdrifts, and everyone was home before darkness fell. While the luncheon was unmemorable, the new licensee catered for many more people that day than he could have reasonably expected, for apart from our party, there were quite a few others who patronised the Wolds Inn that wintry day.

* * * * *

BRAIN TEASER

By altering one letter at a time to make a new word, change the following in no more than 6 stages. (At least one can be changed in 5)

Example: to turn MIME into COPY

mime - Dime - dOme - doPe - Cope - copY.

- | | |
|-------------------|-------------------|
| 1. RIDE into BELT | 4. TYRE into ROAD |
| 2. TENT into CAMP | 5. PART into BIKE |
| 3. HAND into TURN | 6. FOOT into CLIP |

answers on page 24

AWARDS PRESENTATION and SOCIAL EVENING

For the second year running, the D.A. Annual Awards Presentation and Social Evening was held at Guppy's Enterprise Club, Nunnery Lane, York, the date this year being 25th February, a week earlier than in 1983. The precise number of members and guests attending is not known at the time of writing, but there were much the same as last year, between fifty and sixty.

The D.A. President, J. Alwyn Taylor, attended for the early part of the evening, but had to leave before the presentation ceremony, which was conducted by one of the Vice-Presidents, Arnold Elsegood. There is no truth in the rumour that he and Norman Bottomley, the other Vice-P who was present, drew lots for this job, and Arnold lost! It was great to have these old friends with us once again, including Norman's wife Peggy about whom one would hesitate to use that three-letter adjective.

Notable among the guests were Les and Nellie Boswell, for some years now honorary social members of York Section, and whose company is always welcome.

Following the general acclaim for the standard of catering last year, the D.A. Committee had again engaged Mrs Ruth Dykes of Buttercrambe to provide a buffet supper, and from all accounts few were disappointed - seconds and even thirds being observed in some cases - with the remnants(?) being snapped up by those wishing to augment their pack-up for the following day's Sunday Run.

After eating their fill, members were roused from their lethargy by being exhorted to enter a light-hearted game/ competition with clues to rhyming answers organised by D.A. Sec. Ron Healey, almost still warm from his hospital bed. We were pleased to observe his recovery from recent surgery and hope this continues so he can once again start eating the miles.

Members addicted to computer games were given the opportunity by Keith Wray to indulge their passion in an apparently tailor-made game which reminded the writer (for no reason at all) of a nightmarish Youth Hostel - maybe because it featured a bike frame, a key, and a monster called Gerrie.

All these activities, including the inevitable reminiscing, were sufficiently absorbing that it was with surprise that we were reminded by Neil Guppy that his licence expired at midnight. Like Cinderella, we fled before the coach turned back into a pumpkin.

* * * * *

AOCR - A NEW LEVEL, CROSSING

First of a new type open crossing for main railway lines has been installed at Naas, near Lydney, between Newport and Gloucester.

Unlike earlier open crossings on secondary lines traversed by trains at low speeds, this new type of crossing is authorised by the Department of Transport for double-track lines with train speeds up to 75mph. Line speed at Naas is 60mph.

The crossing has no gates or barriers. Road users are warned of approaching trains by automatic amber and flashing red traffic lights, with a "warbler" for pedestrians.

If a second train is approaching the warnings are supplemented by an Another Train Coming flashing red signal and the tone of the warbler changes.

Road users must cross only when no lights are showing.

The level crossing equipment is monitored constantly in the supervising signal box, and the crossing is known as an Automatic Open Crossing, Remotely Monitored - AOCR for short.

from "Rail News", September 1983

Editors' comment: Is this British Rail's answer to the recurrent problem of smashed gates at a certain level crossing near York? Sounds rather a hazardous idea!



ELLER BECK BRIDGE.

EASTER IN THE 'FIFTIES

With Easter a few weeks away it seems appropriate to look back to 1953 and see what memories can be dragged from a brief diary record of that year's tour.

Easter was a bit earlier that year, April 4-7 (we used to work on Good Friday in the Woollen District and have Tuesday instead) and the hostels chosen for the CTC Section were Ravenstor, Hartington and Edale.

It seems there were nine of us met at Horbury Bridge and we climbed the long hill to Midgeley where we turned down into Denby Dale (of giant pie fame). Hereabouts the rain began and we continued into the Pennines towards the peak. As was customary we stopped at Langsett for elevenses and were able to discard capes, then it was across the reservoir dam and over the many switchbacks with 1 in 4 climbs and descents, Ewden Beck, Agden Brook and then to the Strines with its fine view of the many dam-filled valleys that lead into Sheffield.

Lunch was at Strines Inn followed by the long gentle and winding descent to Ladybower Reservoir with a little snow to contend with. One of our party, it is recorded, left us at this point with the intention of 'getting a few miles in'. The rest continued through Bamford to Bradwell and up the long valley lined by limestone outcrops. At the head of this valley one of our number was suspended from a wooden signpost by his braces as a means of passing the time. At Tideswell a game of football was played in the now warm sunlight before we repaired to a cafe for light sustenance. Then it was a short way by track to the hostel which overlooked Cheedale, being a very imposing former mansion. Between each pair of bunks there were solid wooden screens and the diary tells us that most of the boys slept without pyjamas that night. Seems the girls had been delving into saddlebags during the football!

The following day we rode down the hostel drive to Millers Dale then followed a long climb to Taddington where some took revenge on the girls with snowballs in profusion. On we travelled on the A6 past Ashford to Rowsley then into Matlock Bath for lunch at the Weir Cafe.

From Matlock with its stupendous tor scenery, we climbed to Wirksworth then by Hopton to the old town of Ashbourne where we had to suffer torrential rain. From here our objective was Dovedale and we stopped first for cups of tea at Thorpe Cloud before proceeding past the Isaac Walton hotel as far as the stepping stones. Here we crossed back from Staffs into Derbyshire. This side of the river it was very muddy and occasionally we were wheeling the bikes in the shallow water and sometimes clinging to the slippery rocks. This continues for many miles and from time to time we encountered walkers who thought we were mad - very true actually. Eventually we reached Milldale and there was a brief respite but soon we were back in the valley passing through Wolfscote Dale and Beresford Dale eventually arriving at Hartington hostel at 7.0pm. Two more were added to the party, Saturday workers who had pedalled out all the way. Hostel supper is recalled to be organised chaos but this was followed by table tennis and more scoffing - not the verbal kind either. A further member of our group arrived at the hostel from home around 11.0pm and announced to one and all that he was under the weather. This was his perpetual state yet no-one had ever managed to shake him off their back wheel.

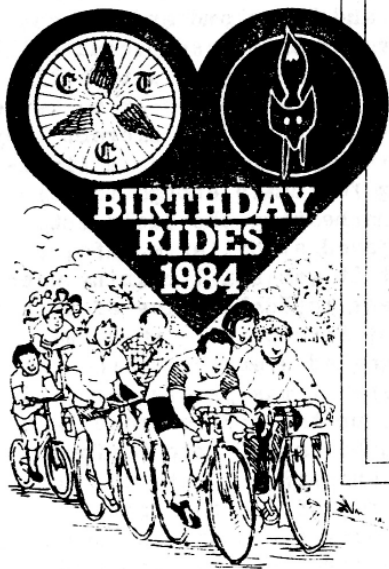
The next day began with rain and low cloud and as most of the party left the hostel, five of us stayed behind still fixing something or other on one of the bikes. With hill and dales we did not travel far before elevenses at the Quiet Woman at Earlssterndale. The inn sign showed an elegant lady minus head - hence the inn name. From here it was a 'lashup' for Buxton and I recall being fortunate enough to gain shelter behind a North Western bus beating the field into town. An excellent lunch was enjoyed at Miller's Cafe, a C.T.C. appointment of course, but it was still raining when we came out. Rather than go direct to Edale, five of us took the road to Chapel en le Frith (of Ferodo fame) where we caped off. Turning north we struggled over the switchbacks to Hayfield then into Glossop where it was pretty damp and dull. Another long climb took us up the A57 to Snake Pass summit, then the long drop to Ladybower and into Bamford again for coffee and ecclescakes enorme! Up into the Hope Valley we went and eventually turned off to the hostel. Arriving after the main party we were fortunate to have beds in the main part of the hostel rather than the annexe where they slept.

The tour ended on Tuesday in fragmented form, three of us going via Sheffield to Langsett for lunch then on to watch a football match at Huddesfield. Another three went over Jacob's Ladder to Hayfield while the main bunch took the Rushup Edge-Chapel route to Woodhead and over Holme Moss. That left one lone ranger who had to return to his RAF unit at Stafford which he did with a detour via Leicester, for reasons that we may never find out.

Without doubt this was an excellent tour that could well have been spoilt by foul weather, but the exuberance of all our comrades made sure that no-one's spirit was dampened. Let us hope that the same spirit prevails on your Easter jaunts.

Ron.

* * * * *



The Leicestershire D.A.
invite you to the
1984
CTC Birthday Rides
to be held
in the
Heart of the Shires
August 4th - 11th.

HARROGATE FESTIVAL - AUDAX RIDES

The DA and Audax UK are promoting rides at the Festival again and the details of the routes for these are given briefly below. An entry form is included overleaf and you will note the concessional entry fee for DA members. The rides will count towards the DA Medallion Scheme.

SUNDAY 12 AUGUST 1984

200 kms HARROGATE, OTLEY, BLAND HILL, SUMMERBRIDGE,
PATELEY BRIDGE, GRASSINGTON, KETTLEWELL, HORSEHOUSE,
MIDDLEHAM, RICHMOND, EAST HAUXWELL, JERVAULX ELLINGSTRING,
LEIGHTON, LOFTHOUSE, PATELEY BRIDGE, SUMMERBRIDGE,
PENNYPOT LANE, HARROGATE

150 kms HARROGATE, BECKWITHSHAW, BLAND HILL (FOLLOW 200)to
MIDDLEMAN, EAST WITTON, JERVAULX (FOLLOW 200)

WEDNESDAY 15 AUGUST 1984

... A choice - either ...

210 kms HARROGATE, KNARESBOROUGH, BOROUGHBRIDGE, BRAFFERTON,
COXWOLD, WASS, HELMSLEY, CHOPGATE, INGLEBY GREENHOW,
WESTERDALE, ROSEDALE, THORNTON DALE, MALTON, BIRDSALL,
FRIDAYTHORPE, STAMFORD BRIDGE, YORK, KNAPTON, LONG MARSTON,
TOCKWITH, NORTH DEIGHTON, SPOFFORTH, HARROGATE

220 kms HARROGATE, KNARESBOROUGH, ARKENDALE, ALDWARK BRIDGE,
NEWTON-on-OUSE, SHIPTON, WIGGINTON, STRENSALL, FLAXTON
HAROME, HOWSHAM, LANGTON, NORTH GRIMSTON,
KIRBY GRINDALYTHE, FOXHOLES, GRINDALE, BEMPTON,
FLAMBOROUGH HEAD, BRIDLINGTON, BOYNTON, SLEDMERE,
FRIDAYTHORPE (FOLLOW ABOVE BACK TO) HARROGATE.

SUNDAY 19 AUGUST 1984

100 kms SUPER GRIMPEUR - CIRCULAR COURSE BASED ON GREENHOW HILL
INCLUDING 2157 METRES OF CLIMBING.

The full route details are available from Keith Benton up to 11 July and from Mike Cooper, 12 SWARTHDALE, HAXBY, YORK 11 July to 3 August.

The closing date for entries is 4 August.

---oOo---

AUDAX UK/CTC. N. YORKS DA.

Harrogate Festival Events

BREVET de RANDONNEURS held under A.U.K. regulations.

SURNAME _____ FORENAMES _____
ADDRESS _____ PHONE No _____
_____ DATE of BIRTH _____
_____ CLUB _____

_____ CTC DA _____

EVENTS Please tick as required - £1.00 per event (AUK/N YORKS DA members 75p)

ENTRY I, the undersigned, accept that I must consider myself on a private excursion and that the organisers are responsible only for providing a route and time checks.

I accept that the organisers will not be held responsible for any accident caused to me or by me to a third party. I agree to abide fully with the AUK regulations for the event (see notes aside).

SIGNED _____

COUNTERSIGNATURE _____
(Persons under 18 may enter only with the approval of parent or guardian)

DATE _____

Remittances and SAE (for return of Brevet Card after the event) to –

D K BENTON, 127 Greenshaw Drive, Wigginton, York YO3 8GT

CLOSING DATE FOR ENTRIES 4 AUGUST 1934

12 August 1984	Dales Grimpeur	200	
"	"	150	
15 August 1984	East Coast	220	
"	Moors and Wolds	210	
19 August 1984	Super Grimpeur TA	100	

MIDSUMMER WEEKEND

Following last year's Midsummer Madness run to Filey the Easyriders have cooked up something even more ambitious for 1984. A group of Easyriders will leave York at 8.00pm on Friday July 8th for an overnight run across the Humber Bridge to Lincolnshire with stops for punctures etc. and refreshments at suitable places (cafes, pubs etc)

Saturday morning should see us heading for the heady delights of Cleethorpes and a well earned nap on the beach, weather permitting. After a late lunch (fish and chips?) we will head up to Woody's Top Youth Hostel near Louth for Saturday evening.

Sunday we will make for the Bridge again, hopefully accompanied by some of the Lincolnshire D.A. members, and should, with luck, meet up with the rest of the Easyriders out on the Sunday run somewhere between Hessle and York.

Gerry B.

* * * * *

Y.H.A. YORK DISTRICT GROUP

Meetings of YHA York District Group are held on Monday evenings at Guppy's Enterprise Club, Nunnery Lane, York, starting at 8.15pm.

Hostel Weekends have been planned for:

May 5th and 6th KETTLEWELL

May 26th to 28th CAMPING - LAKE DISTRICT (KESWICK)

June 9th THIXENDALE

For further details contact G. Boswell, 5 Invicta Court Foxwood Lane, York

"BE PREPARED" - FOR THAT TOUR

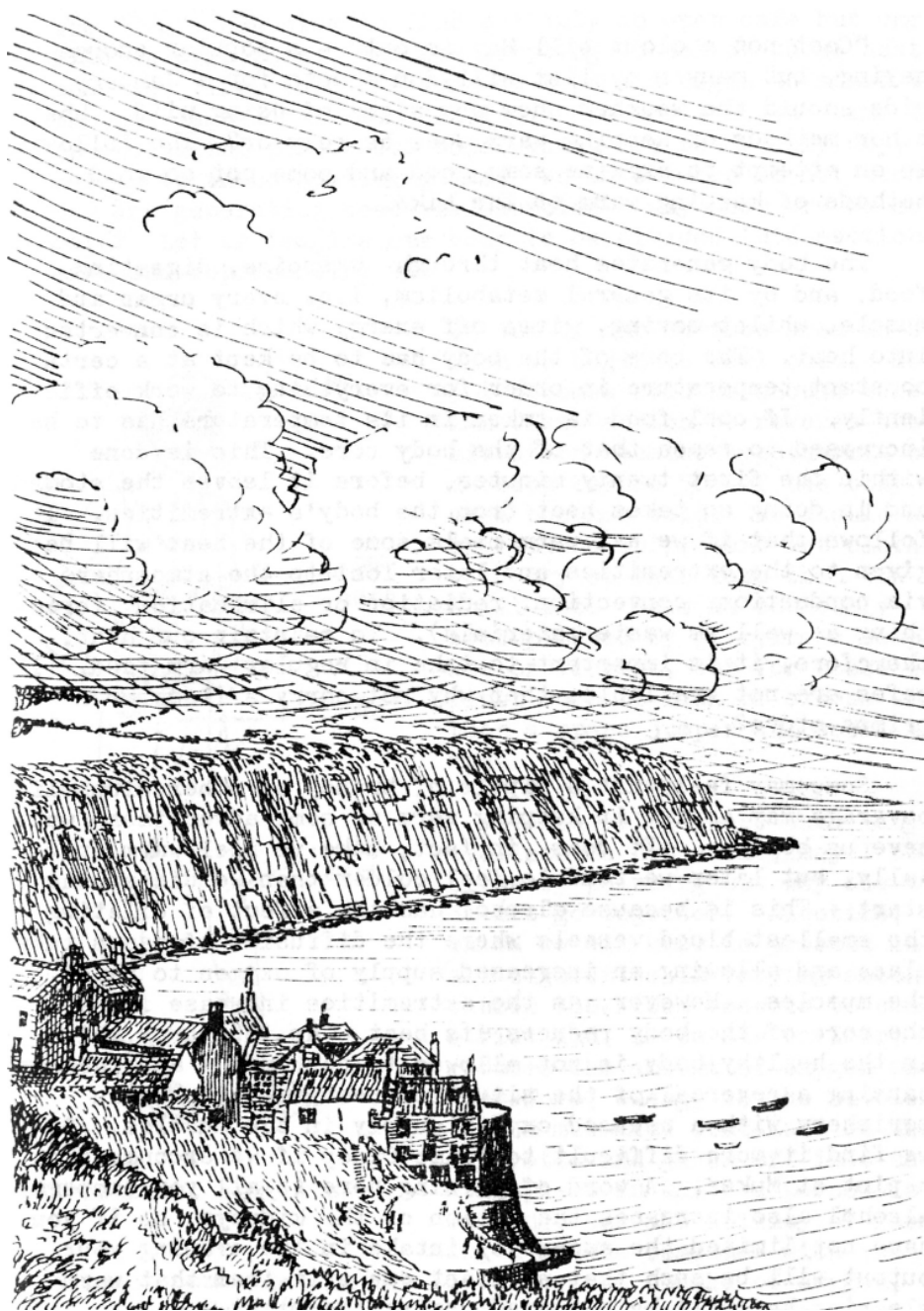
Most cycle touring books contain hints on the spares and equipment each writer believes are indispensable for touring, whether planning a day's run or a month-long tour. Much of this advice is utter nonsense. Far from needing a portable workshop (the cyclist's equivalent of the kitchen sink) on your holiday tour, good preparation and a handful of tools and spares, chosen with common sense, is quite sufficient, even if you plan to visit some remote areas.

Preparation - that is a comprehensive maintenance check a couple of weeks before you go - is the best insurance. Clean all parts of the bike thoroughly, checking bearing surfaces, cables, and other possible wear areas, replacing any sub-standard components. Don't risk tired pawl springs letting your free-wheel do so both ways miles from anywhere like an experienced rider who, when asked when he last had it to bits to check it, replied "I never have!" Don't forget the tyres - good tread is a wise precaution, even if you are only planning a Rough Stuff Standard Ride! After re-assembly, riding the bike for a week or so before you go will allow things to bed in again and for any readjustment.

Most cyclists have their favourite tools. I prefer to keep heavier precision tools in the workshop where most of the work should be done, and simpler tools in the saddlebag to cope with emergencies on the road. My tool roll contains a 10-in-1 dumbbell spanner, adjustable wrench, screwdriver, spoke key, cotterless crank remover, chain rivet extractor, free-wheel remover and three tyre levers, all of which fit easily into one side pocket of my saddlebag. My spares comprise two inner tubes, puncture repair kit, rear brake and gear cables (will fit the front too) and a few spokes-augmented by a roll of insulating tape and a length of old tubular (goes between tyre and tube if the cover is damaged).

With this simple kit I have never been stranded. You would have to be really unlucky to be unable to improvise a temporary repair with it - but let's face it, help is never far away.

Michael H.



ROBIN HOODS BAY

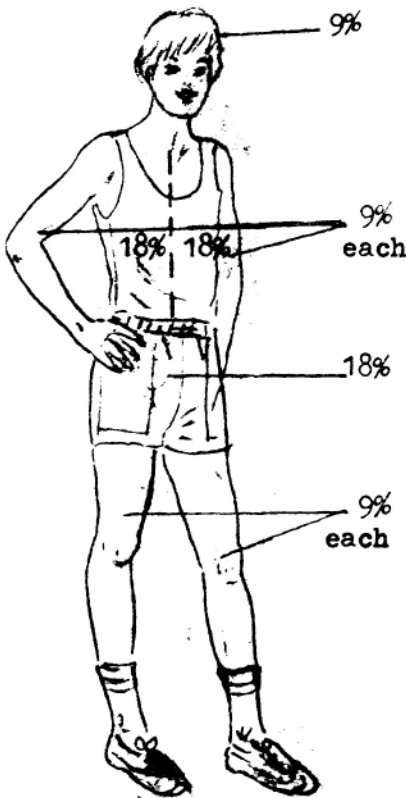
KEEPING WARM ON THE BIKE

"Cast not a clout till May is out" - a popular enough saying, but many a cyclist will don shorts for a January ride should the weather show any signs of being mild. What other methods of keeping warm does he rely on? The following is an attempt to examine some good and some not so good methods of keeping warm on the bike.

The body generates heat through exercise, digesting food, and by its general metabolism, i.e. every organ and muscle, whilst moving, gives off energy which is converted into heat. The core of the body has to be kept at a certain constant temperature in order for everything to work efficiently. If cool food is taken in its temperature has to be increased to reach that of the body core. This is done within the first twenty minutes, before it leaves the stomach, and in doing so takes heat from the body's extremities. It follows that if we eat warm meals some of the heat will be given to the extremities and later lost to the atmosphere via conduction, convection, radiation or elimination. (breathing as well as waste materials). To maintain our heat, therefore, it is important to take in regular warm food. If cafes are not available, then why not carry a flask or a primus stove?

Some may feel that a tippie of brandy or other alcoholic beverage may assist in keeping warm as some advertisers would have us believe. It does, in fact, make us feel warm initially, but later we tend to feel colder than we did at the start. This is because alcohol has the effect of dilating the smallest blood vessels where the diffusion of gases takes place and allowing an increased supply of oxygen to reach the muscles. However, as the extremities increase in heat, the core of the body reduces its heat - an imbalance which in the healthy body is not allowed to continue - and thereby causing a reversal of the situation resulting in a cold periphery with a reduced oxygen supply in the muscles. So we find it more difficult to climb Oxnop if we succumbed to a pint at Muker. A word of warning here to all you campers; alcohol also increases the action of the kidneys, so if you have not limited the amount of intake in the evening your output will be such that at least one exit from that warm sleeping bag will be required during the night.

Having cycled through a morning of icy storms, (remember the 200k?) how nice to find not only an open cafe but one with an open fire. And how tempting to select those seats near the fire, take off our wet tops and begin to steam in the now damp layers of clothing. All too soon the time is up and having put on our tops, which are not really dry, we return to those howling gales. We have taken in hot food and are generating heat via exercise - why then are we so cold? Let us imagine our body to be divided into sections, each one representing 9%.



1% neck and genitals

If 10% of our surface area is cold then we begin to feel cold. If 30% becomes cold we should take immediate action to reverse the situation because hypothermia can develop before 50% of the body area becomes cold. We should aim to replace sufficient wet clothing with dry so that less than 10% is still wet. This is obviously accomplished by carrying a complete set of clothes, but for those whose first love is lack of excess weight then a spare jumper and socks is a must.

While being aware than many cyclists do not smoke, may I conclude by pointing out why the two do not go together. Nicotine, which we all know is present in all cigarettes in varying amounts, causes the blood vessels to constrict and, as we saw earlier, this reduces the amount of oxygen and, therefore, energy to the muscles. Carbon monoxide contained in the cigarette and given off into the atmosphere in which a person is smoking, has the ability of forming a stable compound with the element contained in the blood for the

uptake of oxygen, thus further reducing the amount of oxygen available to our muscles. As the heart itself is a muscle, it only takes a little imagination

to see the damage that this particular kind of drug addiction can cause.

These ideas are not new. Anyone who has been cycling a short time will have heard of them. But the reason why they work, or don't, I thought would make interesting reading. I hope you agree.

Jacque Green

* * * * *

AWARD FOR A VETERAN

Every year, each of the sixteen District Sports Councils in Yorkshire 3rd Humberside nominates one candidate for the Regional Service to Sport Award. Calderdale is in West, not North, Yorkshire, but many Riding North readers will know Eric Brearley, who was Calderdale's nominee for 1983. Though the Award went to the Leeds nominee, a soccer official, it is a singular honour to be chosen by a District Sports Council, and our warmest congratulations go to Eric, who admits to 78 years, and is in his 60th of cycle-touring, having started in 1925.

Eric is a regular competitor and finalist in the BCTC, organises the York Rally photo. competition and is an active official of West Yorks D.A. Well done, Eric.

* * * * *

answers to BRAIN TEASER on page 9

- | | | | | | |
|---------|---------|---------|---------|---------|---------|
| 1. RIDE | 2. TENT | 3. HAND | 4. TYRE | 5. PART | 6. FOOT |
| BIDE | CENT | BAND | LYRE | PARE | COOT |
| BILE | CANT | BARD | LORE | PALE | CLOT |
| BILL | CART | BARN | LORD | PILE | CLOP |
| BELL | CARP | BURN | LOAD | BILE | CLIP |
| BELT | CAMP | TURN | ROAD | BIKE | |

OFFICIALS OF THE
NORTH YORKSHIRE DISTRICT ASSOCIATION

President:	J.Alwyn Taylor
Vice Presidents:	Norman Bottomley, William G.Duff, Arnold E.Elsegood
Hon.Secretary:	R.Healey, 6 Howard Drive, York. Y03 6XB
Hon. Assistant Secretary	Keith Wray, 41 Hawthorn Terrace, New Earswick.
Hon. Treasurer:	Robert Boyd, 41 Walton Park, Pannal, H'gate
Social Secretary:	Graham Ford

Section Secretaries:

Selby - Howard Haynes, tel. 618358
York - John Green tel. 37187

The D.A. Committee would be pleased to hear from any member who may be prepared to play an active role in the formation of C.T.C. Sections in any other parts of the D.A. area, notably Harrogate, Richmond, Scarborough or Skipton. Please contact the D.A. Secretary initially.