

Date & Time	Start Point	Leader	Lunch	Category
MAY				
Sat 1 st . 11:00am	Fenwick War Memorial	Alice B.	Tea Room	Ladies
Sun 9 th . 10:00am	Symington	Pat S.	Picnic	Main
Wed 12 th . 10:30am	Ardrossan	David M.	Picnic	Midweek
Wed 26 th . 10:30am	Barrhill Railway Station	Susi B.	Tea Room	Midweek
Sun. 30 th . 10:00am	Straiton	Pat S.	Picnic	Easy
JUNE				
Sat 5 th . 11:00am	Monkton Cross	Pat S.	Tea Room	Ladies
Wed 9 th . 10:30am	Ayr, Blackburn car park	Phillip R.	Picnic	Midweek
Wed 9 th . 7:00pm	Troon, Walker Hall car park	Various	n/a	Special
Sun 13 th . 11:00am	Laurieston Cross	David M.	Picnic	Main
Sat 19 th . TBA	Castle Douglas (John Taylor Memorial Ride)	You !	Picnic	Special
Sun 20 th . 11:00am	Kilwinning, Eglinton Park Visitor Centre	Phillip R.	n/a	Special
Wed 23 rd . 9:00am	Ardrossan Ferry Terminal	Phillip R.	Picnic	Midweek
Sun 27 th . 10:00am	Troon, Walker Hall car park	Phillip R.	Picnic	Easy
JULY				
Sat 3 rd . 11:00am	Galston Co-Op	Nancy L.	Tea Room	Ladies
Wed 7 th . 10:30am	Prestwick Railway Station	Ronnie T.	Picnic	Midweek
Sun 11 th . 10:00am	Dalrymple Main Street (Kirkton Inn Hotel)	David L.	Picnic	Main
Wed 14 th . 10:30am	Symington	David L.	Picnic	Midweek
Sun 25 th . 10:00am	Irvine Railway Station	David L.	Picnic	Easy
Wed 28 th . 10:30am	Ayr, Blackburn car park	Robin B.	Picnic	Midweek
AUGUST				
Sat 7 th . 09:30am	Ardrossan Ferry for Arran	Nancy L.	TBD	Ladies
Sun 8 th . 9:15am	Wemyss Bay Station	Phillip R.	Picnic	Main
Wed 11 th . 10:30am	Johnstone Railway Station	Phillip R.	Picnic	Midweek
Wed 25 th . 10:30am	Malletsheugh Inn, Newton Mearns	Jill M.	Picnic	Midweek
Sun 29 th . 10:00am	New Galloway (car park)	David M.	Picnic	Easy

Newcomers : You do not need to be a member of the CTC to join our cycle runs but, after approx. 5 runs, you would be expected to join the CTC or cease riding with us. This should be enough for you to gauge which category of rides suits you best. Ask the run leader for a membership form or join through the CTC website:

www.ctc.org.uk/

Ayrshire Cyclists' Touring Club

May-Aug 2010



Cycle Run List

Safety : Bicycles must be legal and roadworthy. We reserve the right to refuse participation to anyone who does not, in our opinion, possess a roadworthy bicycle. In addition to any mandatory requirements (e.g. working lights during hours of darkness) we recommend you consider carrying the following :

- spare tube(s) and puncture repair kit, pump, tyre levers
 - some drink, food and money for emergencies
 - where appropriate, wet weather gear and warm clothing
 - address and telephone contact number.
- Use proper bike bags to carry the above.
Mobile phone owners - please carry it for emergency use.

Group Riding : The guidelines used by the Ayrshire CTC can be found [here](#). These give general guidance on the terms used and expected behaviour of cyclists' in a group. They are guidelines only and common sense has to be applied in varying situations. All rides have a leader and a back marker who will identify themselves at the start of the ride and to whom any problems should be relayed.

Contact us :

Main : David
Ladies Only: Nancy
Easy Going : Pat/Drew
Mid-week : Howard
Specials : Pat/Drew
Sales : Phillip
Secretary : Drew 01290 550276 realise@globalnet.co.uk
Website : David webadmin@cycleayrshire.co.uk
Route Advice, Saddlebag and General enquiries:
Pat/Drew : 01290 550276 contactus@cycleayrshire.co.uk

Website : www.cycleayrshire.co.uk

30/4/2010

Ladies Only : Take place the first Saturday of the month. **11 am** start. Usually **12 - 15 miles** long. Cycled at a very relaxed pace. Coffee or lunch stop.

Easy Going : Generally take place on the last Sunday of the month. Normally a maximum. of **25 miles**. Average speed approx. **8-10mph**. (Faster on the flat, slower on the hills, with occasional regrouping stops)

Mid-Week Runs : Take place during May - September. Mainly **10 am** starts. **25 - 40 miles**. Bring your own food/drink on all mid-week rides. Moderate pace. **Approx. 12mph**. Will vary depending on group members, weather and terrain.

Main runs : For experienced cyclists' who are comfortable riding in a group. Normally the second Sunday of the month. **10 am** start. **40-60 miles** in length. Average speed **12 - 15+mph**. with regrouping stops to keep everyone on the route. Will vary depending on group members, weather and terrain.

Specials : No fixed dates. No fixed distances. Aimed at experienced cyclists. It is advisable to contact the Run Leader stated for each outing. He/she will be able to provide more details from which you can determine if the outing will suit your abilities.

Food :

During the winter months, lunch stops may be at commercial premises - tea room, bar for bar snack/lunch. Unless advised otherwise, all other lunch stops will be for a picnic style lunch. . i.e. Bring your own food.