

Date & Time	Start Point	Leader	Lunch	Category
SEPTEMBER				
Wed 1 st . 10:30am	Straiton	Howard	Picnic	Midweek
Sat 4 th . 11:00am	Maybole Railway Station	Susi B.	Smokehouse	Ladies
Sun 12 th . 10:00am	Darvel	Ronnie T.	Pub	Main
Wed 15 th . 10:30am	Prestwick Railway Station	David M.	Picnic	Midweek
Sun 26 th . 10:00am	Glengarnock Railway Station	Phillip R.	Picnic	Easy
OCTOBER				
Sat 2 nd . 11:00am	Kilmarnock, Kay Park lower car park	Nancy L.	Tea Room	Ladies
Sun 10 th . 10:00am	Kilmaurs Railway Station	Ken T.	Tea Room/Pub	Main
Sun 31 st . 10:00am	Kilmarnock	Nancy L.	Tea Room/Pub	Easy
NOVEMBER				
Sat 6 th . 11:00am	Largs Slip for Cumbrae	Alice B.	Tea Room/Pub	Ladies
Sun 14 th . 10:00am	Kilmarnock John Finnie Street	Ronnie T.	Pub	Main
Sun. 28 th . 10:15am	Irvine Railway Station	Susi B.	TBD	Easy
DECEMBER				
Sun 12 th . 10:00am	Symington	Various	Pub	All

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

Sep-Dec 2010

Cycle Run List



Website : www.cycleayrshire.co.uk

23/2/2010

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.

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.

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)

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.

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.

Contact us :

Main : **David** mainruns@cycleayrshire.co.uk
Ladies Only: **Nancy** ladiesonly@cycleayrshire.co.uk
Easy Going : **Pat/Drew** easyruns@cycleayrshire.co.uk
Mid-week : **Howard** midweek@cycleayrshire.co.uk
Specials : **Pat/Drew** specialruns@cycleayrshire.co.uk
Sales : **Phillip** sales@cycleayrshire.co.uk
Secretary : **Drew** 01290 550276 realise@globalnet.co.uk
Website : **David** webadmin@cycleayrshire.co.uk

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.

Route Advice, Saddlebag and General enquiries:
Pat/Drew : 01290 550276 contactus@cycleayrshire.co.uk

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