

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.

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.

Ayrshire Cyclists' Touring Club



2010

Contacts

Website : www.cycleayrshire.co.uk
1/1/2010

There are several ways to get in contact with CTC Ayrshire

Surface Mail : Drew Moyes or Pat Standen
3, Glebe Avenue
Mauchline KA5 6AE

Phone and FAX : Drew Moyes or Pat Standen
Phone : 01290 550276
Fax: 01290 550276

Email :

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	contactus@cycleayrshire.co.uk
Website :	David	webadmin@cycleayrshire.co.uk

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

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 a run leader for a membership form or join through the CTC website:
www.ctc.org.uk/

This is a condensed version of our general advice for group riding. The full version can be found on our website

www.cycleayrshire.co.uk

GUIDELINES FOR RIDERS (ON-ROAD)

Cycling in a group is great fun but requires additional care compared to cycling on your own.

To enjoy your ride in safety we would ask that you observe the following points :

Road conduct

Know your Highway Code.

Look over your shoulder before starting or changing position.

If you need to stop for any reason, shout "STOPPING" before you slow down.

Stop close to the verge.

Ride in single file on busy roads and under circumstances where it would otherwise be dangerous for vehicles to pass (defer to the run leader's judgement).

Never ride more than two abreast.

If riding alone within a group, ride behind the inner rider of the pair immediately in front of you.

Keep your distance from the cyclist in front, especially when riding two abreast as you or your partner may need to cut in suddenly.

When riding the outside position of the leading pair, hold back on the approach to blind corners. There may be a car approaching.

Take care on lanes, looking over hedges and listening for approaching traffic.

Change to single file riding when the call "nose" or "tail" is heard - normally the inside rider of each pair moves forward, allowing the outside rider to slot in behind.

If there is traffic behind, which is unable to overtake, split into smaller groups of about five to six to help it pass.

Do not overtake the leader (exception long uphill - at the top, stop where safe, to regroup).

Descending or climbing hills often leads to the need to pass another rider. Be sure they know you are passing so that they do not move out to pass someone in front of them.

A useful phrase is 'Coming through' and this can be further refined by adding 'Coming through on the outside/inside'

Pass any of the leader's messages down the line so that everyone follows suit.

After junctions, each rider should check that there is still another rider following and if not, either wait at the junction or, notify the leader.

At a junction, do not block the sight of motorists already waiting to pull out.

Members wishing to leave the group should notify the leader (to avoid their being treated as "missing persons").

Other safety factors

a) Mandatory :

Cycles must be legal and roadworthy.

b) Recommended

As a minimum, you should consider carrying:

- spare tube(s) and puncture repair kit, pump, tyre levers
- some drink, food and money for emergencies
- wet weather wear 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.

Carry working front and rear lights **when necessary**.

Failure to comply - leader may refuse to allow you to join the group. Consider wearing light or bright coloured clothing, with reflective clothing or belts at night.

The wearing of a cycle helmet is NOT mandatory but the wearing of an approved helmet of the correct size and correctly fitted can reduce head contact injuries.

Members should be courteous to all other road users.