

Ayrshire CTC

Easy Going 2010

Month	Date & Time	Start Point	Additional Info
JANUARY	Sun 31st. 11:00am	Ayr, Rozelle Park	Pat and Drew take the first Easy Run of the year to Nurseries Direct for lunch. Approx. 20 miles. Note the start time...
FEBRUARY	Sun 28th. 11:00am	Kilmarnock Kay Park Lower car park	Ronnie T leads to an Irvine lunch on a great ride for beginners. Cycle tracks to the lunch stop. Total distance for the day is approx. 20 miles.
MARCH	Sun 28th. 11:00am	Ayr, Blackburn Car Park	Howard B has 25 miles in mind which include the Kirkmichael area. Snack stop is planned so bring your own food.
APRIL	Sun 25th. 10:00am	Mauchline	Drew and Pat join up some minor roads we haven't been on for some time to make a ride of 25 miles. Picnic lunch so bring own food and note the earlier start time !
MAY	Sun 30th. 10:00am	Straiton	Pat S makes it two months in a row by leading us on a route which includes Rowantree Toll. Picnic lunch.
JUNE	Sun 27th. 10:00am	Troon, Walker Hall car park	Phillip R cycles in the Craigie direction with the expectation that we will follow ! Picnic lunch.
JULY	Sun 25th. 10:00am	Irvine Railway Station	David L tries for the award for the flattest easy run of the year by leading to Ardrossan via cycle routes and paths. Will it be flatter than Ronnie's February ride? Picnic lunch near Seamill. Option to go to Portencross for picnic rather than Seamill.
AUGUST	Sun 29th. 10:00	New Galloway (car park)	David M takes us on the Raider's Road Forest Drive for a picnic lunch.
SEPTEMBER	Sun 26th. 10:00am	Glengarnock Railway Station	Phillip R heads to Howwood for a picnic lunch.
OCTOBER	Sun 31st. 10:00am	Kilmarnock, John Finnie Street	Nancy L navigates her way towards Monkton for lunch.
NOVEMBER	Sun 28th. 10:15am	Irvine Railway Station	Susi B heads for Dunlop.
DECEMBER	Sun 12th. 10:00am	Symington	Choice of two distances. Take your pick on the day. All routes lead to The Old Castle View, Main Street, Dundonald for XMAS lunch.

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/

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** 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

Ayrshire Cyclists' Touring Club

Easy Going 2010



Cycle Run List

Website : www.cycleayrshire.co.uk

30/4/2010

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)

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. These stops may be many miles from the nearest shop. The ride list will specify type of lunch stop.