

## Ayrshire CTC

## Mid-week Runs 2010

Month	Date & Time	Start Point	Additional Info
MAY	Wed 12th. 10:30am	<a href="#">Ardrossan Railway Station</a>	David M fancies visiting Fairlie Moor on his midweek jaunt. Picnic lunch.
	Wed. 26th. 10:30am	<a href="#">Barrhill Station</a>	Susi B leads to Glenwhan Gardens, Dunragit . The lunch stop will be in the tea-room.
JUNE	Wed. 9th. 10:30am	<a href="#">Ayr, Blackburn Car Park</a>	Phillip R passes through Straiton in this 35 mile ride. Picnic lunch.
	Wed. 23rd. <b>9:00am</b>	<a href="#">Ardrossan Ferry Terminal</a> for Arran Ferry	Howard B. drags us out of bed early to catch the ferry to Arran. Bring food ! <b>Note earlier start time</b>
JULY	Wed. 7th. 10:30am	<a href="#">Prestwick Railway Station</a>	Ronnie T climbs to Stair during this route. Picnic lunch.
	Wed. 14th. 10:30am	<a href="#">Symington</a>	David L leads to the A77 cycle route and pedals towards Glasgow for a while before turning at St Martins and heading back home.
	Wed. 28th. 10:30am	<a href="#">Ayr, Blackburn Car Park</a>	Robin B heads towards Dailly.
AUGUST	Wed. 11th. 10:30am	<a href="#">Johnstone Railway Station</a>	Phillip R navigates his way towards Finlaystone House on this 40 miler. Picnic lunch.
	Wed. 25th. 10:30am	Newton Mearns, <a href="#">Malletsheugh Inn</a> G77 6RT	Strathaven is the target for a picnic lunch with Jill M dictating the way.
SEPTEMBER	Wed. 1st. 10:30am	<a href="#">Straiton</a>	Howard takes us over 2 hills and a bit.
	Wed. 15th. 10:30am	<a href="#">Prestwick Railway Station</a>	David M closes out the season with a route which includes Ochiltree.

**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/](http://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 :**

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## Ayrshire Cyclists' Touring Club

Mid-week 2010



Cycle Run List

Website : [www.cycleayrshire.co.uk](http://www.cycleayrshire.co.uk)

25/4/2010

**Mid-Week Runs :**

Take place during May - September.  
Mainly **10:30 am** starts.  
Normally **25 - 40 miles** in length.

**Please note : Round Arran distance is 56 miles**

Moderate pace. **Approx. 10-12mph average.**

Will vary depending on group members, weather and terrain.

**Food :** Please bring your own food on each ride although there may be a pub lunch stop on occasion.