

Ayrshire CTC

Special Runs 2010

Month	Date & Time	Start Point	Additional Info
APRIL	Sat 17th. 9:30am	Minnigaff Youth Hostel (Newton Stewart)	Hostel weekend with your own choice of cycling routes. Once again the Rusty Rims will provide some evening entertainment. Self-book at www.syha.org.uk or phone hostel direct at 0167 1402 211 from 12th. March
	Sun 18th. 9:30am	Minnigaff Youth Hostel (Newton Stewart)	
JUNE	Wed 9th. 7:00pm	Troon, Walker Hall car park	Troon 5 and 10 mile challenges..
	Sat 19th	Castle Douglas	100 mile John Taylor remembrance ride. Full details will be posted on www.dandgcyling.org.uk . This is an external event which is not organised by Ayrshire CTC.
	Sun 20th. 11:00am	Eglinton Park Visitor's Centre	Approx. 12 miles on a very rideable track. Practically flat so particularly suitable for less experienced cyclists.

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

Special Runs 2010



Cycle Run List

Website : www.cycleayrshire.co.uk

30/4/2010

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 : Unless advised otherwise, all rides will have picnic style lunch stops. i.e. Bring your own food.
Picnic lunch stops may be many miles from any shops.