

Cycle Forth

Newsletter of the CTC Lothians and Borders Member Group

Autumn 2009



Our membership stands at 1113. Membership last year stood at 1335 of which 72 were transferred to Dumfries and Galloway CTC. Most of the membership is in the central belt but we have members all over the Lothians and Borders and a fair few in Berwick on Tweed, which, last time I was there, was still in England.

Most of our members enjoy the passive benefits of the CTC, insurance, legal cover, the magazine, without participating in our organised activities, which are really limited to the Edinburgh area and consist of the runs that are detailed elsewhere in this 'Cycle Forth'.

Last year saw the election of a new committee. It took a little while to come to grips with what we might do. The name of the organisation is 'Lothians and Borders' but activity is mainly limited to Edinburgh and that organised by enthusiastic riders without our intervention. The cash received from national organisation, being ½ % of the adult subscription (18p) for each member, means that we are not playing with vast resources. Meanwhile our brief is to support the activities of the members in line with the aims of the CTC nationally.

We came to the conclusion that the role of the committee is to enable and encourage the self organised activity of the members, and that the most effective way of doing this is to improve our communications. This means developing our email and website resources.

To that end we have set up a Yahoo group mailing list for Edinburgh Riders which now has 55 members (*contact Secretary@CTCLothians.org.uk to join*). We hope that this encouraged the emergence of the 'occasional **Hardriding Monday**' group (*see runs details*) and we look forward to more activities to come.

There is a gap left in communications over the 'Lothians and Borders' as a whole. We have added three new features to our website www.ctclothians.org.uk, and for this we must thank Mike Harrison for all the work he has done.

1) '**Favourite Places**' gives the location of some picnic spots cafes and halls that we enjoy. It allows any one to plan a useful bike ride, and being an implementation of Google maps allows us to use some interesting route planning tools. The favourite places list will never be complete as we will always want you to add more.

2) '**Events**' allow us to advertise activities that might be of interest to Cyclists in our area. It is not limited to events organised by the CTC and we ask for information of any cycling event from all organisations.

3) '**Campaigns**' is aimed at activists, particularly the CTC '**Right to Ride**' representatives, to enable them to report and coordinate activity on a wider basis. Again this page is meant to be inclusive and we hope for contributions from '**Spokes**' the '**East Lothian Cycle Forum**' and anyone else who campaigns to improve cycling facilities.

To tie all this together, this electronic mailing of 'Cycle Forth' comes with the first of a regular bulletin of CTC news from the website.

AGM

The AGM of the CTC Lothians and Borders Member Group will be held at the Saughtonhall Community Association Hall in Saughtonhall Avenue on Wednesday 21 October 2007 at 7.30 p.m. This is your opportunity to influence the direction of the Club by telling us what we should be doing more and less of or by standing for the Committee. The formal notice of the AGM appeared in the October/November edition of Cycle, the national magazine of the CTC, and if you wish to stand for the Committee, you will need a proposer and seconder, as you will for any formal motion to the meeting. Motions for the AGM and nominations to the committee should be in the hands of the Secretary by **14 October**.

The secretary will publish relevant documents on the 'events' page of www.ctclothians.org.uk in advance of the 2009 AGM.

EDWARD ZOLLER MEMORIAL TROPHY

The Edward Zoller Memorial Trophy is a pewter Quaich presented to the Lothians DA in 1997 to be awarded to any member of the CTC Lothians and Borders Member Group who have given their time and skills in the service of the group, either in an official or non official capacity.

It has since been awarded to Brian P Curtis (1997), Don Johnson (1998), Jack Murdoch (1999), Audrey Fyfe (2000), Mike Harrison (2001), Jimmy Murray (2002), Peter Martin (2003), Finlay Cairns (2004), Anne Carter (2005), Mike Harrison (2006), Richard Russell (2007).

The committee seeks nominations which should be proposed and seconded, and sent to the Secretary with detailed reasons for the proposal by the 30th of October.

The awards committee will consist of the Secretary, Treasurer and President plus two members appointed from the committee in the year of nomination. All nominations will be considered by the awards committee whose decision will be final.

The trophy will be presented at the first appropriate occasion after the winner is selected.

We organise a series of day rides throughout the year on Wednesdays and Saturdays (which usually divide at lunch into easier and harder options), commencing at 10 a.m. There is also the occasional hard riding Monday run. In addition, there is a shorter and easier run of approximately 2 hours on the third Sunday of each month, again commencing at 10 a.m.. All Sunday runs start from the Commonwealth Pool as do the Saturday runs, other than those on the **first** Saturday of each month, which leave from Slateford Viaduct.

The Wednesday rides have a variety of starting points, noted below. Please arrive in good time for **DEPARTURE** at the advertised time. Details of all of these rides can be obtained from the Runs Contacts or found on our website at www.ctclothians.org.uk

Date	Meet	Destination	Date	Meet	Destination
07-Oct-09	KX	Eddleston	06-Jan-10	SV	Harburn
14-Oct-09	FH	North Berwick	13-Jan-10	FH	Bolton
21-Oct-09	F	Harburn	20-Jan-10	RP	Linlithgow
28-Oct-09	KX	Bolton	27-Jan-10	KX	Athelstaneford
04-Nov-09	SV	Linlithgow	03-Feb-10	SV	East Calder
11-Nov-09	FH	Pathhead	10-Feb-10	F	Harburn
18-Nov-09	KX	Athelstaneford	17-Feb-10	KX	Pathhead
25-Nov-09	RP	East Calder	24-Feb-10	FH	North Berwick
02-Dec-09	FH	Bolton	03-Mar-10	SV	Linlithgow
09-Dec-09	SV	Linlithgow	10-Mar-10	KX	Bolton
16-Dec-09	RP	East Calder (DIY Xmas lunch)	17-Mar-10	RP	East Calder
23-Dec-09	KX	Athelstaneford	24-Mar-10	FH	North Berwick
30-Dec-09	FH	Dirleton	31-Mar-10	F	Eddleston

Meeting Places

CP	Commonwealth Pool, on paved area near Holyrood Park Rd	NT267725
F	Firrhill. (Colinton Rd / Colinton Mains Drive)	NT225699
FH	Fisherrow Harbour car park	NT335730
KX	Kingston Crossroads. (Gilmerton Rd / Mount Vernon Rd)	NT280700
RP	Roseburn Path (on bridge above Glasgow Road) at Wester Coates Terrace	NT232733
SV	Slateford Viaduct (next to 'The Dell Inn')	NT221706

Find the destinations at 'Favourite Places' on www.ctclothians.org.uk

Runs Contacts

Sunday	Anne Carter	0131 657 2189	annecarter2004[at]yahoo.co.uk
Saturday:	Neil Brearley	01968 677117	norma.brearley[at]googlemail.com
Wednesday:	Peter Martin	0131 229 8615	mr.petermartin[at]gmail.com
Hardriding Mondays	Jim Kerray	0131 466 3394	JimKerray[at]blueyonder.co.uk

Group Riding Guidelines

This is an **important safety matter** and concern has been expressed about poor rider discipline on club rides.

All participants on club runs are asked to familiarise themselves and **comply with these guidelines**:-

- Follow the Highway Code, showing consideration for all road users.
- Don't stop near junctions or block the sight-lines of other road users.
- The group normally rides two abreast, each rider keeping directly behind the rider in front (KEEP IT TIDY).
- Never overlap your front wheel with the rear wheel of the bike in front.
- When necessary, single up, e.g. on a narrow or busy road, when vehicles approach or opposite a continuous white centre line.
- If the group is large, consider splitting it to aid overtaking traffic.
- Ride smoothly and try not to slow or stop suddenly. Always give a warning to those behind.
- Shout and signal warnings of danger or change, e.g. uneven or loose surfaces, vehicles approaching or left and right turns.
- If you are unable to keep up (due to mechanical or other problem) or wish to leave the group, let others know.
- Respect the leader's position and do not ride ahead, except on long uphill sections. In any case always wait for others to catch up.
- Pass a message forward if a gap develops behind you.
- Always check behind before starting off or changing direction.
- The group should ride at the speed of the slowest rider.
- Please take your turn at the front when there's a strong headwind.
- Ensure that your bike is in good order, that you are self-sufficient for spares and preferably have mudguards and an effective rear mud flap fitted.
- Front and rear lights will be needed on winter and evening runs.

CTC membership Concessions.

We would like to remind members that **Biketrax** offer members a 10% discount on accessories and 5% on bicycles.

This concession extends to stock items, special orders and sales items excluded.

Biketrax are at
11 Lochrin place Edinburgh
EH3 9QX
0131 228 6633
www.biketrax.co.uk

Christmas Lunch 2009.

Saturday 5th December, 12.15pm for 1.00pm.

at the Clubhouse of the Merchants of Edinburgh Golf Club,
10 Craighill Gardens, Edinburgh EH10 5PY

Menu

Tick choice from each course

- | | |
|---|--------------------------|
| Winter Vegetable & Barley Broth | <input type="checkbox"/> |
| Chilled Sweet Melons with Mango & Passion Fruit Sorbet | <input type="checkbox"/> |
| Potted Pate with Sourdough toasts & Orchard Chutney | <input type="checkbox"/> |
| -- | |
| Traditional Roast Turkey with all the Trimmings | <input type="checkbox"/> |
| Salmon en-croute with a Tarragon Hollandaise | <input type="checkbox"/> |
| Galette of Roasted Mediterranean Vegetables with Goats Cheese | <input type="checkbox"/> |
| -- | |
| Christmas Pudding with a rich Rum Sauce | <input type="checkbox"/> |
| Howgate Brie with Oatcakes | <input type="checkbox"/> |
| Chocolate Marble Cheesecake | <input type="checkbox"/> |
| -- | |
| Coffee & Mint Crisp | |

Cost: **£20 per person** including gratuity.

The **annual photographic competition** will be, as usual, judged at the event.
So bring along your pictures.

To book: print and return this form by **23rd November**. to
Anne Carter at 47 Hay Drive, Edinburgh EH16 4AG
0131 657 2189

Name
Address
email

Tick your choice of menu, and enclose a **cheque made payable to 'CTC Lothians'**
If you require the ticket posted to you, please provide an SAE.