

# Cycle Forth

Newsletter of the CTC Lothians Member Group



## Spring 2008

### DA no more

One of the issues which arose from the Policy Handbook for CTC Member Groups and organising committees issued by National Office in September 2007 was that the title 'District Association' was replaced by 'Member Group'. The Handbook also created a number of new mandatory roles for committees and listed below you will find the roles allocated to the committee elected at the October 2007 AGM. For those interested and with internet access, the Handbook and accompanying Toolkit for Groups can be found at

[http://www.ctc.org.uk/resources/Go\\_Biking\\_with\\_CTC/PolicyHandbookforgroupsV2.9.pdf](http://www.ctc.org.uk/resources/Go_Biking_with_CTC/PolicyHandbookforgroupsV2.9.pdf)

<http://www.ctc.org.uk/DesktopDefault.aspx?TabID=4972>

The secretary can also supply hard copies on request.

Secretary, Registration, Promotion:	Mike Bonar	0131 441 7573	<a href="mailto:secretary@ctclothians.org.uk">secretary@ctclothians.org.uk</a>
Treasurer, Welfare:	George Di Ponio	0131 669 6785	<a href="mailto:george.diponio@btinternet.com">george.diponio@btinternet.com</a>
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Social Convener:	Anne Carter	0131 657 2189	<a href="mailto:annecarter2004@yahoo.com">annecarter2004@yahoo.com</a>
Committee:	Dougie Sawers	0131 441 7398	<a href="mailto:dsawers@btinternet.com">dsawers@btinternet.com</a>
	Neil Robertson	0131 664 2131	<a href="mailto:neil55@talktalk.net">neil55@talktalk.net</a>
	Philip Rankin	0131 334 4213	<a href="mailto:p.rankin@blueyonder.co.uk">p.rankin@blueyonder.co.uk</a>

**Albert Watson Memorial Hut** The autumn 2007 edition of Cycle Forth detailed the arrangements for transferring the running and management of the Hut to the Border Bothies Association (BBA). Members will be pleased to hear that the hut has been well used since the BBA adoption. The BBA are to hold a cyclists' meet at the Hut over the weekend of Friday 9/Sunday 11 May and, if this is successful, a further weekend in the autumn. As places in the Hut are limited, there are the options of camping or using the nearby Stanhopehope bothy. Further enquiries and bookings for the weekend to Alan McQuiston, 35 Rowan Crescent, Ayr, KA7 3NA (tel 01292 260190).



### Weekends



In addition to the BBA weekend, and thanks to the enthusiasm of Jessie Harrington, we have an excellent programme of further cycling trips for the remainder of 2008, starting with Fri 3/Sun 5 May to **Dumfries** via Wanlockhead, including a trip to the fascinating garden at Portrack.

Sat 28/Sun 29 June **Kielder Hostel**, down on Saturday, back on the Sunday. Fri 25/Sun 27 July **Strathpeffer**, Highland Hotel (£90 for 3 nights D,B&B). Fri 22/Sun 24 Aug **Aberfeldy**, Breadalbane Arms Hotel (£69 for 2 nights D,B&B). After the Clydenorth trip to Loch Morlich YH

in September, Jessie plans to lead a trip to **Applecross**, returning to join up with our now traditional stay at **Pitlochry** YH over the weekend of Fri 26/Sun 28 September. Details of all the above, apart from Pitlochry, can be obtained from Jessie on 0131 669 9838 or email [jhsh198scottst@yahoo.co.uk](mailto:jhsh198scottst@yahoo.co.uk) For Pitlochry, contact the secretary, Mike Bonar, who points out that this year's Saturday evening play at the Festival Theatre will be 'Habeas Corpus' by Alan Bennett, hopefully a more attractive option than some of the productions we've seen in recent years!

### Club Jerseys

The last of the DA jerseys was sold some considerable time ago and the committee have been discussing the production of new, redesigned, tops, initially short-sleeved. We would be keen to assess the level of support for club tops and to invite proposals for a new design from the membership. Let committee members know your views on the proposal. For the design, this doesn't need to be fully worked up, simply an outline suggestion, including the proposed colours, with the only provisos being that the top should be highly visible and incorporate the wording 'CTC Lothians' prominently. If the project proceeds, the proposer of the design will receive the first of the tops free of charge. Proposals to the secretary by end-May, if possible.

### Bike Week

National Bike Week 2008 runs from Sat 14 to Sun 22 June. We will run our usual range of events, including the Tues evening, Wed and Sat runs, to which the public will be invited. In addition, there will be a ladies' run on the evening of Thurs 19 June and an evening pot-luck supper at the Waverley Sports Club, 22 Suffolk Road on Friday 20 June. Details of the ladies' run and the supper can be obtained from Anne Carter (see contact details above). The principal runs of interest to the wider public will be shown on the Bike Week website at [www.bikeweek.org.uk](http://www.bikeweek.org.uk) and of all our events on the CTC Lothians website [www.ctclothians.org.uk](http://www.ctclothians.org.uk)

## Rides

We organise a series of day rides throughout the year on Wednesdays and Saturdays, commencing at 10 a.m. 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, and Tuesday evening runs from the beginning of May through to the end of August, commencing at 7 p.m. All Saturday, Sunday and Tuesday runs start from the Commonwealth Pool. 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 the DA website at [www.ctclothians.org.uk](http://www.ctclothians.org.uk)

### Group Riding Guidelines

All participants on club runs are asked to comply with the following guidelines for group riding,:-

- ✓ 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.
- ✓ 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.
- ✓ 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.
- ✓ 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.
- ✓ If the group is large, consider splitting it to aid overtaking traffic.
- ✓ Please take your turn at the front when there's a strong headwind!

### Wednesday Rides

Date	Meet	Destination	Date	Meet	Destination
2 Apr	SV	Blackness	2 Jul	RP	Rumbling Bridge
9 Apr	F	West Linton	9 Jul	KX	Dawyck
16 Apr	FH	Yellowcraig	16 Jul	FH	Longyester
23 Apr	RP	Culross	23 Jul	KX	Heriot Water
30 Apr	SV	Muiravonside	30 Jul	(Car)	Innerleithen
7 May	KX	Cademuir	6 Aug	RP	Devilla Forest
14 May	(Car)	Denny	13 Aug	F	Dunsyre
21 May	FH	Seacliffe	20 Aug	SV	Cairnpapple
28 May	RP	Falkirk Wheel	27 Aug	RP	Lochore Meadows
4 Jun	KX	Innerleithen	3 Sep	KX	Manor Sware
11 Jun	FH	Tynninghame	10 Sep	FH	John Muir CP
18 Jun	City Ch/SV	Cockleroy	17 Sep	SV	Muiravonside
25 Jun	FH	Whiteadder	24 Sep	FH	Stenton

CP Commonwealth Pool, seats in Dalkeith Rd near traffic lights  
F Firhill (Colinton Rd / Colinton Mains Drive)  
FH Fisherrow Harbour car park  
KX Kingston Crossroads (Gilmerton Rd / Mount Vernon Rd)  
RP Roseburn Path (on bridge) at Wester Coates Terrace  
SV Slateford Viaduct (where Lanark Rd crosses Water of Leith)

### Meeting Places

### Runs Contacts

Sunday (and Social Secretary)	Anne Carter	0131 657 2189	<a href="mailto:annecarter2004@yahoo.co.uk">annecarter2004@yahoo.co.uk</a>
Saturday:	Neil Brearley	01968 677117	<a href="mailto:norma.brearley@googlemail.com">norma.brearley@googlemail.com</a>
Wednesday:	Peter Martin	0131 229 8615	<a href="mailto:mr.petermartin@gmail.com">mr.petermartin@gmail.com</a>
Tuesday evenings:	Neil Robertson	0131 664 2131	<a href="mailto:neil55@talktalk.net">neil55@talktalk.net</a>

### Website

[www.ctclothians.org.uk](http://www.ctclothians.org.uk)