

Cycle Forth

Newsletter of the CTC Lothians Member Group



Autumn 2008 AGM

The AGM of the Member Group will be held at the Saughtonhall Community Association Hall in Saughtonhall Avenue on Wednesday 22 October 2008 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 or as an Office-Bearer. The formal notice of the AGM appears 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 should be in the hands of the Secretary by **15 October**. The secretary hopes to publish copies of the draft minutes of the 2007 AGM and of the 2007/08 annual report on the Member Group website in advance of the AGM.

Vacancy

The present secretary of the Member Group, Mike Bonar, will not be standing again for office at the 2008 AGM. The Committee would encourage committed members of the Club to consider this post, which is not excessively onerous but is essential to the continuing health of the Member Group. The duties primarily comprise the production of this twice-yearly newsletter, organisation and minuting of bi-monthly committee meetings and the AGM, printing and distribution of runs cards, issuing of welcome letters to new members and responding to enquiries from members and CTC national office and liaising with other cycling organisations. The Group is fortunate in that the website continues to be maintained by Mike Harrison, the former secretary, who also helps with the electronic circulation of newsletters and other information to members. Mike Bonar will be happy to provide further details of the secretary's post and can be contacted on 0131 441 7573 or by email at secretary@ctclothians.org.uk

Albert Watson Memorial Hut Members will be encouraged by the continuing use and development of the Club Hut at Tweedsmuir by our Border Bothies friends. Your committee agreed to fund the replacement of the stove and flue and those are now in place, making the Hut more attractive and useable. The article on the Hut in the June/July edition of 'Cycle' also provoked some additional interest. This year to August there have been 84 overnight stays and 4 day openings. Members are encouraged to use the facility and bookings continue to be handled by Alan McQuiston, 35 Rowan Crescent, Ayr, KA7 3NA (tel 01292 260190).

Weekends

Jessie Harrington organised a number of enjoyable weekend trips through the year. However, Mike Bonar apologises for the fact that the traditional Pitlochry weekend will not take place this year, for reasons that need not be rehearsed here. He does promise that it will take place in 2009.

Club Jerseys

The item in the spring edition, inviting comment on the proposal for a new jersey for the Group, produced one draft design but little other interest. The Committee therefore agreed to relegate the proposal to a back-burner meantime.

Christmas Lunch

The 2008 DA Christmas Lunch will again be held at the Clubhouse of the Merchants of Edinburgh Golf Club, 10 Craighill Gardens on Saturday 13 December at 12.15 for 1 p.m. The cost will be £18 for a 3-course meal with coffee and including gratuities. To book, please send your choice of menu on the tear-off slip attached below and a cheque made payable to CTC Lothians to Anne Carter at 47 Hay Drive, Edinburgh EH16 4AG, by **23 November**. If you require the ticket posted to you, could you provide an SAE.

Tick choice from each course

Cream of Broccoli and Stilton Soup
Chicken Liver Parfait with Redcurrant Jelly
Mushrooms with Sherry, Bacon and Cream

Roast Lothian Turkey with Bacon rolls, Sage stuffing and Rich Pan Gravy
Braised Daube of Beef with crushed Root Vegetables and a rich Red Onion & Claret Jus
Fresh Spaghetti with Cherry Tomatoes, Rocket & Mozzarella

Traditional Christmas Pudding with Brandy Cream
Raspberry & Hazelnut Meringue Roulade
Exotic Fruit Cocktail

Name _____

Address _____

Telephone number _____

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.. 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

Wednesday Rides

Date	Meet	Destination	Date	Meet	Destination
1 Oct	KX	Eddleston	31 Dec	CP	2 hour run
8 Oct	FH	North Berwick	7 Jan	FH	Bolton
15 Oct	F	Harburn	14 Jan	RP	Linlithgow
22 Oct	KX	Bolton	21 Jan	KX	Athelstaneford
29 Oct	SV	Linlithgow	28 Jan	SV	East Calder
5 Nov	FH	Pathhead	4 Feb	F	Harburn
12 Nov	KX	Athelstaneford	11 Feb	KX	Pathhead
19 Nov	RP	East Calder	18 Feb	FH	North Berwick
26 Nov	FH	Bolton	25 Feb	SV	Linlithgow
3 Dec	SV	Linlithgow	4 Mar	KX	Bolton
10 Dec	RP	East Calder (DIY Xmas)	11 Mar	RP	East Calder
17 Dec	KX	Athelstaneford	18 Mar	FH	North Berwick
24 Dec	CP	2 hour run	25 Mar	F	Eddleston

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	annecarter2004@yahoo.co.uk
Saturday:	Neil Brearley	01968 677117	norma.brearley@googlemail.com
Wednesday:	Peter Martin	0131 229 8615	mr.petermartin@gmail.com

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.