

# Cycle Forth

Newsletter of the CTC Lothians District Association  
Number 17, September 2003



## Round the Forth

The Forth Yacht Clubs Association has some 30 member clubs, only one is inland. The rest cover the Lothian & Fife coasts from Dunbar to Anstruther. You can get in a boat and visit all of these (if you can get the tides right). But what if you are not a sailor? How can you do it on foot or by cycle. Many of you will know the Fife Coastal Path. Quite a bit of it is part of the National Cycle Network (even though the bits at Dalgety Bay are not very cycle-friendly). But what about Lothian? Certainly no continuous coastal route there. And what if you want to follow the Forth upstream of the Forth Bridge?

Both the Forth Estuary Forum and Sustrans are keen to develop a route following the Sustrans principle of making paths accessible to people from where they live.

Early in June Tony Grant from Sustrans led a party on a Trailblazing Ride to use bits of paths which already exist and try out bits which might be improved to create useable paths and explore routes on land which is currently not available to the public. Over the 2 days (lots of stops for photographs) a group of about 24 maximum at any one time (though there were about 40 people in total took part for some or all of the ride) travelled from Edinburgh City Chambers via Cramond, Dalmeny, Hopetoun, Blackness, Bo'ness, Grangemouth, Larbert, Cowie, Fallin, Stirling (overnight), Cambuskenneth, Alloa, Clackmannan, Limekilns, North Queensferry and back to Edinburgh.

Hardened explorers will probably have used most of the roads and tracks we went on, but a lot of it will be unknown to many. It's an interesting route and one that tourists could appreciate, but probably not one that the typical club rider would want to do all at once – not enough tarmac!

Cycle Talk (August and October issues) contain additional notes on this event.



## NEW READERS –

If you have picked this up in a bike shop or library and want to know more about the club, look on the website or phone the Secretary (0131 554 7773) to get a leaflet describing more of the activities and facilities of the Club than we have room to print here.

## September Doors Open Days

Why not do a Doors Open tour on your bike?

East Lothian	28 <sup>th</sup>
West Lothian	14 <sup>th</sup>
Edinburgh	27 <sup>th</sup>
Mid Lothian	6 <sup>th</sup>
Fife (Dunfermline area)	14 <sup>th</sup>
Glasgow	20 <sup>th</sup> -21 <sup>st</sup>
South Lanarkshire	14 <sup>th</sup>

Details of places open are on the web at [www.doorsopendays.org.uk](http://www.doorsopendays.org.uk) or leaflets in libraries etc. for each local area.



## Car-Free Day

Monday September 22nd is the European Car-Free Day and a part of European Mobility Management Awareness Day. EMMA is specifically aimed at commuter-travel and personal travel plans, encouraging people to try out and implement sustainable ways of getting to work/school.

Edinburgh has decided to go for the Street Festival approach on the day before (Sunday 21st September) and do nothing officially on the actual day. So come along to George Street for the Festival on Sunday, and then go and do the real job of going to work by bike or on foot or public transport on the Monday.

## DATC

District Association Touring Competition to you and me. This is like an Audax but without the competitive pressure. I know that Audaxes are not meant to be competitive – only a personal challenge – but you wouldn't always think so. A DATC label can be attached to a variety of other events as well. Many DAs run several each year. One of the ideas is to encourage people to go out for a pleasant ride in a different area from their home territory, but of course a DATC event can be ridden by the locals too. If you do several and meet various other conditions you can accumulate points and there are annual prizes on a UK basis. Last year two Lothians members had their names in the prize list – Duncan Peet and John Connaghan.

Why am I telling you all this? Well, the DA is collaborating with Audax to support a DATC event on **September 28th**. It starts (08:30) at **Dalmeny Village Hall** (next to the Church). Send Peter Hawkins (118/1 Stenhouse Crescent, Edinburgh, EH11 3HU; 0131 443 6712) the entry fee of £4 if you want to join in. We hope to see quite a lot of members taking part as it's some time since we last had one of these.

**Christmas Lunch**  
**Quayside, Fisherrow Harbour**

**Sat 06 Dec 2003**  
**12:15 for 13:00**  
**£14:00 (service incl.)**

  
**Book and pay now to Anne Carter**  
**47 Hay Drive, EDINBURGH, EH16 4AG**

Remember, there will be no other newsletter between now and December, so put the lunch date in your diary NOW and send off a cheque (payable to Anne Carter). No booking taken without payment.

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

## SECRETARY'S CORNER

### AGM

The Annual General Meeting of the Lothians District Association will be held in Saughtonhall Community Association Hall, Saughtonhall Avenue at 19:30 on Monday 17th November.

After the AGM there will be a chance for some informal chat and refreshments.

### Maps

The DA has maps for the use of members. A complete set of 1:50000 maps was given to the DA in 1985. While these are, of course, getting out of date in many respects, they are still very useful. For several years, Don Johnson looked after these but reported at several AGMs that no-one had made use of them. The Committee has discussed the options – replace with new ones (no, too expensive), sell them off (is it worth it?), give them away (but who to?), throw them away (wasteful). They are not old enough to be antiques, but too old to be definitive. Solution – now we have no clubroom – the Secretary can keep them in the spare bedroom (together with all the club archives!).

The Secretary has used at least 10 of them this year. They ARE useful. And they are available to any member at no charge – except that if you need them posting to you, you will have to pay the postage both ways.

### Cycle Forth

Volunteers needed to help twice a year with distribution in

Corstorphine (north), Comely Bank, Gorgie, Annan

### Gifford Birthday Rides

Was this the event of the year? You will have read about it and seen the pictures in Cycle Talk. Were you there? If not, do you realise what you missed? Nice weather (despite the black clouds in the morning and the brisk wind in the afternoon), excellent scones and buns, and best of all the company of a range of cyclists – young, old, male, female, the regulars with calloused bums and the newcomers with sore bums!

'Why can't we do this every week?' some asked. Well, we think that's a bit much to expect, but we are certainly planning to do something similar in the spring/early summer of 2004. We want to keep away from the first weekend in May (and anyway, we have just heard of another CTC event for that weekend).

So keep a day free in May next year and come and join us, wherever we decide to rally.

### WANTED

- G.B. 'S31' & 'Kromo' steel-alloy spearpoint H/bar stems, all sizes
- Cinelli steel H/bar stems, all sizes
- 40.h L/F Harden rear hub gear-sided, cup & cone model preferred. Also Harden wing-nuts.
- 40.h L/F Bayliss-Wiley gear-sided rear hub
- Conloy ASP 27" rims, 32/40.h
- Conloy wing nuts & lamp bracket
- 170mm Stronglight 49d L/H crank
- Reynolds Hiduannium domed seatposts, 27.2mm

Contact Ray Resilion on 0131 554 9252

### Diary Check

September 7-28 (see p1)	Doors Open Days
Sept 21-22 (see p1)	Car Free Day(s)
Sept 28 (see p1)	DA Touring Competition
Oct 11-12 (see bottom of page)	Melrose Weekend
Oct 25 (see p3)	East of Scotland Reunion
Nov 17 (see left)	AGM
Dec 7 (see p1)	Christmas Lunch

### Dumfries & Galloway

'How does this concern us? It's the other side of the country!' – I can hear the comments. Well, as many of you know, the Lothians DA covers people in a triangle roughly South Queensferry – Lindisfarne – Dumfries. A few south of the Tweed are in because all TD post-codes are included, even though some are nearer to Newcastle than Edinburgh. The problem is in the South-West. It's wild country down there, a bit of a no-man's-land, and technically those to the east of the Nith (roughly) are attached to the Lothians DA, while those to the west to the Glasgow DA.

Thanks to the effort put into it by John Taylor and his friends in the Galloway Cycling Group there's a stronger presence of cyclists now, and with the help of the local council and tourist organisations a lot of cycle development. For organising events in particular, it would be much easier if all the D&G CTC members were in the same DA.

There is discussion going on at the moment about forming a new Section (not a DA) for that area which would bring all the members into one group.

MIKE HARRISON

### Wanted:

Pair of Cyclo saddlebag loops.  
Contact: Mike Bonar, 0131 442 7573

### Bike Week

Bike Week seemed a bit flat this year. It may be that the Gifford Rides took all the interest, but they were intended for existing cyclists. Bike Week is trying to get *new* people out on bikes, whether for sport, leisure or utility. We didn't get as many out for the Bike Week Evening ride as we usually do, and the Edinburgh BikeFest on the Meadows didn't see as many people as usual. Yet nationally the Bike Week organisers report success. Do we need a new approach here in Edinburgh?

From: john borthwick  
[johnborthwick44@hotmail.com]  
Sent: 2003-06-26 23:41  
To: Secretary@CTClothians.org.uk  
Subject: Old Bicycles

I was making enquiries at a cycle shop in Edinburgh regarding the disposal of two old bicycles and they gave me a copy of your news letter with the possibility that you may be able to advise. I have a 1950, Philips bicycle which is in quite good condition as I restored it a few years ago. It is a 21" frame with standard 3 speed gear. The only item missing is the original chain case. I also have a Swedish/Norwegian bicycle, possibly about the same age. It is one of these bikes that you can split in two. It has some unusual feature. ie back pedal gear change and also a back pedal rear brake with hub front brake. Do you know of anyone who collects or shops that salvage old cycles. They are both roadworthy. I would be interested to hear from you if you can help or point me in the right direction  
Regards  
John Borthwick

### Borders Weekend

Members of the TBC ('Turning Back Club') are planning their second weekend of the year away in the Borders Oct 11-12. To include the 4 Abbeys route. Contact Mike Bonar (0131 442 7573) if you are interested.



## Catching up is hard to do

You have punctured. You tell your slower club mates to carry on and you will catch them up. So you do, but it took much longer (and they get much further) than you expected. How did that happen?

Wich school algebra you can work it out.

Suppose you (A) average 15mph compared with the 10mph of your clubmates (B), and you stopped for 12 minutes. In 12 minutes your clubmates cover 2 miles. Call the distance to catch up  $x$  miles and the time it takes you  $y$  hours.

Then for (A)

$$x = 15y \quad (i)$$

and for (B)

$$x - 2 = 10y \quad (ii)$$

Substituting (i) in (ii) we have

$$15y - 2 = 10y$$

$$\Rightarrow 5y = 2$$

$$\Rightarrow y = 0.4 = 24 \text{ minutes}$$

Substituting  $y = 0.4$  in (i) we have

$$x = 15 \times 0.4 = 6 \text{ miles}$$

Moral: Make sure you know exactly where your mates are going before you send them on their way!

P Master General

## East of Scotland Cyclists' Reunion Fairmile Inn, 44 Biggar Rd, Edinburgh Saturday 25th October 2003 at 19:30

Norma Brearley writes:

*I have been asked to organise a reunion of all cyclists from the East of Scotland from the era of approximately 1940/50/60/70s. The Clarion Cycling Club had a small get-together a couple of months ago, and 26 people turned out. It was a most enjoyable evening, hence the request for a much larger event. There will only be background music, so that there can be plenty of chat.*

*Please do come along. As it will be difficult to judge how many will come, no food will be organised on this occasion, so please do eat before you arrive!*

*However, if this evening proves to be a success – which I am sure it will be – perhaps we could do it again, when food could be organised.*

*Please give us your support. The only cost involved – apart from drinks – will be £1 per person to cover the cost of the hire of the function suite.*

*We look forward to seeing you on the night. As the function suite holds only 100 people, please get in touch to let us know if you will be able to come, by telephone to Norma on 01968 677117 or [norma.brearley@ed.ac.uk](mailto:norma.brearley@ed.ac.uk).*

*If you have old photographs to share – please bring them along.*

## Edinburgh for Cyclists

### Special Offer for CTC members

The recently published 'Edinburgh for Cyclists' is a comprehensive 90-page booklet about cycling in the city. Over 50 routes are described, including many which are off-road, and the rest using cycle lanes, bus lanes, quiet roads etc.

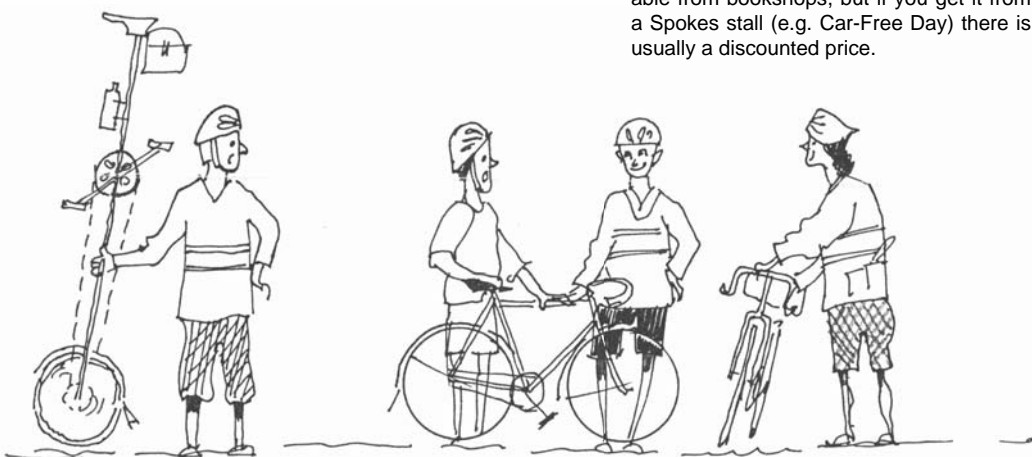
Introductory chapters give advice on topics like buying a bike, what to wear (i.e. gear, and gears!), basic maintenance, cycling with children, bike shops and regular bike events.

Use the book to explore the city's green corridors and discover a hidden Edinburgh unknown to those who only use the roads.

The author, Peter Hawkins, is a former secretary of CTC Scotland

Normal selling price is £3.95. CTC members can take advantage of a special introductory offer of £3.50 including p&p, OR get a book and a copy of the Spokes Edinburgh Cycle Map packaged together in a wallet for only £7.50 including p&p (normal price £7.95).

Send cheque payable to Spokes (Education) to: Spokes (Education), 118/1 Stenhouse Cres., Edinburgh EH11 3HU.



*He says it keeps his feet dry in wet weather, and can he join the club run – o.k but I hope he has a mud flap!!*

## Cycle Map wins Award

The new edition of the Midlothian Cycle Map was shortlisted for the Dynamic Places Scotland awards for 2002. The map received a Commendation for promoting cycling and for the innovatory presentation of information for cyclists. The winning award went to the Falkirk Wheel but it's nice to see humbler efforts getting some recognition!

Spokes' **East Lothian** map is now available from bookshops, but if you get it from a Spokes stall (e.g. Car-Free Day) there is usually a discounted price.

## Wednesday Runs

date	meet	destination
03-Sep	FH	Whiteadder
10-Sep	RP	Culross
17-Sep	SV	Blackness
24-Sep	FH	Yellowcraig
01-Oct	KX	Eddleston
08-Oct	SV	East Calder
15-Oct	FH	Bolton
22-Oct	RP	Linlithgow
29-Oct	F	Eddleston
05-Nov	SV	East Calder
12-Nov	F	Oxenfoord
19-Nov	KX	Bolton
26-Nov	RP	Linlithgow
03-Dec	F	Eddleston
10-Dec	FH	Bolton
17-Dec	RP	Mid Calder
24-Dec	CP	[Short Run]
31-Dec	CP	[Short Run]
07-Jan	F	Eddleston
14-Jan	SV	Linlithgow
21-Jan	KX	Bolton
28-Jan	FH	North Berwick
04-Feb	F	East Calder
11-Feb	KX	Oxenfoord
18-Feb	F	Eddleston
25-Feb	FH	North Berwick
03-Mar	RP	Linlithgow
10-Mar	FH	Bolton
17-Mar	RP	East Calder
24-Mar	SV	Linlithgow
31-Mar	KX	North Berwick

### All rides:

**Take food (sandwiches) and drink. Don't rely on cafe-stops.**

**Newcomers welcome - but suggest you phone leader first to get an idea of the likely speed/distance/time of the ride. The leader will help you find the right ride for you.**



### Runs Contacts

David Easingwood-Wilson is coordinating the runs  
 Sunday: Jackie Howlett (664 0526)  
 Saturday: Finlay Cairns  
 Wednesday: Peter Martin  
 Tuesday evenings: Mike Harrison  
 (for phones see Committee List opposite)

## MEETING PLACES

	DESCRIPTION	GRID REF.
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) at Wester Coates Terrace	NT232733
SV	Slateford Viaduct (where Lanark Road crosses Water of Leith)	NT221706

Saturday, Sunday and Tuesday runs ALWAYS start from the Commonwealth Pool.  
 Wed, Sat & Sun: 10:00  
 Tue: 19:00 (Bring lights!)

## Destinations

Eddleston Village Hall	on the A703 just south of the turning to the Meldons on the right-hand side of the road	NT242470
Bolton Village Hall	On B6368 on the west side of the road at the south end of the village	NT505699
Hopes Hall, North Berwick	Forth St. (north side, near Church St)	NT552854
East Calder Church Hall	south side of Main Street	NT005772
Low Port Centre, Linlithgow	Hut on north side of Low Port site (opposite new building). Blackness Rd - opposite Tesco	NT086679

## Runs

The good weather this summer has certainly brought out the cycles, and numbers on the runs have improved. Unfortunately the Secretary lost the runs notebook (last used at Oxenfoord, but missing the following week) so there are no hard statistics for a period of a few months. Quite a number of new people seem to have become regulars on both weekend and mid-week rides – and they are not all retired!

### Plans for the next six months:

Tuesday Evening Rides: finish at the end of September and re-start informally in April and formally in May.

**Wednesday Rides:** As last winter we will use Community Halls, but not exactly the same set as last year. The Harburn Hall is undergoing refurbishment, and we have obtained two West

Lothian replacements. One is the East Calder Parish Church Hall (on the south side of Main Street, and the other is a hut opposite the main building at the Low Port Centre in Linlithgow (LPC is opposite Tesco's in Blackness Road). The plan worked better than we expected and with no financial burden on the Club.

**Saturday Rides:** These continue as a 'traditional club ride' of a moderate distance over the whole day – though I suspect that as quite a number include a morning coffee stop at a regular church/community coffee morning there is some sluggish riding in the afternoons sometimes. If it's not a morning coffee stop, then it's an afternoon tea & scones one.

**Sunday Rides:** There does seem to be a demand for rides which don't take all day, and there's a regular group of Sunday riders which includes a significant pro-

portion of newer (and younger) members. So the Sunday rides recently have been shorter (in time) though not necessarily slower and easier. However, this is probably the ride that any newcomer wanting to try a club ride for the first time should join. There is more likely to be someone who will chum them home if they don't want to stay with the group; it's likely that it will never be all that far from home; and again members of the group will adapt more easily to the needs of the newcomer. We still support the Spokes ride on the first Sunday of the month – meeting at 10:00 at the Usher Hall.

If you have any suggestions about runs, please speak out. Especially if you would like to come on runs but there is something that puts you off we would like to know what it is. If you have never been on a run with the club, why not try it?

## DA Office-Bearers

office	name	phone
President/Comm. Chair.	Evelyn Law	0131 444 2240
Secretary/Publicity Sec.	Mike Harrison	0131 554 7773
	Secretary@CTCLothians.org.uk	
Treasurer/Rights	Peter Hawkins	0131 443 6712
	PeterHawk@care4free.net	
Runs Co-ord'r	David Easingwood-Wilson	0131 449 3588
	joananddaveew@yahoo.co.uk	
Hut Secretary	Ashley Watt	0131 440 1495
Committee	Finlay Cairns	0131 661 6073
Committee	Anne Carter	0131 657 2189
Committee	George Di Ponio	0131 669 6785
Committee	Peter Martin	0131 229 8615
Committee	Richard Russell	0131 661 8614
Committee	Warren Sanders	0131 555 3719
Committee	Peter Valente (wk)	0131 561 2727

CTC Scotland Reps. are Mike Harrison, Peter Hawkins & Peter Martin