

# Cycle North

Newsletter of the CTC Lothians District Association  
Number 20, April 2005



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

## Rides

– the mainstay of club activity for many members

Storm, flood, snow - we've had a bit of all of these over the winter, but hopefully now spring is here and weather for cycling becomes more predictable. Regular rides continue with only a few changes.

### Saturdays

Since Finlay retired from leading these, we have formed a rota from the regular Saturday riders, which is working well. So there is continued stability in these rides. Meeting is always at the Commonwealth Pool at 10:00.

### Wednesdays

For a few weeks in February Peter Martin was on the sick list and unable to lead. Mike attempted to fill in, but found them a rebellious bunch, never wanting to go where he led. The nadir was on Feb 23rd when there was a zero attendance for a ride to North Berwick. Perhaps the inch or two of snow had something to do with it, or everyone had been listening to the Highways people who were saying 'Don't travel unless your journey is absolutely necessary'. Anyway, I'm sitting in glorious sunshine at North Berwick at 11:45 on Feb 23rd writing this. Granted I came by car, and I'm sitting behind glass. You can't win all the time.

Wednesday rides continue at 10:00 every Wednesday from the places listed on page 4

Note that there are two Car-Assisted-Rides on Wednesdays during this period. Please, if you don't have a car, ask someone else and you are sure to get a lift.

### Tuesdays

Evening rides start again and run from April to August at 19:00 from the Commonwealth Pool. Please bring lights. We try to cater for everyone on these, and if inexperienced or slow riders turn up, the racers will just have to hold back. Of course, if, like a couple of years ago, a lot of people attend, we can split into two groups, but we won't do that if there are only a few people there anyway.

### Sundays

#### **important - please read this!!**

This is the last chance!!! We have tried everything for Sundays - long rides, short rides, starting earlier, starting later, joining with Spokes, having regular leaders, having a leader rota, having no leaders, meeting at the Pool, meeting at various locations (like Wednesdays), meeting at the Usher Hall, meeting at the Meadows. For a few months now the average attendance has been less than one - that is one person most weeks, and no-one some others.

*The Sunday rides are in a terminal state.* This is our last-ditch rescue attempt.

**Sunday rides will start from the Commonwealth Pool at 10:00 from April.**

Anne will for the moment offer an **easy ride** on the 3rd Sunday. Richard will be there as far as possible to lead rides each week. If the number attending has not reached a respectable figure by the end of August the Sunday rides will not be offered from September onwards.

If that should happen, of course there is nothing to stop groups of members gathering and riding together, but it will not be an official Club Run and there will be no leader covered by Club insurance, though members will still have their own personal member insurance cover. The Committee is not prepared to go on banging its collective head against the wall.

## Fall in Cycling in 2004

The regular DfT traffic survey reports that cycling in the second quarter of 2004 was down by 14% and down by 21% in the third quarter. These are the biggest changes recorded in a single year.\*

Was the reason the weather or the constant reports of how dangerous cycling is? Whatever, it will take a lot of cycling this year to push the figures back up again.

\* It's not clear from the information to hand whether this number represents 'trips by cycle' or mileage. I suspect it is 'trips'. So a couple of trips to the nearest shop, first to buy a paper, then for a pint of milk would be worth more than a trip over Monynut Edge.

## Cycling Manifesto – General Election

A group (Cycle Campaign Network, CTC, London Cycle Campaign) is putting together a set of proposals to put to politicians which could make a real difference to the popularity of cycling.

Look out for these, and be ready to ask you MP candidates for their views. It will be published on the CCN web site - [www.cyclenetwork.org.uk](http://www.cyclenetwork.org.uk).

## NEW READERS START HERE –

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

If you have picked this up in a bike shop or library and are not a member, please 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. If you have access to the internet, you can find it all at the Lothians DA website.

## SECRETARY'S CORNER

### Maps

The DA has a collection of maps. The main collection is of 1:50,000 OS maps dating from about 1988 and apart from a very few which have been lost, they cover the whole of Scotland. They can be borrowed by any member from the Secretary at no charge. If you need them posting to you, you pay the postage. They are now a bit old, but many parts of Scotland have not changed significantly for cyclists.

The other ones we have are a very miscellaneous lot of older ones. We have enquired about selling these, but there seems to be no commercial interest - they are not old enough to be antique, and not new enough to be really usable. We are prepared to give these away to any members who are interested. A list of these is posted on our web site (there are 250 of them - too many to list here) but if you need a printed list, ask and we can supply one. These need to be collected from Neil Robertson.



*maximum height*

### Don't miss the 2005 Christmas Dinner...

The 2004 one was judged by most who attended to be the best venue and the best food we have had for some years. The small increase in price was well worth it for an event which left the customers feeling that they had had a good time. As the venue was only about 200 metres from the normal Saturday meeting place, we could have had no ride at all that day, but to keep the tradition going, 4 people did have a little spin round by Darcy to work up an appetite.

Many thanks to Anne Carter for finding the venue and doing the management.

Customers had to select their menu in advance. I think the staff were surprised at our efficiency that Anne returned each person's booking slip to them, so that they knew what they had ordered. I think that most groups have complete confusion at that point.

### Oct weekend

Last year we arranged two weekends. Those who attended found them enjoyable, but the organisers had a lot of headaches with bookings and numbers. We don't see why volunteers should have to endure so much hassle. This year we have one weekend provisionally booked. Mike Bonar has once again volunteered to organise it, but firm bookings with payments are required at an early stage.

Mike Bonar writes:

Following on the success of the DA autumn weekends at Melrose and Wester Caputh in 2003/04, I am organising a weekend of cycling (and culture) at Pitlochry, from the evening of Friday 30 September to Sunday 2 October. We will stay at the SYHA hostel and have runs of around 50/60 miles on both Saturday and Sunday. Take this opportunity of exploring more of the wonderful cycling routes of Highland Perthshire ("Sure by Tummel and Loch Rannoch"). There is the option of completing your weekend with a visit to Pitlochry Festival Theatre on the Saturday evening for a performance of "To Kill a Mockingbird". 50% discount on tickets for hostellers!

Hostel bednights will cost £11.50 per night and full payment will be required with booking. I will again supply breakfast. **DA members will have first option on places up to 30 April.** Further enquiries and bookings to Mike Bonar at 441 7573 or [mgbonar@btinternet.com](mailto:mgbonar@btinternet.com)

### Ideas for Autumn Talk

We plan to have an evening talk in October/November. This will need to be advertised in the September Cycle Forth. If you have any ideas for speakers, please tell any member of the Committee now.

### DOD - Edinburgh 24th Sept

Doors Open Days are in September, but we don't have dates for any except Edinburgh yet. Edinburgh's is September 24th.

### Photo Competition

Due to general incompetence in the Committee, we forgot to publicise the Photo Competition in 2004. So here goes for 2005. We will have a competition with award of prizes at the Christmas Dinner, so you have a whole season to take good photos. There are two categories - cycling and anything else. Entries must be PRINTS and of any size. So get snapping, select your best and get prints made.

**MIKE HARRISON**

### Pathy News

A gang has put down some stone on the path south of the Bilston Viaduct. This bit is narrow and has some horse traffic. With nothing but earth as the base it used to get pretty messy. It's now had some 16 tons of chips which have stabilised the base. I hope it doesn't all just sink under the weight of horses and cyclists!

By the time this is printed, another team will have done some work on the path on the south side of the Almond, upstream of Cramond Brig. It's the part from the river by Nether Lennie Farm to where the railway crosses the river. The second weekend is 19-20 March. If you get this before then and want to help, contact 0131 443 6712 or [peterhawk@care4free.net](mailto:peterhawk@care4free.net).

*minimum tolerance*



## The HUT

This needs to be used **more!** Since Foot and Mouth it has hardly been used. The Committee has been looking at it and its future. Jimmy Law has done an inspection and found some rot, but it is limited to a couple of places and with a little difficulty the affected timbers can be treated or replaced.

We have also been looking at the possibility of upgrading the sanitation arrangements to include flushing toilets and showers. This would be a significant expense, but is probably necessary if the hut is to attract more people. But as you can imagine, we could not spend that money without being sure of getting a return at least on use, if not recouping the cash. If you were to use it more as it is this year, it would encourage us to develop it.

Ashley Watt has had to give up the job of Hut Secretary. We have been fortunate in finding a regular user - Jamie Thin and family - who is prepared to do some of the ferrying of supplies to the hut and incidental maintenance.

**Bookings are being taken by Peter Hawkins (contact details on back page).**

## Keeping Safe

It's been a bad time for accidents. On one Wednesday we had two. The first one we knew about was Les Douglas who had met with some others at Fairmilehead and then set off for Eddleston on his own. Between Penicuik and Leadburn a lorry swerving to avoid him just caught his back wheel (and the lorry ended up in the ditch). Fortunately his bike was more damaged than he was, and a passing Margot Ward and Jimmy Murray came across him and got him and his bike home. He was out on the road again within a few days. That same morning Richard Russell did not appear - and that usually means that there's something the matter, but no-one had heard that he was not coming. We found out later that he too had been knocked off his bike in Colinton Road on his way to Firrhill. His injuries were more serious (to head and knee) and he has now been off the bike for several weeks - though he is doing some walking instead of cycling.

## Ladies weekend

CTC has decided to have a Ladies' Weekend on **June 4th and 5th**. The announcement about this came a bit late for us to plan it properly, but I am sure we will do something. So, ladies, keep that weekend free, and ask around to see what we come up with.



Having made a big effort last year and having a poor response, we are being less ambitious in 2005. Fewer events - and even those not organised yet, but we want more support from the members - not just the 30 or 40 who ride the club rides week in and week out.

Some thought they couldn't come to the Pot-Luck Supper because it was advertised that it was for anyone - member or not - who had ridden in any of the events of the week. It was not meant that it was **ONLY** for people who had been out on a bike, it was for everyone. So at least get this one in the diary now, and do make an effort.

## POT-LUCK SUPPER

in the WAVERLEY LAWN TENNIS, SQUASH and SOCIAL CLUB in Suffolk Road on FRIDAY JUNE 17th at 19:30

There will be a small charge per head to cover the hire of the venue.

It's a 'bring your favourite dish' kind of affair (something which can be eaten cold as heating up a range of dishes is usually impracticable). We need a range of savories and sweets. And bring wine or whatever. The quality of food at this kind of event is almost always exceptional, as most people bring what they know is good, and there's usually more than enough for lots of second helpings. Please contact Anne Carter, Evelyn Law or Mike Harrison if you intend to be there, and tell us what kind of food you will bring.

## TUESDAY OPEN RIDE

14th JUNE

Bring along a friend, encourage your neighbours, let's have a jamboree evening. It's only a week away from the longest day. I promise that the ride will suit the less hardened rider - if any such turn up. Even if you are a hard rider, come along and support the others on this one evening. Other Tuesday evening rides vary from fairly easy to quite demanding, but this one will be tempered to the most fragile in the group.

## LOTHIANS DAY OUT

We intended a day like the previous ones to Gifford and East Saltoun, but we are having problems. Health and Safety Regulations have affected many organisations. Those who go to the Village Halls on Tuesdays or Saturdays have seen the wonderful kitchens which are now being installed, but many organisations are now no longer able to serve food as they used to do, and Gifford is one which has been forced to stop. At the time of writing this, we have not managed to arrange anything, but we are still hopeful that we will be able to do something on one of the days of the weekend of June 18th-19th

## Start of Bike Week

If you fancy a weekend away 11-12 June, the Angus CC and Tayside DA have a weekend of celebration with 2 social events and a range of rides. Details in the Apr/May Cycle Talk.

## Ladies Evening

Men excluded. Thursday 16th June. Meet at 19:00 at the Pool.

## Wednesday Runs

date	Meet - Destination
30-Mar	FH North Berwick
06-Apr	F West Linton
13-Apr	SV Beecraigs
20-Apr	FH Yellowcraigs
27-Apr	RP Culross
04-May	[CAR] meet:Biggar
11-May	SV Muiravonside
18-May	KX Manor Sware
25-May	FH Longyester
01-Jun	RP Rumbling Bridge
08-Jun	KX Innerleithen
15-Jun	SV Cockleroy
22-Jun	FH Whiteadder
29-Jun	F Dunsyre
06-Jul	RP Cairnpapple
13-Jul	FH Seacliffe
20-Jul	KX Dawyck
27-Jul	[CAR] meet:Cockburnspath
03-Aug	RP Lochore Meadows
10-Aug	KX Heriot Water
17-Aug	FH John Muir CP
24-Aug	SV Muiravonside
31-Aug	F Polmood
07-Sep	FH Stenton
14-Sep	KX Cademuir
21-Sep	FH Tynninghame
28-Sep	SV Blackness

## Third Party Insurance

All CTC members residing in the UK are covered by £5 million third party public liability insurance. If you find yourself in the position of having a cycling accident where you are held responsible, phone CTC Accident Line without delay for assistance on 0870 873 0062.

An explanation of the third party liability cover is detailed below:

Third party liability issued by Norwich Union Insurance

A third party claim can be made against a cyclist involved in an accident causing injury or damage to another person or property. CTC membership includes insurance for members normally resident in the UK against such a claim up to the value of £5m, anywhere in the world except the USA and Canada.

Any cyclist can be involved in an accident, no matter how careful he or she is. A cyclist's presence at an accident can be held to be responsible for the accident even if the cycle itself has done no damage.

Norwich Union indemnifies CTC members against all sums he or she is legally liable to pay in compensation for:

- Accidental injury to any person with the exception of those in the member's service, being conveyed by the member or riding with the member on the same cycle.
- Accidental damage to property where injury or damage is caused while riding or wheeling the cycle, excluding property belonging to the member, his or her family, property held in trust by the member or conveyed on the member's cycle. There is a £250 excess for property claims.

Details of Cover

- Protection is valid so long as the cyclist is a fully paid up individual member of CTC resident in the UK.
- Members are covered when cycling, including cycling to and from business, when cycling for occasional business trips and in time trials; but does not include mass-start racing or accidents taking place whilst the insured is employed as a cyclist, such as a cycle courier. In this case liability is borne by the employer and the cyclist should need no individual cover.

## CARS

There will be some Car-Assisted-Rides this year - two are already scheduled for Wednesdays, and there is a possibility of the occasional Saturday one. These need a little liaison between car-owners and non-car-owners. Unlike the Glasgow folk, we can't use trains easily to get a group to a place out of town.

BIGGAR: Meet in the middle of the town (Market Cross?)

COCKBURNSPATH: Car Park at Cove

## Remember: Sunday Runs from COMMONWEALTH POOL (from April)

DA Office-Bearers	Name	phone	email
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Committee	Marion Lawson	+44 131 453 5908	marion.lawson@tesco.net
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Committee	Hilary Maxfield	+44 131 337 1981	hilary.maxfield@ukonline.co.uk
Committee	Neil Robertson	+44 131 664 2131	neil@visp.org.uk
Committee	Richard Russell	+44 131 661 8614	

## PEDAL for SCOTLAND Sunday AUGUST 28th

from EDINBURGH  
to GLASGOW

If you've done PFS before, try it this way - it'll be a different experience

## 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

## Runs Contacts

David Easingwood-Wilson is coordinating the runs  
Sunday: Richard Russell  
Saturday: Neil Brearley  
Wednesday: Peter Martin  
Tuesday evenings: Mike Harrison

Saturday, Sunday and Tuesday runs ALWAYS start from the Commonwealth Pool.  
Sat: & Sun: 10:00  
Tue: 19:00 (Bring lights! On a fine night it may be dark before you get home)