

Cycle Forth

Newsletter of the CTC Lothians and Borders Member Group
Spring 2010

www.ctc.org.uk

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[Livingston & West Lothian CTC](#) are proud to introduce West Lothian's newest cycling club. Our group is a social group, offering easy to moderate bike rides around West Lothian, taking advantage of long social lunches in pubs in Winter, picnic lunches in Summer. The first run will on April 10th, and the second Sunday of the month thereafter.

The Club runs will depart from Xcite Gym Car Park, ([EH54 6QT](#)) just outside Almondell Shopping Centre, Livingston. There is a café and toilets at the departure point. Please be at the start point promptly at 10 a.m. for a 10.15 a.m. departure.

We have started to organise **off road/mountain bike trips**, at the moment on an occasional basis. Some will be fairly easy, but we also intend to cover XC or all mountain, however these may be defined (there seem to be so many niches in the world of mountain biking) for want of better expressions. This to try and attract different people from the usual in addition to the weel kent faces. We don't want anyone to feel excluded but a sense of adventure may be needed for some runs. There is a hope that this may appeal to some of the 1,000 plus in L&B rather more than what we have been doing traditionally, as well as perhaps bringing members along from other Groups. Trail centres offer useful facilities and will be used as well as open country or indeed any terrain/routes suggested by members. As a guide, the group that is the genesis of this usually do the red or black at Glentress depending on available time. They are not the fastest but not the slowest either.. Contact Peter Valente VTT@ctclothians.org.uk for further details.

Our members are already organising trips away during the spring and summer. We have a trip to **Applecross** on the 2nd of April, another at **Nether Barr**, just outside Newton Stewart, Dumfries and Galloway from the 16th - 19th April and we are expecting a big turn out for the **5th Grampian CTC Rally** 28th May to 2nd June at Templers Park Aberdeen. See www.ctcgrampian.org.uk

Bike Week 2010 - the UK's biggest festival of cycling will take place from 19th – 27th June. We hope that people will come to our program of events in Edinburgh. The club calendar events will be open to any one who wants a taster, as well as a special Ladies' event and a Social.

Also on during that weekend are :

[York Cycle Show](#) CTC's annual cycling festival at York



On the 19th [John Taylor Memorial Ride](#) (100 miles),
Edinburgh to St Andrews (Lepra) Ride

On the 20th June [Stirling 2010 Triennial Veterans Ride](#),
The SEStran [Two Capitals Cycle Ride](#)

All these events are listed on the [events page of www.ctclothians.org.uk](#) and will appear in the monthly bulletin, where we would like to include your event, contact secretary@ctclothians.org.uk

Support the Moon Walk in Edinburgh, 'Uniting against Breast Cancer'

To make the MoonWalk happen cyclists are needed to come and give their time and talents as part of the volunteer crew through the night of 19th/20th June 2010. Cyclists are essential to the success of the event : Walk the Walk 01483 741430 www.walkthewalk.org

For the latest on CTC's potential conversion to a membership charity, see www.ctc.org.uk Questions and comments from members have been arriving at members.matter@ctc.org.uk about CTC's potential conversion to a membership charity at our AGM in May. Our [charity conversion web pages](#) have been updated with new information and statements from the Chair of Council and Chief Executive.

Rides - other events may be found on our website www.ctclothians.org.uk

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. Throughout May to August there will be Tuesday evening rides departing at 7:00pm All Sunday and Tuesday 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	START	DESTINATION	DATE	START	DESTINATION
07-Apr	SV	Blackness	07-Jul	RP	Rumbling Bridge
14-Apr	F	West Linton	14-Jul	KX	Dawyck
21-Apr	FH	Dirleton	21-Jul	FH	Gifford
28-Apr	RP	Culross	28-Jul	KX	Heriot Water
05-May	SV	Muiravonside	04-Aug	RP	Kinross
12-May	KX	Cademuir	11-Aug	F	Dunsyre
19-May	(CAR)	Crieff	19-Aug	SV	Cairnpapple
26-May	FH	Seacliffe	26-Aug	(CAR)	Borders
02-Jun	RP	Falkirk Wheel	01-Sep	RP	Lochore Meadows
09-Jun	KX	Innerleithen	08-Sep	KX	Manor Sware
16-Jun	FH	Tynninghame	15-Sep	FH	Dunbar
23-Jun	SV	Cockleroy	22-Sep	SV	Muiravonside
30-Jun	FH	Monynut Edge	29-Sep	FH	Stenton

Meeting Places

CP	Holyrood Park Rd opposite Commonwealth Pool	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]gmail.com
Wednesday:	Peter Martin	0131 229 8615	mr.petermartin[at]gmail.com
Hardriding Mondays	Jim Kerray	0131 466 3394	JimKerray[at]blueyonder.co.uk
Tuesday Evenings	Mike Bonar	0131 441 7573	Mgbonar[at]btinternet.com

WHAT YOU NEED ON A RIDE.

- A cycle in good working order, with mudguards and an effective rear mud flap.
- Tool kit, puncture repair kit, spare inner tube.
- Front and rear lights on winter and evening rides and on dull days.
- Clothing that will be suitable for the prevailing conditions, e.g. high visibility and adequate to keep you warm and dry.
- Adequate food and drink for the day's ride. Sufficient money for cups of tea, snacks.
- Carry an emergency contact number on your person either on your mobile or in your jacket pocket.

HOW OUR GROUPS RIDE

- If you are new to the group introduce yourself to the leader, and tell them of any special needs or issues.
- The run leader will give the group an indication of the proposed route at the start of the ride and after lunch.
- Any sub group proposing a different route at any point in the day should advise the run leader and the group of its plans.
- Follow the Highway Code, showing consideration for all road users.
- In order to facilitate overtaking traffic, ride in small groups of no more than 6 or 8 : keep 50 metres distance between groups .
- Always keep well to the left of the road , but inside rider should be 2 to 3 feet from the kerb or verge.
- The group normally rides two abreast, each rider keeping directly behind the rider in front .
- When necessary, single out, e.g. on a narrow or busy road, when vehicles approach or opposite a continuous white centre line.
- To single out inside cyclist moves forward and outside cyclist drops back.
- Single out when going up or down a steep hill, in order to allow overtaking by faster cyclists.
- Never overtake to the left of the cyclist in front .
- Do not bunch up when stopping at junctions or block the sight-lines of other road users.
- Ride smoothly and do not to slow or stop suddenly without warning. Be aware that the cyclist in front can make an unexpected move.
- Shout and signal warnings of danger or change, e.g. uneven or loose surfaces, vehicles approaching or left and right turns.
- Always check behind before starting off or changing direction. When turning, signal early and clearly.
- The group will regroup at appropriate points to allow slower riders to catch up.
- If you are unable to keep up (due to mechanical or other problem) or wish to leave the group, let others know.
- Pass a message forward if a gap develops behind you, or if a rider drops behind, e.g. with a puncture or mechanical problem.
- Please take your turn at the front when there is a strong headwind, if you are able to do so .