

## CTC Lothians and Borders – a member group of Cycling UK Edinburgh locale

Non-members are welcome on the runs, and if you enjoy it enough we do say that after three rides with us we would expect any new riders to join Cycling UK. [www.cyclinguk.org](http://www.cyclinguk.org)

If you are new to the group introduce yourself to the leader  
You will be asked to give your contact details and those of your emergency contact.

The group will do their best to help with cycle problems. However, you are ultimately responsible for looking after yourself and getting yourself home.

### What you need:

A cycle in good working order and, for the benefit of other riders in the group, in wet weather conditions be fitted with mudguards.

Tyres in good condition.

Tool kit, puncture repair kit, at least 2 spare inner tubes.

Front and rear lights on winter and evening rides and on dull days.

Suitable clothing. High visibility and adequate to keep you warm and dry.

Food and drink. Money for cups of tea, snacks.

Each rider should carry emergency contact details both on their person (card in wallet/purse, ICE on mobile) and in their bike bag.

### Safety:

**Full safety guidance is at <http://www.ctclothiansandborders.uk/riding-guidelines/>**

Group cycling is safe provided that simple rules are followed.

Follow the Highway Code, showing consideration for all road users.

In order to facilitate overtaking traffic, ride in small groups of around 6

Keep at least 50 metres distance between groups and significantly more if the road is particularly busy with cars stacked up waiting to pass or long vehicles.

Janet has created a Lothian and Borders CTC **WhatsApp** group to enable informal discussion, exchange of ideas, photos and chat from Group members. It will not be used for rides notification or formal notification of CTC events, which will continue via email on the **Yahoo group** (see below the runs list on the next page). The WhatsApp group is a closed one, which cannot be viewed by anyone but participants. If you would like to be a member of this group, you need to have a smartphone and download the WhatsApp application from your app store. Once you have downloaded the application please text or email Janet your phone number and she will add you to the group. Her mobile 'phone number is 07974 113737.

Always keep to the left of the road about 3 feet from the kerb or verge.

Single out on a narrow or busy road, when vehicles approach or opposite a continuous white centre line.

Single out when going up or down a steep hill, in order to allow overtaking by faster cyclists.

When singling out the rider on the outside should drop back and make sure there is space to get in.

Never overtake to the left of the cyclist in front.

Do not bunch up when stopping at junctions or block the sightlines of other road users.

Be aware that the cyclist in front can make an unexpected move, so leave sufficient gap to be able to react and avoid colliding.

If you make an unexpected move you are likely to bring down both the rider behind and yourself. Always signal your move- shout "Slowing!", "Stopping!", "Passing" etc.

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. Be particularly careful to check behind you when turning right.

When turning, signal early and clearly.

**If you make an unexpected move you are likely to bring down both the rider behind and yourself. Always signal your move- shout "Slowing!", "Stopping!", "Passing" etc.**

**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. Be particularly careful to check behind you when turning right.**

Wednesday Cycle rides				Sunday approx. 45 to 60 miles				Sunday approx. 40 miles				CP Commonwealth			
06/12/2017	KX	10:00	Pathhead	17/12/17	RP	10:00	Linlithgow	10/12/2017	10:00:00	Pool, outside					
Duncan Ross 0778 666 2943				Fiona Owen 07825 717756				Short ride, followed by soup,				Scottish Widows			
13/12/2017	SV	10:00	East Calder	21/01/18	CP	10:00	East Lothian	cheese and mince pies Janet Ironside				F Firrhill (Colinton			
David Lambie 07949 226156				Bill Krol 07936 941956				07974 113737				Rd / Colinton			
20/12/2017	FH	10:00	Dirleton Bill	18/02/18	SV	10:00	Going West	14/01/2018	SV	10:00:00	Mains Drive)				
Coppock 0776 569 6444*				Peter Valente 07934 840556				Linlithgow, lunch at Rouken Glen				FH Fisherrow			
27/12/2017	RP	10:00	Rouken Glen	18/03/18	FH	10:00	East Lothian	Garden Centre Gordon Robertson				Harbour car park			
Peter Valente 079348 40556				Bob Fowler 07760 363992				07977 540202				KX Kingston			
03/01/2018	FM	10:00	Temple					28/01/2018 FH 10:00:00				Crossroads			
Dave Stokes 0780 807 1724								Athelstaneford, Merryhatton				(Gilmerton Rd /			
10/01/2018	KX	10:00	Pencaitland					Garden Centre Judy Cantley 0751 835				Mount Vernon Rd)			
Ben Bate 07713 247662								4834				RP Roseburn Path			
17/01/2018	SV	10:00	West Calder					11/02/2018 RP 10:00:00				(on bridge above			
David Lambie 07949 226156								Klondyke Garden Centre,				Glasgow Road) at			
24/01/2018	FH	10:00	North					Livingston Janet Ironside 07974				Wester Coates			
Berwick	Brian Curtis	0790 046 2304						113737				Terrace			
31/01/2018	RP	10:00	Charlestown					25/02/2018 CP 10:00:00				SV Slateford			
Gordon Robertson 07977 540202								Edinburgh Circular. Inc. snowdrop				Viaduct (next to			
07/02/2018	FM	10:00	North					viewing at Cammo Maureen Young				the derelict Blue			
Middleton David Lambie 07949								07817 054270				Goose Inn FM			
226156								04/03/2018 RP 10:00:00				Charwood			
14/02/2018	KX	10:00	Haddington					Beecraigs Country Park Judy				Restaurant,			
Bill Krol 07936 941 956								Cantley 0751 835 4834				Fairmilehead			
21/02/2018	SV	10:00	Linlithgow					11/03/2018 RP 10:00:00				CB Miller and			
Peter Valente 079348 40556								Blackness Castle Janet				Carter restaurant			
28/02/2018	FH	10:00	Dunbar					Ironsides 07974 113737							
Judith Nixon 07587 179606								25/03/2018 CB 10:00:00							
07/03/2018	RP	10:00	Bo'ness					Culross Maureen Young 07817							
Cowdenhill Community Hall Janet Ironside								054270							
07974 113737															
14/03/2018	FM	10:00	Peebles												
Burgh Hall Dave Stokes 0780 807															
1724															
21/03/2018	KX	10:00	Morham												
Duncan Ross 0778 666 2943															
28/03/2018	SV	10:00	Tarbrax Ben												
Bate 07713 247662															

(\* Bill Coppock only turns on his mobile just before the cycle ride)

Detailed ride information is posted on a **Yahoo group** a few days before. [https://groups.yahoo.com/neo/groups/Edinburgh\\_CTC\\_Riding\\_Group/conversations/topics](https://groups.yahoo.com/neo/groups/Edinburgh_CTC_Riding_Group/conversations/topics) or search for "yahoo ctc edinburgh"

You are encouraged to join the Yahoo group but this is not essential: Send an email to:- [edinburgh\\_ctc\\_riding\\_group-subscribe@yahoogroups.com](mailto:edinburgh_ctc_riding_group-subscribe@yahoogroups.com)

You will get an email by return 'Please confirm your request to join Edinburgh\_CTC\_Riding\_Group'

REPLY to this email by clicking "Reply" and then "Send" in your email program. The Yahoo group is an open one and can be viewed by anyone.