



COME CYCLING



CTC Dumfries and Galloway Member Group

Sunday Ride List: April to July 2014

We welcome all capable cyclists on our Sunday rides. These are typically 40+ miles; usually a bit further in the summer with the longer days and better (!) weather. Given the geographic extent of D&G we encourage riders to join rides part way, or link up with them, or even just join us for lunch and a natter. But please contact the ride leader to check route and logistics.

Please check start times as these vary, depending on the length of the route.

Date	Start Location	Start Time	Destination/Route	Appro x Miles	Leader or Contact
30/3/14	Dumfries	10:00	Castle Douglas Loop (lunch, CD Garden Centre)	45	Dougie
30/3/14	NS RCP	09:45	Castle Douglas Loop (lunch, CD Garden Centre)	65	Bob
6/4/14	Dumfries	10:00	Lockerbie	50	Dougie
6/4/14	NS RCP	09:30	Moniaive	75	Ted
13/4/14	CD	10:00	Gatehouse (lunch)	50	Phil
20/4/14	Dumfries	10:00	Moniaive/Striding Arch (take picnic)	60	Alan
20/4/14	NS RCP	10:00	Moniaive/Striding Arch (take picnic)	75	Bob
27/4/14	Lockerbie	10:00	Eskdalemuir (lunch at Samye Ling)	50	Larry
27/4/14	Glenluce	10:00	Decide on Day	50+	Bob
4/5/14	Dumfries	09:30	New Galloway (lunch Smithy)	70	Dougie
11/5/14	Lochmaben	10:00	Gretna and Lockerbie Loop	60	Mike
11/5/14	Glenluce	10:00	Decide on Day	50+	Ted
17 - 19/5/14	Minnigaff YH	09:30	Ayr Group Weekend (also Sat 17th)	Various	See below
18/5/14	Dumfries		Solway Sportive	19 & 72	See below
25/5/14	Dumfries	10:00	Carsphairn	70	Tom

25/5/14	NS RCP	09:45	Spring Fling Ride	50	Ted
1/6/14	Dalbeattie Coach Park	10:00	Corsock Loop (lunch at Pringles)	50	Phil
1/6/14	NS RCP	10:00	Corsock	60	Bob
8/6/14	Dumfries	10:00	Loch Ettrick, Thornhill and Glen Midge	55	Dougie
8/6/14	NS RCP	09:00	Carsphairn	60	Ted
15/6/14	Dumfries	OFF	<u>100 miles - POSTPONED UNTIL NEXT RUNS' LIST IS ISSUED – LEADER NOT AVAILABLE</u>	100	Peter
22/6/14	Moffat	10:00	St Mary's Loch		Paul
22/6/14	Stranraer Old Terminal CP	10:30	Ride with the Ayr CTC group to Port Logan Fish Pond (£3.50) and Portpatrick	45	See below
29/6/14	CD	10:00	Gatehouse by Carrick Shore	60	Alan
29/6/14	NS RCP	10:00	Gatehouse	60	Bob
6/7/14	Dumfries	09:30	Sanquhar	75	Dougie
6/7/14	NS RCP	10:00	Straiton	60	Ted
12/7/14	Dalbeattie	08:00 Reg	Stewartry Sportive	16/50/ 75	See below

Start locations (unless otherwise stated):-

Dumfries – on the Whitesands, at the end of Devorgilla Bridge

NS RCP – Newton Stewart, Riverside Car Park

CD – Castle Douglas, car park at the top of King Street

Moffat – at the Ram

Lochmaben – at the Town Hall

Glenluce – War Memorial

Lockerbie – McJarrow car park

Ride Leader Contact numbers:-

Alan Mair 01387 247703

Larry Hayes 01576 202115

Peter Hill 01387 721412

Tom Hanley 01387 261969

Bob Rostock 01776 840623

Mike Gray 07751 978563

Phil Howard 01556 610998

Dougie Oberheim 01387 254089

Paul Buxton 07551 612307

Ted Norfolk 01988 700432

Sportives:-

Both the DCC's **Solway Sportive** and our own **Stewartry Sportive** run during the period of this list. More information and entry details are listed in www.sientries.co.uk or contact Betty Howard on 01556 610998

Ayrshire Member Group Events:-

We have the opportunity of joining in with two Ayrshire Group events; their Minnigaff weekend on Sat/Sun 17th and 18th May (see also the Discovery Ride list) and a ride in the Rhins on 22nd June. For more information call Drew Moyes on 01290 550276, e-mail contactus@cycleayrshire.co.uk or see their website www.cycleayrshire.co.uk

Facebook

Our 'western' riders now have a **Facebook** page "**Cycling, South West Scotland**". In addition to our published runs as above rides are run in the area (roughly Newtown Stewart – Stranraer) on a regular basis on weekdays, in the well known 'mates out for a ride' style. Login to Facebook for info or call Ted Norfolk or Bob Rostock.

General Notes (CTC Rides):-

- For general info & updates please see our website (www.dandgcycling.org.uk), or contact Mike Gray
- Rides usually include a cafe lunch stop but check with the ride description or the ride leader.
- Riders 17 and under must be accompanied by a parent or guardian.
- Please aim to arrive at least 15 minutes before the start time to allow for signing on and briefing
- Please bring snacks, drinks and suitable clothing, depending on length of ride and weather conditions.
- In the event of poor road conditions the Ride Leader may cancel or modify the ride for safety reasons – if in doubt please contact the appropriate RL