

Contact numbers Please do not phone after 9pm
 In case of bad weather, you may wish to phone that day's designated
 run leader to check if the run is going ahead

Office Bearers

Chairman	John B	☎ 01224 571984
Secretary	Sheila	☎ 01224 639012
Runs Co-ordinator	Maureen	☎ 01224 573417
Social Secretary	Maureen	☎ 01224 573417
Treasurer	Stewart	
Membership Records	John T	☎ 01467 620146

Right to Ride Representatives

Aberdeen City	Dave L	☎ 01224 314127
South Aberdeenshire	Mark	☎ 01330 823418
Central Aberdeenshire	Albert	☎ 01467 651255
North Aberdeenshire	Bill	☎ 01888 562550

Runs Co-ordinators

Try Cycling Rides	Gerard	☎ 01224 734799
Morning Runs	Sandy	☎ 01224 682781
Slower Full Day Runs	Alan	☎ 01224 861209
Medium Full Day Runs	Gordon M	☎ 01224 318507
Faster Full Day Runs	Sheila	☎ 01224 639012

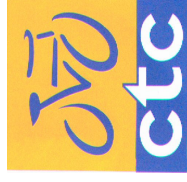
Additional Runs Leaders

Amith	☎ 07748 570868
Cindy	☎ 01224 484891
Dave B	☎ 01224 876136
Dave L	☎ 01224 314127
Dave W	☎ 01569 730313
Gordon L	☎ 01224 723239
Hamish	☎ 013398 82333
John S	☎ 01224 790269
Jonathan	☎ 01224 744658
Steven	☎ 01224 596090
Wilf	☎ 01224 658274

Discounts are available at the following shops on production of a
 current CTC membership card:

- Alpine Bikes: 10% on all accessories
- Nevisport 10% on selected goods

Grampian Cyclists' Touring Club
Cycle Runs List
Jul to Sep 2007



Grampian CTC website: www.ctcgrampian.org.uk/
 CTC headquarters website: www.ctc.org.uk/

Runs Lists: To obtain the next runs list, email Maureen at m.young@ngu.ac.uk, or phone Sheila on 01224 639012. Runs are also on our website: www.ctcgrampian.org.uk

Newcomers: We welcome newcomers, particularly on the 'Try Cycling' and 'Morning' runs. You do not need to be a member of the CTC to join our runs, but after 4 or 5 runs you would be expected to join the CTC. Ask the run leader for a membership form or join through the CTC website: www.ctc.org.uk/

Runs start promptly at the time stated. Distances are calculated from the meeting place. Bring spare inner tube, puncture repair kit, tools, wet weather gear, some food, drink and LIGHTS where relevant. It is recommended that all cyclists carry a First Aid kit.

Runs Leaders are requested to contact the coffee/lunch stops with rider numbers and expected arrival time, as early as possible.

Try Cycling: Runs aimed at beginners, at a slow pace with frequent stops, about 10-15 miles long. They may include a coffee stop. The start point (Duthie Park, Riverside Drive) has parking for those bringing their bikes to the start by car.

Morning Runs: These runs are at a relatively slow pace and are usually about 25-30 miles long. A coffee or picnic stop will usually be made.

Full Day Runs: These are all-day runs intended for **experienced cyclists**. A coffee stop and lunch/picnic stop will be made. Distances and speeds vary as outlined below:

Slower Full Day Runs: Slowish pace. Distance normally 30-45 miles.

Medium Full Day Runs: Moderate pace. Distance normally 45-60 miles.

Faster Full Day Runs: Fast pace. Distance normally 60-75 miles (* runs are longer).

Pub Runs: Start prompt at the time stated, to reach the pub by 21:00 approximately. LIGHTS! For further information, contact Sheila.

Bike & Hike: These runs are generally from Aberdeen to a beauty spot for a short walk and picnic, before returning.

Social Evenings: Partners & friends welcome. Please arrive at 19:45 for a start at 20:00 and take a bottle and/or some food. Please also give a contribution of £2.00 per head.

Tea & Biscuits: Visits to member's homes. Please give a contribution of £1.00 per head.

Date	Type	Dist	Start time, Route	[Leader]	Start point	Grid ref.
July						
Sun 1 st	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Sandy]		Airyhall Library, Springfield Rd.	NJ 911046
Sun 1 st	Slower Full Day	C	09:30 Girdleness Lighthouse, coffee at Asda, Portlethen (01224 782200), picnic at Stonehaven harbour [Led by Alan]		Asda, Bridge of Dee	NJ 925036
Wed 4 th	Pub Run	D	19:30 Tesco, Danestone to Spider's Web, Dyce [Led by Sheila]		Asda, Dyce	NJ 895127
Sat 7 th	Car Assist	C	09:00 Airyhall Library to Aboyne, run leaves 10am. Coffee at Coilacriech Hotel, Prince Albert's Cairn, picnic on route. Offers and requests for transport to John B (01224 571984). Cost of £4 for lift [Led by Hamish]		Asda, Portlethen	NO 915968
Sun 8 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Maureen]		B&Q, Bridge of Don	NJ 946123
Sun 8 th	Morning Run	D	09:30 Woodend Hospital, Eday Rd, picnic at Tyrebagger Hill summit (821ft) [Led by Steven]		Brig o' Balgownie	NJ 943096
Sun 8 th	Faster Full Day	A	09:00 B&Q Bridge of Don, coffee at New Inn, Ellon (01358 720425), picnic at Aden Country Park [Led by Dave W]		Castlegate	NJ 945063
Wed 11 th	Pub Run	D	19:30 Airyhall Library to Cove Bay Hotel [Led by Sheila]		Cockers Garden Centre, Lang Stracht	NJ 890066
Sat 14 th	Slower Full Day	C	09:30 Peterculter (west end), coffee at Penny Farthing, Banchory (01330 822869), picnic at Forest of Birse [Led by Amith]		Cults Library	NJ 892028
Sat 14 th	Special	A*	07:30 Mannofield Water Works traffic lights, Mount Keen Drove Road, Glen Tanar to Glen Esk. Total distance 98 miles (inc. 12 miles rough track, some cyclable). Estimated time 14 hours [Led by Sandy]		Dobbies, Hazlehead	NJ 897049
Sun 15 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while [Led by Gerard]		Duthie Park, Polmuir Rd.	NJ 939046
Sun 15 th	Faster Full Day	A*	09:00 Westhill Shopping Centre, coffee at the Bistro, Alford (019755 63154), picnic at Boultenstone [Led by Wilf]		Duthie Park, Riverside Drive (Start for 'Try Cycling' in car park by the pond)	NJ 942043

Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15

Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
September continued....									
<i>Names to Maureen (01224 573417) by Sunday 9th September if you're coming to the Music Hall on 7th October for 'Vampires Rock'</i>									
Sun 9 th	Faster Full Day	A	09:00 B&Q Bridge of Don, coffee at New Inn, Ellon (01358 720425), picnic at Fyvie	[Led by Joe]	Wed 18 th	Pub Run	D	19:30 Kings College, High Street to Broadstrack Inn, Elrick	[Led by Sheila]
Sat 15 th	Morning Run	D	09:30 Woodend Hospital, Eday Rd, visit consumption dykes at Kingswells, coffee at Asda, Dyce (01224 724134)	[Led by Jonathan]	Sat 21 st	Morning Run	D	09:30 Airyhall Library, coffee at Flora's (01330 860848), visit dam near Netherpton of Garlogie	[Led by Cindy]
Sat 15 th	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Penny Farthing, Banchory (01330 822869), picnic at Haughton Country Park, Alford	[Led by Dave B]	Sat 21 st	Faster Full Day	A*	07:00 Old Mill Inn, Maryculter, Tourist Mountain Challenge. 130 miles. Coffee at Ballater, Lecht, coffee at Tomintoul, picnic at Dufftown, Suie Hill, Alford	[Led by Sheila]
Sun 16 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Maureen]	Sun 22 nd	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]
Sun 16 th	Medium Full Day A/B		09:30 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), picnic at Burn o' Vat, Dinnet	[Led by John S]	Sun 22 nd	Medium Full Day	B	09:30 Provost Skene's House, Causey Mounth: A historic tour of the 11th century main road, Aberdeen to Cowie at Stonehaven. Coffee at Mains of Balquharn (01224 783856), picnic at Stonehaven harbour (some rough stuff)	[Led by Gordon M]
Sat 22 nd	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, coffee at The Meldrum Café (01651 872315), Town Hall, Old Meldrum, picnic at Picardy Stone, Insch	[Led by John B]	Wed 25 th	Pub Run	D	19:30 Bucksburn Police Station to Cults Hotel	[Led by Sheila]
Sun 23 rd	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Gerard]	Sat 28 th	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce, coffee at Sheiling Tor, Fyvie (01651 891279), picnic at Delgatie Castle	[Led by John S]
Sun 23 rd	Slower Full Day	C	09:30 Brig o'Balgowrie, coffee at Ythan Hotel, Newburgh (01358 789257), picnic at Old Slains Castle	[Led by Wilf]	Sun 29 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]
Sat 29 th	Medium Full Day A/B		09:30 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), picnic at Hill of Garvock, Laurencekirk	[Led by Gordon M]	Sun 29 th	Slower Full Day	C	09:30 Old Mill Inn, Maryculter, coffee at Stonehaven Bowling Green (07732 336435), picnic at Crawton	[Led by Maureen]
Sun 30 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]	August				
Sun 30 th	Morning Run	D	09:30 Airyhall Library, coffee at Flora's (01330 860848), visit Robbie Rossie's Loch	[Led by Alan]	Wed 1 st	Pub Run	D	19:30 Woodend Hospital, Eday Rd to Donview, Bridge of Don	[Led by Sheila]
Sun 30 th	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), picnic at Aboyne	[Led by John T]	Sat 4 th	Medium Full Day	B	09:30 Kingswells Roundabout, coffee at Pitmedden Gardens (01651 842352), visit Prop of Ythsie, picnic at Haddo House	[Led by Jonathan]
Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15									
July continued....									

Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
August continued....									
Sun 5 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Sandy]	Wed 22 nd	Pub Run	D	19:30 Hazlehead, Groats Rd to Palmcourt, Seafield	[Led by Sheila]
Sun 5 th	Morning Run	D	09:30 Leggart Terrace, picnic at Boswell's Monument	[Led by Dave L]	Sat 25 th	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce, coffee at Inverurie Garden Centre (01467 621402), picnic at Leith Hall, Kennethmont	[Led by Wilf]
Sun 5 th	Faster Full Day	A*	09:00 Peterculter (west end), coffee at Inchmarlo, Banchory (01330 826426), picnic at Burn o' Vat	[Led by Dave B]	Sun 26 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Dave L]
Wed 8 th	Pub Run	D	19:30 Brig o'Balgownie to Ghillies Lair, Bridge of Dee	[Led by Sheila]	Sun 26 th	Slower Full Day	C	09:30 Airyhall Library, coffee at Monymusk Walled Garden (01467 651543), picnic at Bennachie Visitor Centre	[Led by Maureen]
Sat 11 th	Car Assist	C	08:45 Airyhall Library to Turriff for 10am at Celebrations Cafe. Run leaves 10:30. River Deveron south bank, picnic at Milltown of Rothiemay, return north bank. Offers and requests for transport to John B (01224 571984). Cost of £4 for lift	[Led by John B]	Wed 29 th	Pub Run	D	19:30 Parkhill Bridge, Dyce to Four Mile, Bucksburn	[Led by Sheila]
Sun 12 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Maureen]	September				
Sun 12 th	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Kirkton Garden Centre, Stonehaven (01569 764343), picnic at Inverbervie	[Led by John T]	<i>Names to Maureen (01224 573417) by Sunday 9th September if you're coming to the Music Hall on 7th October for 'Vampires Rock'</i>				
Wed 15 th	Pub Run	D	19:30 Leggart Terrace to Ploughman, Peterculter	[Led by Sheila]	Sat 1 st	Medium Full Day	B	09:30 Parkhill Bridge, Dyce, coffee at Gallery Coffee Shop, Ellon (01358 722372), picnic at Cruden Bay	[Led by Gerard]
Sat 18 th	Morning Run	D	09:30 Brig o'Balgownie, coffee at Balmedie Community Gallery	[Led by Sandy]	Sun 2 nd	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Amith]
Sat 18 th	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), picnic at Aboyne	[Led by Dave W]	Sun 2 nd	Morning Run	D	09:30 Duthie Park, Riverside Drive, coffee at Asda, Portlethen (01224 782200)	[Led by Steven]
Sun 19 th	Try Cycling	E	10:00 Duthie Park, Riverside Drive. Short rides for beginners and those who haven't been in the saddle for a while	[Led by Gerard]	Sun 2 nd	Faster Full Day	A	09:00 Peterculter (west end), coffee at Monymusk Walled Garden (01467 651543), Suite Hill, picnic at Dunnydeer Castle	[Led by Sheila]
Sun 19 th	Special	A/C	09:00 Leggart Terrace, coffee at Asda, Portlethen (01224 782200) to Stonehaven for picnic and option to join Great Stonehaven Bike Ride, Starts 12am at Scout Hut	[Led by Amith]	Wed 5 th	Pub Supper	D	19:00 Airyhall Library. Pub Supper: Shepherds Rest, Westhill	[Led by Sheila]
Distances (miles): A*: >75 A: 60-75 B: 45-60 C: 30-45 D: 20-30 E: 10-15									