

## 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	John S	☎ 01224 790269
Social Secretary	Heather	☎ 01224 873380
Treasurer	Doug	
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	Gordon M	☎ 01224 318507
Medium Full Day Runs	Gordon M	☎ 01224 318507
Faster Full Day Runs	Sheila	☎ 01224 639012

### Additional Runs Leaders

Alan	☎ 01224 861209
Dave B	☎ 01224 876136
Dave L	☎ 01224 314127
Derek	☎ 01224 630669
Hamish	☎ 013398 82333
Joe	☎ 07971 036933
Liz L	☎ 01224 314127
Liz P	☎ 01224 311663
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 2009

Grampian CTC website: [www.ctcgrampian.org.uk/](http://www.ctcgrampian.org.uk/)

CTC headquarters website: [www.ctc.org.uk/](http://www.ctc.org.uk/)



**Runs Lists:** To obtain the next runs list, email John at [j\\_m\\_scott@yahoo.com](mailto:j_m_scott@yahoo.com), or phone Sheila on 01224 639012. Runs are also on our website: [www.ctcgrampian.org.uk](http://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/](http://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 £2.50 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.
<b>July</b>						
Wed 1	Pub Run	D	19:30 Leggart Terrace, Lairhillock	[Led by Sheila]	Airyhall Library, Springfield Rd.....	NJ 911046
Sat 4	Medium Full Day	A	09:30 Airyhall Library, to Flora's (01330 860848) for coffee, Bridge of Potarch to Glen Cat and Forest of Birse (picnic) [ some rough track]	[Led by Wilf]	Asda, Bridge of Dee..... Asda, Dyce .....	NJ 925036 NJ 895127
Sun 5	Morning Run	D	09:30 Woodend Hospital, Eday Rd, Visit dam at Milton of Garlogie. Coffee at Flora's (01330 860848)	[Led by Sandy]	Asda, Portlethen .....	NO 915968
Sun 5	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Irene]	B&Q, Bridge of Don .....	NJ 946123
Sun 5	Faster Full Day	A*	09:00 B&Q Bridge of Don, to JRD Equipment, Ellon (01358 720294) for coffee, Picnic Lunch at Peterhead.	[Led by Joe]	Brig o'Balgownie .....	NJ 943096
Wed 8	Pub Run	D	19:30 Tesco, Danestone (01224 809500), Spider's Web, Dyce.	[Led by Sheila]	Castlegate.....	NJ 945063
Sat 11	Special	A	20th Anniversary Tour - 4 day tour (Sat-Tues) of the Cairngorms.	[Led by Sheila]	Cockers Garden Centre, Lang Stracht.....	NJ 890066
Sat 11	Slower Full Day	C	09:30 Parkhill Bridge, Dyce , to The Gallery Coffee Shop, Ellon (01358 722372), for coffee, picnic at Collieston.	[Led by Alan]	Cults Library.....	NJ 892028
Sun 12	Try Cycling	E	10:00 Hazlehead Park, Groat's Road entrance, Short easy rides, all welcome.	[Led by Gerard]	Dobbies, Hazlehead .....	NJ 897049
Sun 12	Medium Full Day	B	09:30 Peterculter (west end), Surprise tour.	[Led by Gordon M]	Duthie Park, Polmuir Rd. ....	NJ 939046
Sun 12	Special	A	20th Anniversary Tour - 4 day tour (Sat-Tues) of the Cairngorms.	[Led by Sheila]	Duthie Park, Riverside Drive (Start for 'Try Cycling' in car park by the pond).....	NJ 942043
Wed 15	Pub Run	D	19:30 Airyhall Library, Cove Bay Hotel	[Led by Sheila]	Dyce Railway Station.....	NJ 884128
Sat 18	Car Assist	B	07:45 Airyhall Library, drive to Auchenblae, ride leaves at 09.00hrs, to Glen Esk via Drumtochty Glen and Fettercairn, coffee at Tweedie Cafe, Edzel (01356 648348). Contact John B to offer/request lift.	[Led by John B]	Flora's Café, Cullerlie .....	NJ 766029
Sat 18	Morning Run	D	09:30 Duthie Park, Riverside Drive, WWII 70th anniversary; visit sea defences, Portlethen. Coffee at Asda, Portlethen (01224 782200)	[Led by Sandy]	Footdee (Round House) .....	NJ 959058
					Girdleness Lighthouse .....	NJ 972053
					Hazlehead, Groats Rd .....	NJ 895055
					Inversneckie Café, Beach Esplanade .....	NJ 954067
					King's College, High Street.....	NJ 939083
					Kingswells Roundabout .....	NJ 869063
					Leggart Terrace .....	NJ 929034
					Mannofield water works (at traffic lights).....	NJ 914040
					Maryculter Community Hall.....	NJ 856001
					The Shieling, Banchory.....	NO 696955
					Old Bank Bar, Peterculter .....	NJ 837007
					Old Mill Inn, Maryculter .....	NJ 857002
					Parkhill Bridge, Dyce (south end of bridge) .....	NJ 888139
					Peterculter Parish Church.....	NJ 841006
					Peterculter (west end).....	NJ 835007
					Sainsbury's, Bridge of Dee .....	NJ 926033
					Stewart Park, west entrance, Hilton Rd .....	NJ 919084
					Tesco, Danestone.....	NJ 911098
					Templars, Maryculter .....	NO 846999
					The Anvil, Netherley .....	NO 849950
					Westhill Shopping Centre .....	NJ 832070
					Woodend Hospital, Eday Rd.....	NJ 89706

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

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Date	Type	Dist	Start time, Route	[Leader]	Date	Type	Dist	Start time, Route	[Leader]
<u>September continued...</u>					<u>July continued...</u>				
Sat 12	Morning Run	D	09:30 Woodend Hospital, Eday Rd, visit Gouk Stone (NJ 833 152) Coffee at Asda, Dyce (01224 724134).	[Led by Alan]	Sun 19	Try Cycling	E	10:00 Seaton Park, Don Street main entrance, Short easy rides, all welcome.	[Led by Derek]
Sun 13	Try Cycling	E	10:00 Hazlehead Park, Groat's Road entrance, Short easy rides, all welcome.	[Led by Sandy]	Sun 19	Faster Full Day	A*	09:00 Westhill Shopping Centre, to Bistro, Alford (019755 63154) for coffee, picnic lunch at Morgan McVeigh's, Colpy via Suie Hill.	[Led by Hamish]
Sun 13	Medium Full Day	B	09:30 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee. Circumnavigate Bennachie in an anti clockwise direction. Picnic en route.	[Led by John T]	Wed 22	Pub Run	D	19:30 Kings College, High Street, Broadstraik Inn, Elrick	[Led by Sheila]
Sat 19	Faster Full Day	A	09:00 Westhill Shopping Centre, to Millers, Midmar (01330 833462) for coffee, picnic lunch at Glen Tanar or Boat Inn, Aboyne, if wet.	[Led by John B]	Sat 25	Discovery	C	09:30 Leggart Terrace, <b>Cycle and Swim at the Stonehaven Open Air Pool</b> - to Stonehaven Swimming Pool, Coffee & picnic enroute.	[Led by Joe]
Sun 20	Try Cycling	E	10:00 Seaton Park, Don Street main entrance, Short easy rides, all welcome.	[Led by Dave L]	Sat 25	Faster Full Day	A*	09:00 Parkhill Bridge, Dyce, to Meldrum Cafe, Town Hall, Oldmeldrum (01651 872315) for coffee, Picnic lunch at Leith Hall, Kennethmont (01464 831216) or Clatt if wet.	[Led by John S]
Sun 20	Slower Full Day	C	09:30 Dunmail Car Park, Cults, coffee at Crathes Castle, Banchory (01330 844634/525), picnic at 9 Stanes Malloch stone circle.	[Led by Gerard]	Sun 26	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Heather]
Sat 26	Medium Full Day	B	09:30 Peterculter (west end), to Drum Castle, coffee at Flora's (01330 860848), Drum Stone, picnic Harlaw Monument ( <b>Tower 9</b> ). Battle of Harlaw 24/7/1411	[Led by Joe]	Sun 26	Slower Full Day	C	09:30 Old Mill Inn, Maryculter, <b>BURN'S 250th anniversary - the homecoming</b> . Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, Picnic at Glenbervie.	[Led by Sandy]
Sun 27	Morning Run	D	09:30 Airyhall Library, Coffee at Mains of Drum Garden Centre (01330 811000).	[Led by Dave L]	Wed 29	Pub Run	D	19:30 Bucksburn Police Station, Cults Hotel.	[Led by Sheila]
Sun 27	Faster Full Day	A	09:00 B&Q Bridge of Don, to JRD Equipment, Ellon (01358 720294) for Coffee, Picnic Lunch at Fyvie Castle (or Vale Hotel, if wet)	[Led by Wilf]	<u>August</u>				
Sun 27	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Irene]	Sat 1	Medium Full Day	A*	08:00 Old Mill Inn, Maryculter, Special 100 Miles, coffee Inverbervie, picnic at Aberlemno Stones, Nr Forfar (approx. 11-12 hours).	[Led by Gordon M]
					Sun 2	Morning Run	D	09:30 Duthie Park, Riverside Drive, Visit Wallace ( <b>Tower 7</b> ), coffee Tesco, Danestone (01224 809500).	[Led by Sandy]
					Sun 2	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]
					Sun 2	Faster Full Day	A*	09:00 Peterculter (west end), to Inchmarlo Golf Club, Banchory (01330 826426) for coffee, Picnic Lunch at Fettercairn via the Cairn O' Mount.	[Led by Dave B]

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<u>August continued...</u>					<u>August continued...</u>				
Wed 5	Pub Run	D	19:30 Leggart Terrace, Campbell's, Greyhope Road, Torry.	[Led by Joe]	Sun 23	Slower Full Day	C	09:30 Kingswells Roundabout, to Castle Fraser, Sauchen (01330 833463) for coffee. Picnic at Bennachie Centre.	[Led by Joe]
Fri 7	Special	B/C	18:30 <b>Aden Country Park, Camping week end</b> - Aden Country Park, Friday to Monday, Meet at Country Park, Friday Evening, including Drinnies wood observatory ( <b>Tower 8</b> ) B&Bs in the vicinity.	[Led by Gordon M]	Sun 23	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Derek]
Sat 8	Slower Full Day	C	09:30 Brig o'Balgownie, to Ythan Hotel, Newburgh (01358 789257/272) for coffee, picnic at Forvie Sands.	[Led by Irene]	Wed 26	Pub Run	D	19:30 Brig o'Balgownie, Inn at the Park, Ferryhill.	[Led by Sheila]
Sun 9	Try Cycling	E	10:00 Hazlehead, Groats Rd, Short easy rides, all welcome.	[Led by Dave L]	Sat 29	Medium Full Day	A	09:30 Westhill Shopping Centre, to Millers, Midmar (01330 833462) for coffee and Burn o' Vat for picnic lunch.	[Led by Gordon M]
Sun 9	Faster Full Day	A*	09:00 Old Mill Inn, Maryculter, to Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, Picnic Lunch at Laurencekirk, or Castleton Farm Café, Fordoun if wet.	[Led by John T]	Sun 30	Morning Run	D	09:30 Airyhall Library, to Flora's (01330 860848) for Coffee.	[Led by Heather]
Wed 12	Pub Run	D	19:30 Parkhill Bridge, Dyce, Four Mile, Bucksburn.	[Led by Sheila]	Sun 30	Faster Full Day	A*	09:00 Peterculter (west end), to Dess Activity Park (013398 83536) for coffee, Picnic at Ballater.	[Led by Dave W]
Sat 15	Faster Full Day	A*	09:00 B&Q Bridge of Don, to The Gallery Coffee Shop, Ellon (01358 722372) for coffee, Picnic Lunch at Maud.	[Led by Wilf]	Sun 30	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]
Sat 15	Morning Run	D	09:30 Hazlehead, Groats Rd, <b>WWII Anniversary</b> , visit war graves, including August Skokan's grave. Coffee at Asda, Dyce (01224 724134).	[Led by Sandy]	<u>September</u>				
Sun 16	Try Cycling	E	10:00 Seaton Park, Don Street main entrance, Short easy rides, all welcome.	[Led by Irene]	Wed 2	Pub Run	D	19:30 Hazlehead, Groats Rd, Cocket Hat, Anderson Drive.	[Led by Sheila]
Sun 16	Medium Full Day	B	09:30 Leggart Terrace, to Bowling Green Cafe, Stonehaven (07732 336435) for coffee then picnic lunch at the Great Stonehaven Bike Ride, 12:00 start.	[Led by Alan]	Sat 5	Car Assist	B/C	07:45 Airyhall Library, drive to Turriff, coffee at Country Kitchens, Turriff (01888 568494), ride leaves at 9.30hrs for Banff, picnic at Portsoy. Contact John B to offer/request lift.	[Led by John B]
Wed 19	Pub Run	D	19:30 Leggart Terrace, Ploughman, Peterculter.	[Led by Sheila]	Sun 6	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]
Sat 22	Faster Full Day	A*	09:00 Westhill Shopping Centre, to Monymusk Walled Garden (01467 651543) for coffee, Picnic Lunch at Glenkindie.	[Led by Sheila]	Sun 6	Faster Full Day	A	09:00 Parkhill Bridge, Dyce, to Lochters, Oldmeldrum (01651 872000/787) for coffee, picnic at Dunnydeer Castle, Inch or Kellockbank, if wet.	[Led by John S]
					Wed 9	Pub Run	D	19:00 Airyhall Library, Pub supper: Brig o Don, King St.	[Led by Sheila]
					Sat 12	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, to Kirktown Garden Centre, Stonehaven (01569 764343) for coffee, picnic lunch at Inverbervie or Salutation Hotel, if wet.	[Led by Dave B]
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