

## 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 T	☎ 07548 886999
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

Dave B	☎ 01224 876136
Dave L	☎ 01224 314127
Alan	☎ 01224 861209
Joe	☎ 07971 036933
Hamish	☎ 013398 82333
Jonathan	☎ 01224 744658
Wilf	☎ 01224 658274
Heather R	☎ 01224 873380

**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 Jan to Mar 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 £2.00 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.
<b><u>January</u></b>						
Thu 1	Morning Run	C	10:30 Footdee (Round House), to Balmedie, Lunch at Archibald Simpson, Castlegate, Aberdeen [Led by Joe]		Airyhall Library, Springfield Rd.....	NJ 911046
Sat 3	Faster Full Day	B	09:30 B+Q Bridge of Don, coffee at Ythan Hotel, Newburgh (01358 789257/272), lunch at New Inn, Ellon (01358 720425). [Led by John B]		Asda, Bridge of Dee.....	NJ 925036
Sat 3	Morning Run	D	09:30 Duthie Park, Riverside Drive, Coffee at Asda, Portlethen (01224 782200). [Led by Jonathan]		Asda, Dyce .....	NJ 895127
Sun 4	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Dave L]		Asda, Portlethen .....	NO 915968
Sun 4	Medium Full Day	C	09:30 Old Bank Bar, Peterculter (01224 730003) for coffee, run starts 10:00, lunch at Somerfield Supermarket, Banchory. [Led by John T]		B&Q, Bridge of Don .....	NJ 946123
Sat 10	Faster Full Day	B	09:30 Leggart Terrace, Coffee at Asda, Portlethen (01224 782200), Lunch at Inchmarlo Golf Club, Banchory (01330 826426). [Led by Dave B]		Bridge of Feugh Car Park .....	NO704951
Sun 11	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome. [Led by Sandy]		Brig o'Balgownie .....	NJ 943096
Sun 11	Slower Full Day	C	09:30 Sainsbury's, Bridge of Dee (01224 209821) for coffee, run starts 10:00, lunch at Crathes Castle (01330 844634/525) [Led by Alan]		Cockers Garden Centre, Lang Stracht.....	NJ 890066
Sat 17	Medium Full Day	C	09:30 Asda, Dyce (01224 724134) for coffee run starts 10.00am. Lunch at Redgarth Hotel, Oldmeldrum (01651 872353) [Led by Dave W]		Cults Library.....	NJ 892028
<b>Sat 17</b>			<b>Names to Gordon M ( 01224 318507) by Sat 17th Jan, if you are coming to the Burns Supper on the 24th.</b>			
Sun 18	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome [Led by Gerard]		Dobbies, Hazlehead .....	NJ 897049
Sun 18	Morning Run	D	09:30 Woodend Hospital, Eday Rd, Coffee at Asda, Dyce (01224 724134) [Led by John S]		Duthie Park, Polmuir Rd. ....	NJ 939046
Sun 18	Faster Full Day	B	09:30 Hazlehead, Groats Rd, Coffee at Flora's Cafe (01330 860848), lunch at Crown Hotel, Stonehaven. [Led by Hamish]		Duthie Park, Riverside Drive (Start for 'Try Cycling' in car park by the pond).....	NJ 942043
					Dyce Railway Station.....	NJ 884128
					Flora's Café, Cullerlie .....	NJ 766029
					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
					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]
<b><u>March continued...</u></b>					<b><u>January continued...</u></b>				
Sat 21	Social		19:45 for 20:00 1 Old Fold Place, Milltimber (Gerard's), A slide show: "Chinese Himalayas" at 1 Old Fold Place, Milltimber.	[Led by Gerard]	Sat 24	Slower Full Day	C	09:30 The Torry Teapot (01224 875163), 79 Victoria Road, Torry for coffee, run starts 10.00 to Ship Inn, Stonehaven (01569 762617) for lunch.	[Led by Joe]
Sun 22	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Dave L]	Sat 24	Social		19:45 for 20:00 90 Hammerfield Ave, Burns Supper	[Led by Gordon M]
Sun 22	Discovery	C	09:30 Airyhall Library, Discovery day Ride - Photography Theme - Please bring your cameras.	[Led by Gordon M]	Sun 25	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Dave L]
Sun 22	Faster Full Day	A	09:00 B&Q, Bridge of Don, coffee at JRD Equipment, Ellon (01358 720294), lunch at Kingscliff Sporting Lodge, Methlick (01651 806375).	[Led by John B]	Sun 25	Faster Full Day	A/B	09:30 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543), lunch at Kintore Arms, Inverurie (01467 621367).	[Led by Sheila]
Sat 28	Morning Run	D	09:30 Airyhall Library, Visit Drum Castle lookout tower (tower 2), Coffee at Flora's Cafe (01330 860848).	[Led by Dave W]	Sat 31	Morning Run	D	09:30 Airyhall Library, Coffee at Peterculter Parish Church	[Led by Heather R]
Sat 28	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Monymusk Walled Garden (01467 651543). lunch at Dess Activity Park (013398 83536).	[Led by Dave B]	Sat 31	Faster Full Day	A	09:30 Old Mill Inn, Maryculter, coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Crossroads Hotel, Lumphanan (013398 83275)	[Led by Wilf]
Sun 29	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]	<b><u>February</u></b>				
Sun 29	Medium Full Day B/C		09:30 Old Mill Inn, Maryculter, coffee at the Bowling Green, Stonehaven (07732 336435), lunch at The Cutty Sark, Inverbervie (01561 362682).	[Led by Gordon M]	Sun 1	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Sandy]
					Sun 1	Medium Full Day	C	09:30 Asda, Dyce (01224 724134) for coffee, run starts 10.00 am. Lunch at New Inn, Ellon (01358 720425)	[Led by John T]
					Sat 7	Faster Full Day	A	09:30 Parkhill Bridge, Dyce , coffee at Inverurie Garden Centre (01467 621402), lunch at Redgarth Hotel, Oldmeldrum (01651 872353)	[Led by John S]
					Sun 8	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Dave L]
					Sun 8	Slower Full Day	C	09:30 Airyhall Library, to Flora's Cafe (01330 860848) for coffee, lunch at the Northern Lights, Hatton of Fintray (01224 791261).	[Led by Wilf]
					Sat 14	Medium Full Day	C	09:30 Old Mill Inn, Maryculter, to Asda, Portlethen (01224 782200) for coffee, lunch at The Ship Inn, Stonehaven (01569 762617).	[Led by Gordon M]

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<b><u>February continued...</u></b>					<b><u>March continued...</u></b>				
Sun 15	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Gerard]	Sat 7	Faster Full Day	A	09:00 Peterculter (west end), coffee at Inchmarlo Golf Club, Banchory (01330 826426), lunch at Boat Inn, Aboyne (013398 86137/287)	[Led by Hamish]
Sun 15	Morning Run	D	09:30 Airyhall Library, Coffee at Flora's Cafe (01330 860848)	[Led by Sandy]	Sun 8	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Sandy]
Sun 15	Faster Full Day	A	09:00 Brig o'Balgownie, coffee at Ythan Hotel, Newburgh (01358 789257/272), lunch at Aberdeen Arms, Tarves (01651 851214)	[Led by Sheila]	Sun 8	Slower Full Day	C	09:30 Old Bank Bar, Peterculter (01224 730003) for coffee, run starts 10:00, to Keiths Tower ( <b>Tower 1</b> ) then Burnett Arms, Banchory (01330 824944) for lunch.	[Led by Alan]
<b>Sat 21</b>	<b>Names to Heather T (07548-886999) by 21st Feb, if you are attending the Curry Night on the 28th.</b>				<b>Sat 14</b>	<b>Names to Gerard (01224 734799 ) by Sat 14th March, if you are coming to the Chinese Himalayan Slideshow on the 21st.</b>			
Sat 21	Slower Full Day	C	09:30 Duthie Park, Riverside Drive, to Asda Portlethen (01224 782200) for coffee. Lunch at Marine Hotel, Stonehaven (01569 762155).	[Led by Joe]	<b>Sat 14</b>	<b>CTC Grampian 20th Birthday Ride</b>	<b>A</b>	<b>09:00 Old Mill Inn, Maryculter , coffee at Inchmarlo Golf Club (01330 826426), meet C run for Lunch at Royal Hotel, Stonehaven (01569 762979)</b>	<b>[Led by Sheila]</b>
Sun 22	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Heather R]	<b>Sat 14</b>	<b>CTC Grampian 20th Birthday Ride</b>	<b>C</b>	<b>09:30 Duthie Park, Riverside Drive, coffee at Asda Portlethen (01224 782200), meet A run for Lunch at Royal Hotel, Stonehaven (01569 762979)</b>	<b>[Led by Gordon M]</b>
Sun 22	Faster Full Day	A	09:00 Westhill Shopping Centre, coffee at Millers, Midmar (01330 833462), lunch at the Bistro, Alford (019755 63154)	[Led by John B]	Sun 15	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome.	[Led by Gerard]
Sat 28	Morning Run	D	09:30 Brig o'Balgownie, Coffee at Parkhill Garden Centre (01224 722167)	[Led by Jonathan]	Sun 15	Morning Run	D	09:30 Airyhall Library, Visit Bingham Stone Circle, Coffee at Old Bank Bar, Peterculter (01224 730003).	[Led by Sandy]
Sat 28	Faster Full Day	A	09:00 Parkhill Bridge, Dyce , Coffee at Meldrum Cafe, Town Hall, Oldmeldrum (01651 872315), Lunch at Kellockbank, Inch (01464 851114)	[Led by Dave W]	Sun 15	Faster Full Day	A	09:00 Old Mill Inn, Maryculter, coffee at Kirktown Garden Centre, Stonehaven (01569 764343), lunch at Salutation Hotel, Inverbervie (01561 361455).	[Led by Joe]
<b>Sat 28</b>	<b>Social</b>	<b>19:45 for 20:00 Daba Daba, Belmont St, Curry Night [Led by Heather T]</b>			Sat 21	Slower Full Day	C	09:30 Parkhill Bridge, Dyce , coffee at Moar House Furnishers, Kintore (01467 632421), lunch at Redgarth Hotel, Oldmeldrum (01651 872353).	[Led by Alan]
<b><u>March</u></b>									
Sun 1	Try Cycling	E	10:00 Duthie Park, Riverside Drive, Short easy rides, all welcome	[Led by Gerard]					
Sun 1	Medium Full Day	C	09:30 B&Q Bridge of Don, Ythan Hotel, Newburgh (01358 789257/272) for coffee. Lunch at New Inn Ellon (01358 720425)	[Led by John S]					
<b>Sat 7</b>	<b>Names to Heather T (07548-886999) by Sat 7th of March, if you are coming to the 20th Birthday Ride or just lunch, on the 14<sup>th</sup>.</b>								
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