

The CLUB LUNCH will be on Sunday May 15th at the Ragged Cot, Minchinhampton.

The club will pay £8 (subject to number attending the lunch) for every member who has attended five events between 1.10.04 & 30.4.05; these events can be weekend rides, weekday rides, AGMs, etc by or before the end of April. There are about 25 places. The Menu is attached,

Ted Berryman is getting stronger, and hopes to be out with us again before long. As it may be some time before he is integrated into the rides he asks if anyone would be willing to act as temporary Club Secretary for a year. Please contact Ted if you can help. (01452 740531)

Thank you

"I would like to thank everyone for all the lovely cards that were sent to Maurice while he was in hospital, and for all the cards and letters that I received after his death.

Also thank you to everyone who attended the funeral, and for all the donations to the I.T.U. Trust Fund. All very much appreciated. "

Marion Teal.

Daphne Cronin is back in Stroud, and would like to thank everyone for their good wishes. It may be a while before she is on the bike again; but she has been heard thinking about another new bike!

Many thanks to all those who are leading rides. The next Committee meeting is on Wednesday 18 May for July to September at Jim Turner's (828038). Please contact Sheila (762233) in advance with suggestions.

Advice from CTC is that all riders should carry a 'contact card' with them on all rides. If you haven't already got one there are some in the Rides Book. In case of an accident, particularly one involving an outsider, there is an Incident Report Form in the front of the Rides Book.

HELP NEEDED, please.

The Cycle Campaign is arranging a survey of cycletrack usage on Friday 22nd April between 7am and 1pm, and on Sunday 24th April between 1pm and 4pm, probably at Egypt Mill and at Dudbridge. If you have any time to spare on either day please contact Sheila on 762233

CLUB RIDES

New riders are always welcome, and if you are already a CTC member you are automatically entitled to ride with us. Non CTC members are also welcome, & can 'try us out' before joining; after two rides please ask the ride leader for a membership form. Everyone under 18 must provide a parental agreement form; even if a parent accompanies them!!

We have a range of rides. The first Sunday morning each month is an easy ride, designed for new, returning and/or inexperienced riders; about 20 miles, on relatively easy terrain, and at the pace of the slowest rider. We also have a number of all day and afternoon rides, and evening pub rides from May to August; new riders are welcome on these. If you have questions about a ride please ring the leader. Be on time for rides; we aim to start no later than 5 minutes after the time. **Every rider is responsible for his/her own safe riding.**

Bikes should be roadworthy, and you must have front and rear lights for winter and evening rides. Bring a spare inner tube; repair tools; some food (e.g. bananas, biscuits); a drink; money; and a note/card with your name, address and contact phone no. in case of accident.

Potholes – 01453 822193 for repairs within one working day.

Litter/glass on cycle track – ring SDC on 01453 754403

Rides points are awarded for Saturday, Sunday and evening rides and events. A record of other rides/events is kept, but no points are awarded.

Points 1.10.04 – 28.2.05

(attendances in brackets)

Ray Gibbs 21 (33)

Nicki Jones 20 (20)

Jim Turner 15 (22)

Keith Malbon 15 (16)

Peter Day 13 (24)

Peter Kwan 11 (13)

Marion Teal 10 (11)

Sheila Booth 9 (21).

Pat Ballinger 9 (9)

In a group it is essential to cycle in a disciplined manner for your own and others' safety.

1. Always maintain full control of your cycle and follow a steady course.
2. Keep an adequate safety gap between you and the cycle in front.
3. Inform the group about potential hazards, e.g. *car up* – car behind (and this means that you should go into single file); *car down* - car coming towards you; *on the left* – obstacle on left hand side of the road (and point to it or signal that you are moving out to the right to avoid it); *pothole* – and point to it; *off the back* – someone is far behind. Pass messages up and down the group.
4. Every rider should be aware of the person behind; if you turn a corner you **must** make sure that the person behind has seen you.
5. It is OK to cycle two abreast on quiet roads and lanes. When you need to move into single file this is usually done by the outside rider coming in behind the nearside one.
6. Always cycle in single file if there are double white lines; on busy roads; if the road is narrow and you can't see oncoming traffic; if you are preventing cars overtaking.
7. It is OK to overtake the leader up hills, but wait in a safe place at the top for the group to re-form. Otherwise don't overtake the leader without permission.
8. If experienced riders are having difficulty keeping up with the main group they and the leader should discuss whether the group would be better split.

SB March 2005