

SADDLEBAG

May 2016



Over the years Troon has been the scene of some very positive events for Ayrshire CTC, the lasting popularity of our annual Five and Ten and the largest ever turnout for a ladies ride, to name but two. It is no surprise, then, that it was the choice for our first major cycle event since the National CTC Birthday Rides almost twenty-five years ago.

AYRSHIRE CTC's 1st CYCLE FEST

25th - 26th JUNE

Our aim for the Festival is to demonstrate as many facets of non-competitive cycling as we can - with the emphasis on actually doing it. There will be rides for kids, rides for vets and all those in between. There will be unusual bikes to see, bikes to try and, maybe, bikes to buy.

The programme will be available in a couple of weeks time. It won't come as a surprise that last minute ideas are still being discussed as cycling, in its diversity, is at an exciting time in its history and suggestions are still flowing in.

Rides and displays are based at Troon's Scout Hall in St Meddans Street. Don't be surprised if you see a lot of cycling in Troon over the two days - and some unusual bikes. If you're reading this it is reasonable to assume that you've got a bike. Use it to visit or participate in the rides and help us reach the guesstimate of 5,000 miles cycled by Bike Fest folk in two days.



THE CYCLE RIDES

Saturday 25th has three organised rides for under -12s, ladies, electric bikes. Details in the programme.

Sunday, however, is longer ride day with rides from 30 to 100 miles. You can ride as a group or, using a route sheet, tackle your chosen distance on your own.

Although the Sunday rides are open to all, riders over 50 years of age will receive a certificate if they ride the 100 mile or 100km events. They'll also have the opportunity to purchase a classic Tri-Vet badge (above).

Tri-Vets is the abbreviated form of the event title and is a much-loved CTC tradition dating back to the Golden Jubilee of the Club in 1928. We are pleased to bring it to the West of Scotland.

As non-competitive events you're riding for your own satisfaction and, remember, if you miss this opportunity it won't all happen again until 2019!

The Tri-Vets' routes consist of loops from the start. It's three for the 100 mile (31, 36 and 33 miles) with up to 12 hours to complete. The 100km has two loops (31 and 33 miles) and you have up to 8 hours to complete. Light refreshments will be available at the return point and are included in the entry fee.

Entry forms and further information are available now at :

www.cycleayrshire.co.uk

or phone 01290 550276 with queries

What's On

Saturday 25th

Family Ride for under-12's (with parents) Ladies 15 mile ride
Electric bike ride Bike displays
- 'Flying Scots' Veteran bikes, unusual bikes. Demos
Photos Bike poetry Stalls
Information

Sunday 26th

The emphasis is on cycling with a range of rides from 30 to 100 miles.

These include Ayrshire CTC's inaugural Tri-Vets 100 mile / 100km ride

GIVE US A HAND

With the Fest activity making demands on our registered leaders (which includes all the committee) there's an opening for you to help make the weekend a success. We haven't yet identified all the areas that you can help with but assistance with catering on the Sunday is one. If you can help with this - or in any other way phone Pat or Drew at 01290 550276 or e-mail realise@globalnet.co.uk.

PLEASE

If cars burn money and make you fat, what burns fat and saves you money? A - - - -



BETTER LATE

- when it brings good news

This is by way of an apology and a celebration. An apology for the late appearance of this interim Saddlebag with the hope you understand the reason. As you'll see, a number of things have been happening and they haven't quite fallen into place to suit our publication schedule.

A glimpse at the Pending Pedaling pages will show how busy May and June are for our leaders. But you'll not have escaped the headlines for our Cycle Fest and our being accepted as West of Scotland organisers of the Tri-Vets 100 rides.

Elsewhere we mention our commitment to offering rides to encourage a wide range of interests, ages and abilities. This year we are certainly nailing our colours to the proverbial mast. If there are any cyclists in the County who haven't heard of Ayrshire CTC by the end of the year we'll just have to do better next time!

What's in a Name

Discussion about the national name for the CTC has been going on for at least 30 years as the face of cycling has changed. The problem largely lay with 'Touring' as it represented only one facet of the Club's activities.

At the top of this column you'll see one form of the new logo and the new title. These should now appear on stationery and publicity. The constitutional structure is unchanged and CTC is what is legally recognised.

There is, however, a degree of freedom about local titles. At the moment we can continue to be known as Ayrshire CTC and have no need to change our web address. It's also alright to use any of the past CTC logos, including the 'winged wheel', as long as it is secondary to the new identity.

As you know most of this has happened in the last few months and has been the subject of much debate. No doubt it will be a topic at our AGM in October. In the meantime I suppose CTC will continue to slip off our tongues a bit easier than Cycling UK.

LINDA GETS THERE

On April 2nd our member Linda Edge (left) set off from Troon to embark on the cycle ride of her life.

She was bound for the part of Italy that is the homeland of her family. She arrived on May 2nd, a day or two ahead of her schedule. By all accounts Linda had a 'flexible' approach to route planning so we look forward to hearing the travel tales that evolved from this epic journey.

Ayrshire CTC Cyclists on Course

It's said you can't teach an old dog new tricks. Several members of Ayrshire CTC have been proving this wrong recently in a flurry of training courses.

November saw a whole-day Ride Leader Workshop, run by CTC and free to members. No bikes were required as this was not a "hands-on" style workshop. Six Ayrshire members attended, giving them a chance to find out how our ride leaders matched up against current CTC guidelines. Very well as it turned out. In the main, it was more like a social chat on topics such as insurance cover, status of affiliated groups, duties of a ride leader, suggested items a ride leader should carry, and so on. For us it was an affirmative day and should be considered by any of our other leaders if CTC offer it again.

February offered a two-day course - *Outdoor First Aid for Cyclists*. There were eight participants, four being Ayrshire CTC members. Both days followed a similar pattern with the mornings given over to the identification, prioritisation and proposed treatments of different types of injuries. The afternoons were hands-on sessions, where the trainers set up simple accident scenarios which had to be assessed and the correct first aid response applied.

Day 1 covered the terminologies used as memory aids for first aiders, how to perform CPR and how to get a casualty into a comfortable recovery position dependant on the type of injury. At the end they split into pairs and each given different subjects which they had to read up about using the supplied First Aid Made Easy manuals. They were expected to prepare a 10 minute presentation for the following morning - homework no less!

Next day each team gave their presentation, with the instructors posing questions for general discussion. There followed another theory session on topics such as broken bones, hypothermia, heat exhaustion, diabetes and other ailments which are more likely to be encountered on a cycle ride. Available dressings and content of first aid kits were discussed, with the instructors recommending what may be best to carry for cycling related injuries. After lunch, most of the afternoon was again spent outdoors, practising the theory with 'crash' scenes, with the participants again taking turns at being victims or first aiders.

Then it was back to the classroom for a final discussion on the practicalities of what could be done when in outdoor situations e.g. how to call for help when there is no phone signal. After a quick demo on how to use a defibrillator the course was over. Participants received a certificate stating they had completed the course which is valid for three years.

For the more mechanically minded, North Ayrshire also offered some places on a one-day Basic Bike Mechanics course. This would certify participants to the Bronze VeloTech level, which is an industry approved qualification. Unlike our own *Fix Your Own Bike* or *Gears without Tears* courses, aimed at on-the-road repairs, this course focused on the workshop type environment. Bikes were mounted on proper stands and covered topics such as Workshop Health & Safety practices, and which lubricants and greases to use on different parts of a bike. On the mechanical side, brake and gear adjustments were covered in detail. It was a course well suited to anyone who wants to know how to do a proper service and who would like to be able to help others with some of their mechanical problems.

As if all this was not enough, North Ayrshire Council have recently provided a Ride Leader course attended by three of our members. It varied little from our current practice in leading our group rides developed over the years. We think we have it just about right - what do you think?
DAVE LAWRIE



It's OK to recycle a coke can - just a bit 'iffy' if you drink what's in it. But you *can* get real value for your money as Anne explains with her tried and tested recipe :-

YOU NEED: 2 empty drinks cans rinsed and clean
Scissors Marker pen Hammer
Tin foil Peg board tack Methylated spirits
Penny Pliers Small piece of loft insulation
(acts as wick to soak up meths but works fine without it.)

WHAT YOU DO: 1) Use marker to draw a line an inch from the bottom of a can (local telephone directory is a good gauge). Cut round line leaving the bottom only. Repeat for 2nd can but make it slightly shorter. You now have two can bottoms - one with slightly higher sides. Discard both tops - into recycling bin.

2) Using pliers, pinch the rim of smaller can several times to bring it in slightly. Put scrunched up insulation into small can and fit it into bigger can. If you don't do this now you will not be able to separate cans after hammering the holes in !!

3) With marker mark 16 dots round round sloping edge of top can and 4 in a circle in the middle of the can with 1 in the middle. Use tack to make holes at the marks - light taps with hammer should do.

4) Cut a square of tin foil to make a "cup" for can to sit in with at least 1/2" all round. Pour meths into can through centre five holes taking care to spill some down sides and onto the tinfoil.

5) Carefully light the meths around the outside of the can. The heat from this will produce gas inside the can which will light as it comes out jets. At this point position penny over centre holes to leave only outside jets.

A stand for the pot/kettle was fashioned out a metal kitchen utensil holder (Pound Shop). The stove can burn for up to 40 minutes.

Anne through several experiments has become our 'coke can cooker' expert. She says there are hundreds on You Tube but her choice is at http://youtu.be/mGCq_0lfRLM although she didn't use sealant as cans fitted together tightly enough.



Pending Pedaling

MAY '16

3 rd	5 and 10 miles 7pm	IRVINE Magnum Car Park	Our annual public outings to encourage families, beginners and returning cyclists - members welcome to bring friends or come along to help guide. A three week series in Irvine. See more below.	
4 th	MID-WEEK 10.30am	GALSTON Co-op (A71)	Gerry opens the midweek ride season with a figure-of-eight ride of 35 miles with lunch at the end of first loop. <i>(Note start time - in case you've forgotten mid-week times!)</i>	Lunch Balmoral Room Tea
7 th	LADIES 11am	KILM/NOCK Kay Park Lower Car Park	Pat offers easy cycling beside the River Irvine then slowly uphill to Fenwick for lunch. Country roads and cycle path through Dean Park on return.	King's Arms Fenwick
8 th	MAIN 10am	SALTCOATS By Aldi	Drew K's route is Saltcoats to Largs then on to Cumbrae before returning to Saltcoats. (45 Miles) Easy ride option - join Main Riders at Largs slip around 11.45am and just do the Cumbrae bit. (15 miles)	Picnic Lunch
10 th	5 and 10	IRVINE	See May 3 rd and below.	
11 th	D-I-Y	A mid-county munch at Fraser's Garden Centre, Dundonald. Shall we say Noon?		
12 th	5 and 10 miles 7pm	KILMARNOCK The Travel Hub Kilmarnock Rwy Station	Our annual public outings to encourage families, beginners and returning cyclists - members welcome to bring friends or come along to help guide. A three week series in Kilmarnock.	
15 th	Pat's Power Pedal Galston Co-op (A71)		Get to grips with 90 miles - (or 50 for longer in bed)	Full details below
17 th	5 and 10	IRVINE	See May 3 rd and below.	
18 th	MID-WEEK 10.30am	EGLINTON Country Park	A dip into Renfrewshire as Gus leads through Stewarton to Neilston and the Glennifer Braes.	Picnic Lunch
19 th	5 and 10	KILM/NOCK	See May 12 th and below.	
20th - 23rd		Clive's Antrim Antics - the Ulster away weekend		
22 nd	D-I-Y	And if you couldn't 'get across the sea to Ireland' you should be in the Riverbank, Sorn at 12.30pm		
26 th	5 and 10	KILM/NOCK	See May 12 th and below	
29 th	EASY 10am	MAYBOLE Opp Station	Eunice guarantees views of Ailsa Craig, Arran, Kintyre and perhaps Ireland. There's a long, gradual climb leading to the quiet network of roads between Maybole, Girvan and Turnberry.	Picnic Lunch
31 st	D-I-Y	Get to the Dunlop Dairy by 11.30 prompt and join our special tour of a cheese-making dairy - or turn up at the usual 12.30 for a bite in the tearoom. Your destination is West Clerkland Farm between Stewarton and Dunlop on the A735.		

Since the setting up of the Ayrshire CTC Group almost thirty years ago it has earned a reputation for its open rides. The need for membership is waived and the invitation is open to all. It's the least we can do to show that we're committed to encouraging all cycling and cyclists.

5 and 10 miles May

It's always a surprise to find out how easy 5 miles and even 10 miles can be on a bike. And that's what we intend to show families, beginners and returning cyclists with our series of rides around Ayrshire. They'll build confidence, widen horizons and show the sociable side of cycling.

You are invited to bring family or friends, assist the registered leaders to guide people around - or just come along for the ride!

IRVINE Magnum Car Park **7pm**
Tuesday May 3rd, 10th, 17th

KILMARNOCK The Travel Hub Railway Station **7pm**
Thursday May 12th, 19th, 26th

For more details
www.cycleayrshire.co.uk
or phone 01290 550276

PAT'S POWER PEDAL and now it's 90 miles - or 50

In the build up to June's tri-vets 100 series Pat embarked on a training programme with 70 miles as a club ride in March, an 80 miler invitation ride in April - and now it's 90 and another invitation.

The Bigger Charge 15th May at 8.30am A 90 mile ride in two circuits of 40 and 50 miles. Ride with Pat or on your own with your route map and instructions. Enter on the day £3/£4

The Short Circuit 15th May at 10.00am The 50 mile circuit from the Bigger Charge. Ride with the group or on your own with your route map and instructions. Enter on the day £1/£2.

From GALSTON CO-OP (A71)

For the first time the CTC Tri-vets comes to South West of Scotland. The date is 26th June and the venue Troon. There will be two options - 100 miles or 100km. Over 50's qualify for a certificate and are eligible for a medal. For full details see June Pending Pedalling

Pending Pedaling

June '16

1 st	MID-WEEK 10.30am	AYR Blackburn Car Park	Ben leads south into deepest Carrick. Must be downhill !	Picnic Lunch
2 nd	5 and 10 miles 7pm	N ARDROSSAN North Crescent Road (Cycle Track)	Our annual public outings to encourage families, beginners and returning cyclists - members welcome to bring friends or come along to help guide. A three week series in the Three Towns. See more below.	
4 th	LADIES 11am	KILWINNING Railway Station	Ardrossan Castle might be the biggest climb (or walk) of the day according to Jean - but lunch isn't far away.	Lauriston Hotel Ardrossan
5 th	D-I-Y	A Sunday saunter to Jock's Cafe at the Kirkmichael Community shop - lunch noon till 1pm		
8 th	5 and 10 Challenge Sign-up 6.45pm	TROON Walker Hall Car Park	Our longest running public event - with a certificate at the end. This year there's a follow-up - see below. Family groups and beginners welcome.	
9 th	5 and 10	N ARDROSSAN	See June 2 nd and below	
12 th	MAIN 9.30am	ARDROSSAN Ferry Terminal	Pat leads this year's Arran trip. It takes in Lochranza, Pirmill and Blackwaterfoot before returning to Brodick via the Ross Road and Lamlash. <i>Remember to buy ticket before boarding</i>	Picnic Blackwaterfoot
14 th	5 and 10 miles 7pm	AYR Blackburn Car Park	Our annual public outings to encourage families, beginners and returning cyclists - members welcome to bring friends or come along to help guide. A three week series in Ayr. See more below.	
15 th	MID-WEEK 10.30am	DALMELLING-TON Leisure Centre Car Park	Malcolm does his traditional route from Dalmellington, along Loch Doon and over to Straiton before returning over THAT NASTY HILL. 30 miles or so.	Picnic (Option - Buck, Straiton)
16 th	5 and 10	N ARDROSSAN	See June 2 nd and below	
	5 and 10 miles 7pm	TROON Walker Hall Car Park	Our annual public outings to encourage families, beginners and returning cyclists - members welcome to bring friends or come along to help guide. A three week series in Ayr. See more below.	
19 th Note Date	EASY 10am	DALMELLING-TON Leisure Centre Car Park	Same start but not quite as demanding as Wednesday ride - says Malcolm. Still a 23 mile ride to be proud of	Lunch at Straiton - but a sandwich or two may not go amiss
21 st	5 and 10	AYR	See June 14 th and below	
22 nd	D-I-Y	Eglinton Country Park's Tournament Cafe is the rallying point for a lunch time meet (12.30pm)		
23 rd	5 and 10	TROON	See June 16 th and below	
CTC Ayrshire's 1st Cycle Fest opens in Troon				Featuring West of Scotland Tri-Vets 100 mile / 100km
June 25th and 26th - see front page				
28 th	5 and 10	AYR	See June 14 th and below	
29 th	MID-WEEK 10.30am	LOCHWINNOCH Castle Semple Loch	Over into Renfrewshire for Phillip's 36 miler. Loch Thom, Greenock and Johnstone - interesting day!	Picnic
30 th	5 and 10	TROON	See June 16 th and below	

Since the setting up of the Ayrshire CTC Group almost thirty years ago it has earned a reputation for its open rides. The need for membership is waived and the invitation is open to all. It's the least we can do to show that we're committed to encouraging all cycling and cyclists.

5 and 10 miles June

It's always a surprise to find out how easy 5 miles and even 10 miles can be on a bike. And that's what we intend to show families, beginners and returning cyclists with our series of rides around Ayrshire. They'll build confidence, widen horizons and show the sociable side of cycling.

You are invited to bring family or friends, assist the registered leaders to guide people around - or just come along for the ride !

3 TOWNS North Crescent Rd (North) Ardrossan **7pm**
Thursday June 2nd, 9th, 16th

AYR Blackburn Car Park (S) **7pm** **Tuesday**
June 14th, 21st, 28th

TROON Start WH (Walker Hall Car Park) SB (Car park facing swimming baths) **7pm**
Thursday June 16th (WH), 23rd (WH), 30th (SB)

Ayrshire CTC Committee 2015 - 6

Chairman / Welfare Officer
Ronnie Thompson

**Secretary / Registration
Officer / Easy Rides**
Pat Standen

Treasurer / Midweek Rides
Phillip Richardson

Webmaster / Main Rides
Dave Lawrie

KeepMePosted
Muriel Downie

Ladies Rides
Jackie Stacey

**Saddlebag / Publicity
Special Rides**
Drew Moyes

SADDLEBAG

is the newsletter of
Ayrshire CTC

It's the platform for longer
cycling articles from our
members. They should be
sent to

Saddlebag Editor
3 Glebe Avenue
Mauchline KA5 6AE
E-mail: realise@globalnet.co.uk

While Saddlebag also publishes
our Pending Pedaling cycle runs
list it can't always keep up with
our expanding programme.

You can keep up to date by
monitoring our website
www.cycleayrshire.co.uk
where you can also sign-up for
our regular KeepMePosted
e-newsletter or join our
facebook group.

www.cycleayrshire.co.uk