

Founded 1878

Cycling UK

Burnley & Pendle CTC

<http://www.burnleyandpendlectc.co.uk>

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RIDES : April - June 2024



working for cycling

Date	Destination	Lunch	Meet	Time
April				
3-Apr Mid	Whitendale	Dunsop Bridge	Whalley BS	09:30
7-Apr S	Winterburn	Cracoe	ESSE	09:30
M	Kilnsey Cragg	Kettlewell	ESSE	09:00
10-Apr Mid	Ingelwhite	Chipping	Whalley BS	10:00
14-Apr S	Langcliffe Kiln	Little Stainforth	Gisburn	09:45
M	Bowland Knotts	Clapham	Gisburn	09:30
17-Apr Mid	Hebden Beck	Burnsall	ESSE	09:45
21-Apr S	Malham Cove	Malham	ESSE	10:00
M	Darnbrook	Malham	ESSE	10:00
24-Apr Mid	Thwate Lane	Clapham	Gisburn	09:30
28-Apr S	Little Bowland	Chipping	Whalley BS	09:45
M	Trough of Bowland	Scorton	Whalley BS	09:00
May				
1-May Mid	Kilnsley Cragg	Grassington	ESSE	10:00
5-May S	Bowland lanes	Waddington	Gisburn	10:00
M	Silverdale	Picnic Lunch	Gisburn	09:30
8-May Mid	Beacon Fell	Beacon Fell	Whalley BS	10:00
12-May S	Calder Vale	Picnic Lunch	Whalley BS	09:30
M	Nicky Nook	Scorton	Whalley BS	09:00
15-May Mid	Janets Foss	Malham	ESSE	09:30
19-May S	Bolton Abbey	Bolton Bridge	Langroyd	09:30
L	The Chevin	Otley	Langroyd	09:30
22-May Mid	Warfe	Feizor	Gisburn	09:30
26-May S	Rome & Wham	Settle	Gisburn	10:00
M	Ribblehead	Ingleton	Gisburn	09:00
29-May Mid	Silverdale Road	Little Stainforth	ESSE	09:30
June				
2-Jun S	St Helens Well	Gargrave	ESSE	10:00
L	Langstroth Dale Chase	Pick Nick	Gisburn	09:15
5-Jun Mid	Beamsley	Ilkley	Langroyd	09:00
9-Jun S	Scull Road	Burnsall	ESSE	09:30
L	Aysgarth Falls	Aysgarth Falls	ESSE	09:00
12-Jun Mid	Glasson Dock	Glasson Dock	Whalley BS	08:45
16-Jun S	Thwate Lane	Clapham	Gisburn	09:45
L	Barkisland	Barkisland	Holme Chapel	09:30
19-Jun Mid	Catforth	Roots	Whalley BS	09:30
21-24 Jun	York Cycle Rally Weekend	Camping at the rally	Contact Jim Duerden	
23-Jun S	Ride to York Cycle Rally	York	Contact John Ramsden	
S	Cow & Calf Rocks	Ilkley	ESSE	09:30
26-Jun Mid	Warfe	Little Stainforth	Gisburn	09:45
30-Jun S	Knott End	Knott End	Longridge	10:15
L	Knott End	Knott End	Whalley BS	08:30

In case of inclement weather please check social media or web site as we may decide to cancel the ride at short notice

For ride meet points, please check the website at: <http://www.burnleyandpendlectc.co.uk/rides.html>

Riders wanting a shorter ride, or earlier finish are welcome to break from the group to return by themselves at any point, but we do ask that they inform a member of the group that they are doing so.

We are assessing the interest in off-road rides, using established tracks and trails. Currently these will be on an ad-hoc basis, probably on a Saturday. Anyone interested should contact Roger Taylor.

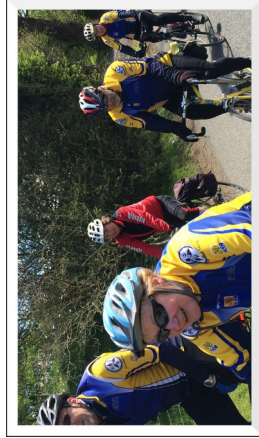
Contacts: John Ramsden 712185, Jim Duerden 453061, David Tinker 774828, Ian Lowcock 812842, New Rider Enquiries - Harry Taylor 07522 343181

Riders new to club riding are welcome on all our rides, the short ride on the first Sunday of the month being especially suitable for newer riders. Contact Harry (07522 343181) or harrytaylor1950@hotmail.com



Who we are ...

...a non-competitive cycling club with rides of varying lengths and duration. We emphasise reasonable pace and sociability and our rides are always set to the pace of the slowest rider. Nobody will be left behind, and we take time out to look at the scenery and have café breaks. Our rides list is overleaf but if want more information, please feel free to contact us.



Our rides ...

Every Sunday we run easy paced rides on quiet lanes with a stop for lunch, either picnic, or café stop. Any roadworthy bike is OK for our rides (e-bikes welcome), but please bring a spare inner tube and a waterproof jacket. You'll experience social riding with a friendly group who can also advise on choice of appropriate cycles, equipment and clothing.

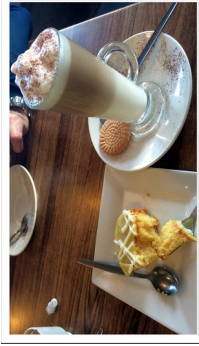
Regular Weekly Rides

Sunday Short Rides of approximately 40/45 miles
 Sunday Medium/Long Rides of 50 miles plus

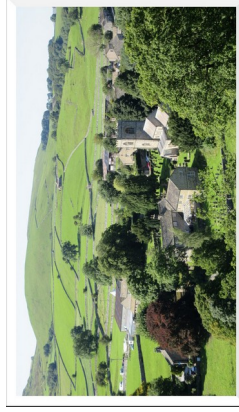
See the rides list on the reverse for full details.

We also arrange weekends away, and social activities throughout the year such as quiz nights, slide shows, bowling nights etc.

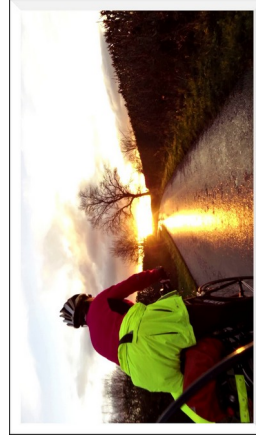
What do recent new members say ? ...

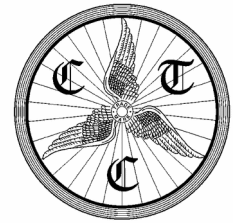


Pete says "When I started cycling I would do 6 miles on my own and would look like Ribena Man when I got back. I quit smoking and had put on a lot of weight so I decided to give club cycling a try. I joined about 15 months ago and now I regularly cycle 40 miles chatting to other riders. I'm in my 50's and discovered roads and routes I wouldn't find on my own, which are generally quiet and in lovely countryside. I also enjoy the café stops!"



Margaret says "The club is more about having a good time and enjoying the wonderful countryside rather than riding hard or being the fastest over sections. I always look forward to my Sundays. It's a great group of people. There's no need to worry about what to do if you get a mechanical issue, what clothing to wear (Lycra not compulsory!), or what kind of bike you have as long as it's roadworthy – just come along and give it a try."





Introduction

We want everybody to enjoy our club rides for the wonderful countryside we live near, for the healthy exercise and for the sociable camaraderie they offer.

It is fairly obvious that there will always be some differences in riding ability, both in speed and comfortable distance capability between any group of riders due to age, fitness and now, the availability of e-bikes. We try to accommodate this by offering Short, Medium and/or Long rides but this still cannot entirely solve the problem.

Dealing with different levels of ability in terms of distance / speed

Compared to riding alone when you can choose yourself how far and fast you want to go and stop when you want to, riding in a group is almost always a compromise which we have to accept in order to get the benefits of group riding i.e. sociability, variety of routes etc.

The wider the range of ability/preferences of any given group the more compromise it is necessary to make. We generally deal with this by having different rides for different ability levels but sometimes even this cannot overcome the problem, e.g. When during winter we only have one ride on Sunday or when a large number of people ride in a particular group.

Generally, goodwill and common sense can cope with some of these issues but some specific pointers are :

- The broad statements of definition in terms of distance and average speed of the types of ride we do – Long, medium, short, extra short and midweek rides are shown on our website. These definitions reflect what the average **self propelled rider** could be expected to do as part of any given group
- We will gently remind riders that in taking on a particular ride they are confident they can complete the ride and are able to find their way home if they decide they're not up to doing the full ride.
- Where new riders join a particular group the leading riders in the group should 'look after' this person. In certain circumstances it might be necessary to advise a new rider that they may be better suited to a different (slower or faster?) group.

At the start of a ride

- Check on participants level of ability/preferences
- Decide whether to split into separate groups
- Decide route/mileage/speed for each group

- For each group one person should be the informal leader – responsible for the route and keeping everyone together
- Check on lunch arrangements - café stops, sandwiches, ringing ahead to check opening/booking tables if necessary
- Allow 10 minutes ‘grace’ for late comers then set off

During the Ride

- Encourage riders to inform someone if they are leaving the ride – either going off the front or dropping off the back
- Encourage riders unsure of the route not to ‘jump off the front’ of the ride
- If the group gets strung out wait near the top of hills or junctions to regroup and give the last rider time to recover
- When waiting to regroup wait in a safe place – not in middle of road or at places with poor visibility for other road users

Road Etiquette

- Single out on busy/narrow roads
- If riding in a large group (say 6+) consider splitting into smaller groups with gaps to allow cars to overtake
- Thank other road users when they show patience/courtesy
- When riding in a group warn others in the group if you’re stopping suddenly, shout out or point to (if safe) potholes and other road surface issues
- If riding two abreast allow the person alongside you room to avoid hazards