

We don't yet have a full programme of Sunday Rides this Spring. This is issue 1 and **may be subject to change during its currency, so please look out for updated issues before you ride.**

Issue 1	Leader	Start 9:15	Coffee	via (optional)	Lunch
07-Jan		<u>10:00am</u>		Christmas Lunch at	The Mill Conder Green
14-Jan	Mike C	Boot & Shoe	Holly Farm		Chipping
21-Jan	Andy	Halton Sta.	Bridge Ho. Wray		Ingleton
28-Jan	Patience & Len	Beaumont	Arnside Heron		Kendal
04-Feb	Mike B	Beaumont	RSPB		Barbon
11-Feb	Andy	Halton Station	Arnside		Kirkby Lonsdale
18-Feb	Neil	Millennium Br.	Daisy Clough		Wray
25-Feb	Len & Patience	Boot & Shoe	Cobble Hey		Beacon Fell
04-Mar	Nigel	Boot & Shoe	Apple Store		Goosnargh
11-Mar	Neil	Beaumont	Sizergh		Staveley
18-Mar	Mike H	Boot & Shoe	Scorton Barn	Wharles/Catforth	Roots
25-Mar	Anne H	Boot & Shoe	Applestore above Scorton		Knott End
01-Apr	TBA				
08-Apr	Ian Wood	Lindale (car assisted)	Haverthwaite		Grizedale
15-Apr	TBA				
22-Apr	Len & Patience	Beaumont	Beetham GC		Cartmel
29-Apr	None	Wray		Bowland Audax	

We'll always try to get to the coffee stop, but if road conditions preclude it then we may not make it. Also, as has sometimes happened this back end, the lunch stop may be changed or omitted altogether if the leader decides (it doesn't happen too often!).

The committee would like to remind us that to avoid annoying (or perhaps being kind to) drivers of motor vehicles, we should leave gaps of at least 3 vehicle lengths between groups of no more than 8 (preferably less cyclists when riding together. And, of course, obey the Highway Code at all times.

A reminder to leaders that if you can't lead a scheduled ride, please try to contact me and we'll try to arrange swaps or find another leader (please let him/her know you planned route.).

If the weather looks dodgy, I would like the leader to contact me as soon as possible, up to between **7:15 and 7:45** on the ride day. **Please note, I'm often going out fellwalking on Sundays, so I have limited time)** If I'm available, I'll put out an e-mail to cancel or alter the start of the ride or the coffee stop. If you're only changing the lunch stop, please just tell the riders on the day and don't contact me.

Best regards Mike Codd tel. 01524 599192