

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	Tea
04-Jan	Mike C	Boot & Shoe	Bayview		Milnthorpe	
11-Jan	Jim	Halton Sta.	Bentham		Kirkby Lonsdale	
18-Jan	Neil	Mill. Br.	Wray		Arnside	
25-Jan	Nick	Mill. Br.	Gt. Eccleston		Beacon Fell	
01-Feb	Sandie	Crook o'Lune	Bentham		Kirkby Lonsdale	
08-Feb	Dave B	Boot & Shoe	Dunsop Br.		Longridge	
15-Feb	Brian	Kellet Xroads	Wray		Ingleton	
22-Feb	Jim	Boot & Shoe	Garstang Arts		Goosnargh	Daisy Clough
01-Mar	Geoff	Mill. Br.	Arnside Heron		Grange	
08-Mar	Neil	Halton Sta.	Barbon		Sizergh	
15-Mar	Patience & Len	Halton Sta.	Chipping		Beacon Fell	Scorton
22-Mar	Dave H	Halton Sta.	Bentham		Clapham	
29-Mar	John Laws	Halton Sta.	Cafe Ambio J 36		Kirkby Lonsdale	
05-Apr	Tony	Crook o'Lune	Kirkby Lonsdale		Sedbergh	
12-Apr	Brian	Kellet Xroads	Milnthorpe		Staveley	
19-Apr	Ken	Boot & Shoe	Dunsop Br.		Bashall Barn	
26-Apr	Jim	Kellet Xroads	Clearwater		Arnside	RSPB

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 7:30 and 8:15 on the ride day. And 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