

Ashford Tri Club

Sunday Rides - Cycle Rota

July August September 2010

Below are Guidelines for the Club's Sunday rides. We will try to ensure the rides go ahead according to the rota however this may not always be possible. Please check with the Forum for changes. If the ride is cancelled (maybe because of ice etc) the 'lead rider' should post a cancellation notice by 7.00 a.m. on the morning of the ride.

Group MTB rides will be arranged monthly.

Guidelines:

- Road Rides commence at 9.00 a.m. at Julie Rose Stadium.
- MTB Rides meet 10.00 a.m. at King's Wood.
- Around 2 hours duration, maybe longer, especially when the weather is favourable.
- Helmets must be worn.
- Groups to stay together and waiting points for slower members should be managed by the 'lead rider'.

Date	Lead Rider (Road/MTB)	Comment
11 July		No ride organised
18 July	Jim (Road)	
25 July	Simon (Road – Brick))	Deal Regatta Open Water Swim
1 August	Paul B (Road)	
8 August	Terry C (Road)	
15 August	Jim (Road)	Dover Regatta Open Water Swim
22 August	Paul B	Ride to Hastings
29 August	Terry C (MTB)	
5 September	TBC	
12 September	TBC	
19 September	TBC	
26 September	TBC (MTB)	

PLEASE REMEMBER... these are guidelines, anyone wanting to establish a different ride with club mates etc, please use the Forum.