

Harrogate Advanced Bikes - 2013 Third Sunday Rides

3rd Sunday Rides	Destination	Ride Leader	Contact
17 March	Bowland / Dentdale	Andrew Pratt	07875 364866
21 April	tba	Bob Hill	07980 257072
18/19 May	Weekend in Wales	Barry Ring	01423 864786
16 June	The Lakes	Paul Dresser	07778 856566
21 July	tba	David Haywood	07779 214331
18 August	tba	Tim Simms	
15 September	Ride Leader Wanted		
20 October	tba	Doug Masterton	0755 277 9455

Ride Leaders Wanted -

Let Andrew know if you can lead a ride **07875 364866**

Guidelines for Ride Leaders

120 to 180 miles

Plan your route - no more than 90 minutes to morning coffee stop

Another 90 minutes (max) to lunch stop

Aim to finish between 1600 & 1700

Keep it Simple - not too many junctions. A complicated route spoils the flow

Pre Ride your route, with your Tail Ender. Remember a large group will be slower than the two of you.

Suss out coffee & lunch stops - can they cater for 20 or so riders?

Let Secretary have a note of the route - a basic route with stops noted