

## Harrogate Advanced Bikes 2015 3rd Sunday Rides

3rd Sunday Rides	Destination	Ride Leader
15 March 2015	tba	Bob Hill
19 April 2015	tba	Andrew Pratt
17 May 2015		
21 June 2015		
19 July 2015		
16 August 2015		
20 September 2015	tba	David Haywood
18 October 2015	tba	Doug Masterton
<b>Guidelines for Ride Leaders</b>		
Meet: 0915 Dragon Road Lorry Park - next to Asda, central Harrogate		
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 - Choose a convenient place to end your ride (e.g. Ripley Car Park, Stump Cross Cafe etc)		
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		
Ride Leaders should be able to demonstrate an Advanced standard of riding, i.e.		
Safe, Legal, and Progressive, with due consideration to road conditions on the day.		
Use The Drop Off system at all junctions, allows everyone to ride at their own pace, without "bunching"		