

CTC SUFFOLK RIDES TYPES

SUNDAY RIDES – Co-ordinator: Michael Scott on 07784 766838

Sunday Rides normally start at 9.30 a.m. from Crown Pools, Crown Street, Ipswich , IP1 3JA, although there are occasional car/train assist rides, brunch or breakfast rides and earlier starts for longer rides in the summer. All rides are led by an experienced CTC member. Routes are almost invariably over the country lane network, avoiding main roads where possible, to explore the heart of our Suffolk countryside.

On LP and MT Rides it is usual to take a packed lunch but MP rides normally stop at a café or pub for lunch. Refreshment stops are planned at appropriate intervals for morning coffee (ll's), lunch and, during the summer months, afternoon tea. It is always advisable to carry a drink. All riders are required to have cycles in sound mechanical condition and carry a spare tube and the means to fit it. Mudguards with rear mud flaps are advisable in the winter for the benefit of other riders

Anyone wishing to join a ride other than at the start or refreshment stop should contact the Ride Leader to arrange a suitable pick up point.

GRADES

LP (Leisurely Paced)

A group ride typically averaging 10 – 11 mph over a distance of 40 – 50 miles. These rides are particularly suited to newcomers or those returning to cycling after a long absence. Newcomers wishing to return to Ipswich from 11's will be accompanied wherever possible.

MT (Medium Touring)

A group ride typically averaging 11 -12 mph over slightly longer distances of 50 – 70 miles

MP (Medium Plus)

A group ride typically averaging 12 – 15 mph over distances of 50 miles upwards. These rides are suitable for the more experienced member looking for a brisker pace over longer distances. We are a "touring" club and these rides are not intended as "training rides".

THURSDAY RIDES – Co-ordinator: David Wake on 07359 565982

All rides start at 09.30 from a range of start points in the Ipswich/Woodbridge area, and cycle at a leisurely rate averaging 11 – 12 mph to an elevenses café stop for a coffee and snack at about 11.00. After ½ hr stop we continue to a pub stop for a light lunch at about 13.00. After an hours lunch we make our way back to the start point or our homes. Some riders drive to the start point if it is more convenient for them. Riders are welcome to leave us at any point or join up with us at either of the refreshment stops.

Our numbers are typically 20-ish at the start and so we divide into two groups that make their way to separate elevenses venues. The two groups meet up again at the lunch venue. Overall mileages vary from 30 miles in winter to 50 miles in summer.