

CTC SUFFOLK RIDES TYPES

SUNDAY RIDES - Co-ordinator: Michael Scott on 01473 613311

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 and earlier starts for longer rides in the summer. All rides are led by an experienced CTC member.

Food & Drink- It is advisable to carry a drink and a packed lunch as food is not always assured at lunch stops. All attendees are required to have cycles in sound mechanical condition and carry a spare tube and means to fit it. Mudguards with rear mud flaps during the winter is respectfully preferred.

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

GRADES

E (Easy) Our most popular group rides. These are undertaken as a group at a leisurely pace and are rides suited to newcomers or members returning to cycling after long absence. Speed is typically 10 - 12 mph average, over distances between 40 - 50 miles. Refreshment stops are planned at roughly 15 mile intervals for morning coffee (11's), lunch and, during BST, afternoon tea. Routes are almost invariably over the country lane network avoiding main roads in order to explore the heart of our Suffolk countryside. Picnic lunches are popular during the Spring & Summer. It is common for some attendees to come along for just the morning only, or join us at 11's. Newcomers wishing to return to Ipswich from 11's will be accompanied.

MT (Medium Touring) These are rides suited to club members and newcomers with some experience preferring a group day ride at a leisurely pace similar to the 'easy' rides, but over slightly longer distances, 50 - 70 miles for the full day during BST. Planned breaks at 11's lunch and afternoon tea are often shared with other groups. Picnic lunches are also popular.

MP (Medium Plus) These are group rides suited to regular riders and newcomers preferring a brisker consistent - but not training - pace in order to cover longer distances, typically 50 - 70 miles, for the full day, i.e returning by 17.00, less during winter. Typical speed, hills & headwinds excepted, is 12 - 15mph. The pattern of refreshment stops is as with the easy & MT rides with some attending for just the morning. Lunch is mostly taken at establishments providing food. Brunch rides are proving popular. i.e. continuous riding to an early lunch taken at around midday, returning to Ipswich usually by 14.30. These would be particularly appropriate for experienced newcomers who cannot spare the time for a full day ride.

L (Long) BST season only. These are suited to regular club riders wishing to tour further from Ipswich and at a consistent pace for a full day, i.e returning by 17.00hrs. 70 - 100 miles for the full day is common. Typical speed, hills and head winds excepted, is 15 - 18 mph. The pattern of refreshment stops is as with the easy & MT rides, although longer distances are covered between stops (15 - 25 miles). Lunch is mostly taken at establishments providing food. These are not intended as 'training rides' but experience at group riding at a steady pace and mechanical competence will make you more popular!

THURSDAY RIDES - Co-ordinator, John Bryant on 01473 231530

All rides start at 09:30 from a range of start points in the Ipswich/Woodbridge area, and cycle at a leisurely rate averaging 11-12mph to an elevenses cafe stop for a coffee and snack at about 11:00. After 1/2hr 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 to 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 venue 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 for lunch together.

Overall mileages vary from 30 miles in winter to 50 miles in summer.