



## Start cycling – get fit and have fun!

Blackburn and District CTC are currently offering a program of shorter rides of 15 to 25 miles, depending on participant's capability and the weather, which will give you an insight into what it's like riding with a group. All rides are lead by experienced riders from the club. You'll find it much easier and far more motivating riding in a group than on your own.

Please ensure your bike is in good working order, especially the brakes. We are a touring club so full length mudguards and mud flap are essential to keep yourself and other riders clean. Bring with you a waterproof jacket, a drink, some money for café stops and emergency snacks to keep you going

Car parking is available at each of the meeting places.

### Introductory Runs 2009

Date	Time	Meeting Place	Leaders	
Sat. 10 <sup>th</sup> January	11.00am	Whalley Arms Car Park, Whalley	Ken Hartley	Paul Smith
Sat. 14 <sup>th</sup> February	11.00am	Whalley Arms Car Park, Whalley	Ken Hartley	Mike Prescott
Sat. 7 <sup>th</sup> March	11.00am	Whalley Arms Car Park, Whalley	Ken Hartley	Anne Stott
Sat. 11 <sup>th</sup> April	11.00am	Whalley Arms Car Park, Whalley	Ken Hartley	Anne Stott

Directions to our meeting places and more information about club activities can be found at [www.blackburnanddistrictctc.org.uk](http://www.blackburnanddistrictctc.org.uk)

If you would like to find out more about these rides and our wider club activities please visit our clubroom at the Primetime Centre in Rishton, which is open every Thursday evening (closed during school holiday periods) from 7.30pm, or contact Club Secretary **Tony Stott on 01254 232 537**