

## Eden Valley Runs List - Notes

Please check the blog ([evctc.blogspot.com](http://evctc.blogspot.com)) for ride updates, especially where the weather may require alterations

Normally there is at least one cafe stop except where marked BYO (bring your own) but please always bring rations, just in case

The phone number of the ride leader is there for a reason. You should ring the ride leader

- If planning to join the ride other than at the start
- If you are unsure whether the ride suits your style of cycling
- If you have any other queries

If you have not ridden with us before, you are very welcome to come and join us. You may find it useful to ring the ride leader before you arrive. After three rides as a guest, riders must join Cycling UK/CTC to ensure validity of third party and public liability insurance for all riders and the leader. Leaders please note for Insurance cover you must record details of non CTC members on a Guest Rider entry form (on website) for any guests on your route. The form must be passed to Rob (secretary) ASAP

### Riding in a group:

When the group is large, special thought should be given to splitting into several units to allow traffic to overtake. When the road is wide enough and the traffic is not too heavy ride in pairs (up to 4). It's safer, more sociable and it saves energy!

But if we are in a big group riding in single file because of the conditions then please leave at least a car sized break every 4 riders so that following vehicles can get past safely. It should be the responsibility of the fifth rider to draw back from the group to leave the space and others behind *should not* take this as a cue to overtake him/her and catch up with the group ahead

*If the full ride doesn't suit you, you can 'pick and mix' to create your own ride, as long as this is not disruptive to other group members. Eg meet at 11s stop at Renwick and ride with the group to the lunch stop at Talkin tarn; then make your own way home.*

### Ride Grading:

The table below can be used to classify rides in order Distance/Speed/Gradient eg L/L/M which would be a easy paced short

Level	Distance	Speed	Gradient
L(Low)	< 20 mi	10 mph or less	Predominantly Flat
M(Medium)	20 - 50 mi	10 - 11 mph	Undulating or Mixture of flat and hilly
H(High)	> 50 mi	>12 mph	Hilly (1000 ft per 10 mi) or steep!

ride but undulating so would be a 'one bike ride'

### Grading OVERVIEW

🚲 least demanding (in terms of distance, speed, gradients and traffic - this should be suitable for those who do not cycle regularly. About 15 mi) eg *LLM more Ls than Ms or Hs*

🚲🚲 more demanding ( may involve some hilly sections 20 - 50 mi) *mainly Ms*

🚲🚲🚲 most demanding ( longer faster and/or hillier rides - 50mi or more) *HMH perhaps*

🚲 Often indicates a self-led ride to a coffee stop. The cafes chosen are within 10mi riding of Penrith. You can make as little or as much of this as you wish by planning your own route or joining someone else who is going. The bonus is knowing that there will be good crack and cake at your destination. Check the blog nearer the time to see if someone else is going your way. You may wish to cycle together.

*"The coffee stop is 11 am February to October and 11.30 am November to January"*