



AYR ROADS CYCLING CLUB

SUNDAY CLUB RUNS

Each Sunday cyclists from Ayr Roads CC meet at Beresford Terrace, Ayr, opposite Bellevue Street at 9.30am. The length of the cycle run is usually determined by the number of cyclists present, the weather and most importantly the wind direction. Southwards towards Crosshill, Dailly and Girvan is a common route as this gives a variety of route options and usually a tail wind home. The distances cycled vary from only 50 or so miles in the harder winter days to around 100 during the more pleasant summer days.

The pace of the cycle run is also determined by those present. A gentle start allows the group to warm up and sometimes the group splits at the half way point with the more ambitious and fitter cyclists diverting into the hills of South Ayrshire, leaving the tourist cyclists a more leisurely home ward leg.