

Coming Events - Full details on website.

- Sat 3 August London Freecycle
- Mon 5 August – Friday 11 August
Cycling UK Birthday Rides, Wyboston
- Sun 11 August Off Road Challenge
- Sun 18 August Stevenage Cycling Festival Event
- Sat 14 September Skills Challenge
- Wed 25 September Curry Night
- Sun 29 September Charity Bike Ride
Brewery Tearooms, Walkern
- Sun 27 October Emitremmus
- Thu 7 November Cycling UK Stevenage AGM
Springfield House
- December Christmas Lunch
- Wed 18 December Santa Cycle

Cycling UK Stevenage Officers

- Chair, Website: Tina Walker 01438 235881
- Secretary, Publicity: Jim Brown 07939 687509
106 Oaks Cross, Stevenage, SG2 8LT
jim@stevenagectc.org.uk
- Treasurer: Paul Boielle 01438 356584
- Welfare Nicola Morris 07916 438610
- Social Secretary Jackie Cooper 07850 428856

- Alan 07910 076236 Pete 01462 637718
- Gary 07341 953043 Robert 01438 214913
- Jason 07447 041489 Steve 07735 378221
- Jill 07816 625901 Tina S 07590 985113
- Loyd 07921 002224

For extra rides, last minute changes and more information about cycling in general visit our website.

www.stevenagectc.org.uk

**Cycling UK, Parklands, Railton Road Guildford GU2 9JX
01483-238301**

Non members are welcome to try a few rides, but if you want to continue riding with us you will need to join Cycling UK at www.cyclinguk.org

Most rides are free. Cycling UK membership brings many benefits, including insurance and discounts

Please Note: To save costs we prefer to email to let you know about ride lists. But if you want a paper copy let us have your address and we will post it to you. Please email ridelist@stevenagectc.org.uk to join or leave the mailing list or to keep us informed about any changes of postal and e-mail addresses.

Where we start - Full details on website

War Memorial, Old Town, Stevenage
Stevenage Old Town next to the war memorial SG1 3EJ

Costello's, Fairlands Valley Park, Stevenage
Meet inside or near the café in the sailing centre SG2 0BL

Our ride grades:

Saturday Starters are an ideal introduction to group riding.
March to October Start Costello's at 2p.m.
November to February Start Costello's at 10.30a.m.
Morning Meanders are 2 hour rides with no planned stop.

The letter indicates distance (miles) and speed:			
A	B	C	D
Over 56 14-16mph 22-26kph	40-55 12-15mph 19-24kph	25-39 10-13mph 16-21kph	up to 24 8-11 mph 13-18kph
D+ is a ride of D distance at B pace			
⚠ Off road rides also have a number:			
1: Easy	2: Medium	3: Challenging riding	
Road tyres	Knobbly tyres needed		
Helmets: We leave it up to you but our off-road ride leaders feel that they are essential for off-road rides.			

Be prepared - our ride checklist:

Emergency contact number	Lights	
Inner tube	Pump	Tyre levers
Drink	Money	Waterproof

Your bike must be roadworthy
Remember to carry lights
in winter and on all evening rides!

Young People

Young people are welcome to ride with us but we cannot accommodate under 5s riding solo on roads. There must be one responsible adult for every child under 8. All under 13s should be accompanied by a responsible adult and should remain under the direct supervision of the adult responsible for them for the entire ride. 13 -18 year olds are welcome with a signed parental consent form.

BIKE RIDES

from Stevenage

August – September 2019



Rides every Saturday, Sunday and Wednesday with extras too.
Pick those that suit you and enjoy a ride or two.



www.stevenagectc.org.uk

Road defects?
Tell the County Council
www.fillthathole.org.uk

Bike Rides from Stevenage August – September 2019

Date	Grade	Leader	Time	Place	Destination or Event
Fri 2 August	D+	Pete	19:15	Old Town	Brocket Arms, Ayot St Lawrence
Sat 3 August	A	Gary	07:45	Bragbury End	London Freecycle
Sat 3 August	D	Paul	14:00	Costello's	We R Cakes, Woolmer Green
Sun 4 August	D	Steve	10:00	Old Town	Morning Meander
Wed 7 August	D	Robert	19:15	Old Town	Lordship Arms, Benington
Fri 9 August	D+	Pete	19:15	Old Town	Bull, Watton at Stone
Sat 10 August	D	Tina W	14:00	Costello's	Country Bumpkin, Tewin
Sun 11 August	A2 	Paul	09:30	Costellos	Off Road Challenge
Sun 11 August	D	Tina S	10:00	Old Town	Morning Meander
Wed 14 August	D	Tina W	19:15	Old Town	Bull, Whitwell
Fri 16 August	D+		19:15	Old Town	Red Lion, Offley
Stevenage Cycling Festival 17 – 25 August					
Sat 17 August	D	Tina W	14:00	Costello's	Datchworth Coffee, Datchworth
Sun 18 August	D	Tina S	10:00	Old Town	Morning Meander to Hampson Park
Sun 18 August	Stevenage Cycling Festival Tour De Stevenage – Family Sportive – Hampson Park 12 – 5 Family sportive 4 miles (12:00, 13:00, 14:00, 15:00 book via website) Activities and events in the park from 11-5pm				
Mon 19 August	D	Tina W	19:15	Old Town	Cycleway Special to Crown, Aston End
Wed 21 August	D	Steve	19:15	Old Town	Three Horseshoes, Willian
Fri 23 August	D+	Alan	19:15	Old Town	Red Lion, Brechwood Green
Sat 24 August	D	Steve	14:00	Costello's	Dimples, Letchworth
Sun 25 August	B	Alan	09:30	Old Town	1 st stop Royston 2 nd Baldock
Sun 25 August	D		10:00	Old Town	Morning Meander
Mon 26 August	C	Paul	09:30	Old Town	1 st stop Langford 2 nd Ashwell 40 miles 10/11mph
Wed 28 August	D	Paul	19:15	Old Town	Tilbury, Datchworth
Fri 30 August	D+	Loyd	19:15	Old Town	Musgrave Arms/Crown, Shillington
Sat 31 August	D	Alan	14:00	Costello's	Vanstone Garden Centre, Codicote
Sun 1 September	A	Loyd	09:00	Old Town	
Sun 1 September	D	Jackie	10:00	Old Town	Morning Meander
Wed 4 September	D	Nicola	19:15	Old Town	Rising Sun, Halls Green
Fri 6 September	D+	Jackie	19:15	Old Town	Boot, Dane End
Sat 7 September	D	Tina W	14:00	Costello's	We R Cakes
Sun 8 September	A2 	Loyd	09:00	Old Town	Off Road
Sun 8 September	D	Jackie	10:00	Old Town	Morning Meander
Wed 11 September	D	Nicola	19:15	Old Town	Bird in Hand, Gosmore
Fri 13 September	D+	Pete	19:15	Old Town	Two Chimneys Letchworth
Sat 14 September		Dave	10:30	Costellos	Skills Challenge
Sat 14 September	D	Jim	14:00	Costello's	Cycleway Explorer to and from Costello's
Sun 15 September	D 	Tina W	10:00	Costellos	Mardley Heath for Off Road Play and Picnic
Sun 15 September	D	Jason	10:00	Old Town	Morning Meander
Mon 16 September		Tina W	19:45	TBC	Rides Planning meeting
Wed 18 September	D	Jackie	19:15	Old Town	White Horse, Welwyn
Fri 20 September	D+		19:15	Old Town	Wilbury, Letchworth
Sat 21 September	D	Nicola	14:00	Costello's	Brewery Tea Rooms, Walkern
Sun 22 September	A	Pete	09:30	Old Town	1 st stop Abbots Langley 2 nd Beaconsfield 80m, 14mph
Sun 22 September	D	Jackie	10:00	Old Town	Morning Meander
Wed 25 September	D	Jackie	19:15	Old Town	Curry Night – Bucks Head
Fri 27 September	D+	Loyd	19:15	Old Town	Green Man, Great Wymondley
Sat 28 September	D	Steve	14:00	Costello's	Vanstone Garden Centre
Sun 29 September		Tina	09:30	Walkern	Charity Bike Ride 20k, 50k, 100k

Look on www.stevenagectc.org.uk for extra details, additions and last minute changes

Plans may change due to inclement weather or mechanical problems - contact ride leader if you plan to meet at 11s or lunch