

**Coming Events - Full details on website.**

- Wed 1 January Resolution Ride
- Mon 24 February Ride Leaders Meeting
- Sat 7 March 2pm Start on Saturday Starters
- March Ride Leaders Meeting
- Sun 29 March Start of Summertime, including 200km Audax

6<sup>th</sup> – 14<sup>th</sup> June



- Sun 7 June Stevenage Circular
- Sun 14 June Baldock Challenge
- September 3 Skills Challenge
- September MacMillan Cancer Hair Care Ride
- Sun 25 October Emitremmus

**Cycling UK Stevenage Officers**

- Chair, Website: Tina Walker 01438 235881
- Secretary: Gary Spicer 07341 953043
- Publicity Jim Brown 07939 687509
- Treasurer: Paul Boielle 01438 356584
- Welfare Nicola Morris 07916 438610
- Social Secretary Jackie Cooper 07850 428856

**Other Ride Leaders**

- Alan 07910 076236 Pete 01462 637718
- Dave 07771 738962 Robert 01438 214913
- Jason 07447 041489 Steve 07735 378221
- Loyd 07921 002224 Tim 07788 750436
- Penny 07787 816434 Tina S 07590 985113

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

[www.stevenagectc.org.uk](http://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](http://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](mailto: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
Saturday Starters are about 15 miles in total at about 9mph			
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	
<b>Helmets:</b> 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

## January – March 2020



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



[www.stevenagectc.org.uk](http://www.stevenagectc.org.uk)

**Road defects?**  
Tell the County Council  
[www.fillthathole.org.uk](http://www.fillthathole.org.uk)

## Bike Rides from Stevenage January – March 2020

Date	Grade	Leader	Time	Place	Destination or Event
Wed 1 January	D	Jill	10:00	Old Town	<b>New Years Resolution Ride</b>
Sat 4 January	D	Nicola	10:30	Costello's	<b>Tewin</b>
Sun 5 January	C	Tina S	09:30	Old Town	<b>Langford Garden Centre/Jordans Mill, Broom</b>
Sun 5 January	D		10:00	Old Town	<b>Morning Meander – See Website for further details</b>
Wed 8 January	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 11 January	D	Steve/Tina S	10:30	Costello's	<b>Crumbs, Watton at Stone</b>
Sun 12 January	△	Tim	09:30	Old Town	<b>Off Road Chalk Hill Telegraph Hill Icknield Way</b>
Sun 12 January	D	Jackie	10:00	Old Town	<b>Morning Meander</b>
Wed 15 January	D	Nicola	19:15	Old Town	<b>Winter Wander</b>
Sat 18 January	D	Tina W	10:30	Costello's	<b>Spokes, Codicote</b>
Sun 19 January	C	Loyd	09:30	Old Town	<b>Mill End Nursery, Rushden</b>
Wed 22 January	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 25 January	D	Steve/Tina S	10:30	Costello's	<b>Brewery Tea Rooms, Walkern</b>
Sun 26 January	D	Tina W	10:00	Old Town	<b>Morning Meander</b>
Wed 29 January	D	Pete	19:15	Old Town	<b>Winter Wander</b>
Sat 1 February	D	Nicola	10:30	Costello's	<b>Vanstones Garden Centre, Codicote</b>
Sun 2 February	B	Loyd	09:30	Old Town	<b>Puckeridge, Hertford</b>
Sun 2 February	D	Jackie	10:00	Old Town	<b>Morning Meander</b>
Wed 5 February	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 8 February	D	Steve/Tina S	10:30	Costello's	<b>We R Cakes, Woolmer Green</b>
Sun 9 February	D	Jackie	10:00	Costello's	<b>Morning Meander</b>
Wed 12 February	D	Nicola	19:15	Old Town	<b>Winter Wander</b>
Sat 15 February	D	Tina W	10:30	Costello's	<b>Crumbs, Watton at Stone</b>
Sun 16 February	C	Paul B	09:30	Old Town	<b>Rushden Mill End</b>
Sun 16 February	D	Jackie	10:00	Old Town	<b>Morning Meander</b>
Wed 19 February	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 22 February	D	Steve/Tina S	10:30	Costello's	<b>Spokes, Codicote</b>
Sun 23 February	C2△	Tim	09:30	Old Town	<b>Off Road, Train to Cambridge ride back</b>
Sun 23 February	D	Tina W	10:00	Old Town	<b>Morning Meander</b>
Mon 24 February		Tina W	19:45		<b>Ride Leaders Meeting</b>
Wed 26 February	D	Pete	19:15	Old Town	<b>Winter Wander</b>
Sat 29 February	D	Steve/Tina S	10:30	Costello's	<b>Church Farm, Ardeley</b>
Sun 1 March	B	Dave	09:30	Old Town	<b>Harlington Garden Centre</b>
Sun 1 March	D	Bill	10:00	Old Town	<b>Morning Meander</b>
Wed 4 March	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 7 March	D	Tina W	14:00	Costello's	<b>We R Cakes, Woolmer Green</b>
Sun 8 March	B	Loyd	09:30	Old Town	<b>The Hub, Redbourne</b>
Sun 8 March	D	Jackie	10:00	Costello's	<b>Morning Meander</b>
Wed 11 March	D	Jackie	19:15	Old Town	<b>Winter Wander</b>
Sat 14 March	D	Steve/Tina S	14:00	Costello's	<b>Spokes, Codicote</b>
Sun 15 March	A	Dave	09:30	Old Town	<b>A ride distance B pace. Hinxworth, Danish Camp</b>
Sun 15 March	D	Gary	10:00	Old Town	<b>Morning Meander</b>
Wed 18 March	D	Pete	19:15	Old Town	<b>Winter Wander</b>
Sat 21 March	D	Nicola	14:00	Costello's	<b>Brewery Tea Rooms, Walkern</b>
Sun 22 March	△	Loyd	09:30	Old Town	<b>Off Road</b>
Sun 22 March	D	Jackie	10:00	Old Town	<b>Morning Meander</b>
Wed 25 March	D	Nicola	19:15	Old Town	<b>Winter Wander</b>
Sat 28 March	D	Steve/Tina S	14:00	Costello's	<b>Church Farm, Ardeley</b>
Sun 29 March	D		10:00	Old Town	<b>Start of Summertime Specials</b>

\*Look on [www.stevenagectc.org.uk](http://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