

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

Sat 8 June	Teddy Bears Picnic
Sun 9 June	Stevenage Day
Sun 9 June	3 Counties 100, Ware
Wed 12 June	BBQ, Robin Hood & Little John Pub
Sun 16 June	Stevenage Circular
Sun 14 July	Baldock Challenge
Mon 15 July	Ride Planning Meeting
	Daneshill House, SG1 1HN
Sat 3 August	London Freecycle
Sun 11 August	Off Road Challenge
Sun 18 August	Stevenage Cycle Festival
Sat 14 September	Skills Challenge
Wed 25 September	Curry Night
Sun 27 October	Emitremmus
November	Cycling UK Stevenage AGM

**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	Penny	07787 816434
Jason	07447 041489	Pete	01462 637718
Jill	07816 625901	Robert	01438 214913
Loyd	07921 002224	Steve	07735 378221

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:				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>
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	5-6 Beginner
D+ is a ride of D distance at B pace				
⚠ Off road rides also have a number:				
<b>1: Easy</b>		<b>2: Medium</b>		<b>3: Challenging riding</b>
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  
June – July 2019



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

we are  
**cycling**  
Stevenage UK

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

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

Date	Grade	Leader	Time	Place	Destination or Event
<b>Bike Week - <a href="http://www.cyclinguk.org/bikeweek">www.cyclinguk.org/bikeweek</a></b>					
Sat 08 June	D	Tina	14:00	Costello's	Teddy Bear's Picnic, Hampson Park
Sun 09 June	D	Steve	10:00	Costello's	Morning Meander
Sun 09 June			10:30	Ware	Three Counties 100 Audax, Ware
Mon 10 June	D	Tina	19:15	Old Town	Stevenage Cycle Way Special, Lytton Arms, Old Knebworth
Tue 11 June	D	Alan	19:15	Old Town	Cricketers, Weston
Wed 12 June	D	Jackie	19:15	Old Town	Pig and Whistle, Aston
Thu 13 June	D	Jackie	19:15	Old Town	Old George, Ickleford
Fri 14 June	D+	Robert	19:15	Old Town	Friday Fling to Crown, Buntingford
Sat 15 June	D	Steve	14:00	Costello's	Country Bumpkin, Tewin
Sun 16 June		Jackie		Costello's	Stevenage Circular
Wed 19 June	D	Alan	19:15	Old Town	Strathmore Arms, St Pauls Walden
Fri 21 June	D+	Pete	19:15	Old Town	Fox, Darley Hall
Sat 22 June	D	Robert	14:00	Costello's	Graveley Fruit Farm, Graveley
Sun 23 June	C	Alan	09:30	Old Town	Rose Café, Hertford, 33 miles 10-11 mph
Sun 23 June	C1 	Loyd	09:30	Old Town	Off Road
Sun 23 June	D	Jackie	10:00	Costello's	Morning Meander
Wed 26 June	D	Jackie	19:15	Old Town	BBQ Robin Hood and Little John, Rabley Heath
Fri 28 June	D+	Loyd	19:15	Old Town	Musgrave Arms, Shillington
Sat 29 June	D	Alan	14:00	Costello's	Tewin Fete
Sun 30 June	A	Pete	09:30	Old Town	1 <sup>st</sup> stop Sawbridgeworth, 2 <sup>nd</sup> Blackmore
Sun 30 June	D	Jackie	10:00	Costello's	Morning Meander
Wed 3 July	D	Jim	19:15	Old Town	Plume of Feathers, Tewin
Fri 5 July	D+	Jill	19:15	Old Town	Woodman, Chapmore End
Sat 6 July	D	Jim	14:00	Costello's	Brewery Tearoom, Walkern
Sun 7 July	C	Robert	10:00	Old Town	Hare Street, 34-40 miles, 10-12 mph
Wed 10 July	D	Tina	19:15	Old Town	Jolly Waggoner, Ardeley
Fri 12 July	D+	Jill	19:15	Old Town	Boot, Kimpton
Sat 13 July	D	Tina	14:00	Costello's	Benington Fair, Benington
Sun 14 July	A/B	Jim	09:00	Old Town	Baldock Challenge
Mon 15 July		Tina	<b>Ride Leaders Meeting, Daneshill House Stevenage</b>		
Wed 17 July	D	Jim	19:15	Old Town	Red Lion, Offley
Fri 19 July	D+	Loyd	19:15	Old Town	Grandison, Bramfield
Sat 20 July	D	Jackie	14:00	Costello's	Spoke Cycles, Codicote
Sun 21 July	A	Pete	09:00	Old Town	1 <sup>st</sup> stop Abbots Langley, 2 <sup>nd</sup> Beaconsfield 80 miles 14 mph
Sun 21 July	D	Jackie	10:00	Old Town	Morning Meander – Note Start in Old Town
Wed 24 July	D	Jackie	19:15	Old Town	Three Horseshoes, Norton
Fri 26 July	D+	Jackie	19:15	Old Town	Boot, Dane End
Sat 27 July	D	Steve	14:00	Costello's	Emily's, Whitwell
Sun 28 July	C1 	Loyd	09:30	Old Town	Off Road
Sun 28 July	D	Jackie	10:00	Old Town	Morning Meander – Note Start in Old Town
Wed 31 July	D	Paul	19:15	Old Town	Horns, Bulls Green

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