

Coming Events - Full details on website.

Mon 20 May	Ride Planning Meeting
Friends Meeting House, 21 Cutty's Lane, SG1 1UP	
Sat 8 June	Teddy Bears Picnic
Sun 9 June	Stevenage Day
Sun 9 June	3 Counties 100, Ware
Wed 12 June	BBQ
Sun 16 June	Stevenage Circular
Sun 14 July	Baldock Challenge
Mon 22 July	Ride Planning Meeting
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
Mon 11 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

**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	E
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:				
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
Drink	Money
	Tyre levers
	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

April – June 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

Road defects?

Tell the County Council
www.fillthathole.org.uk

Date	Grade	Leader	Time	Place	Destination or Event
Mon 22 April	B	Paul	09:30	Old Town	1 st stop Rose Café, Hertford, 2 nd Something Lovely, Puckeridge
Wed 24 April	D	Pete	19:15	Old Town	Red Lion, Preston
Sat 27 April	D	Paul	14:00	Costello's	Emily's, Whitwell
Sun 28 April	C	Alan	09:30	Old Town	Café Gusto, Harpenden
Wed 01 May	D	Robert	19:15	Old Town	White Horse, Burnham Green
Sat 04 May	D	Alan	14:00	Costello's	Country Bumpkin, Tewin
Sun 05 May	B	Alan	09:30	Old Town	1 st stop Something Lovely, Puckeridge, 2 nd White Hill Golf Club
Sun 05 May	D	Jackie	10:00	Costello's	Morning Meander
Mon 06 May	C	Paul	09:30	Old Town	1 st stop Emily's, Whitwell, 2 nd Bright Star, Peters Green
Wed 08 May	D	Jackie	19:15	Old Town	Pig and Whistle, Aston
Fri 10 May	D+	Pete	19:15	Old Town	First Friday Fling to Bull, Cottered
Spring Bike Week					
Sat 11 May	D	Tina	14:00	Costello's	Esquires, Letchworth
Sun 12 May	B	Robert	10:00	Old Town	Shuttleworth, Old Warden
Sun 12 May	△2	Loyd	09:30	Old Town	Royston
Mon 13 May	D	Tina	19:15	Old Town	Stevenage Cycle Way Special, Crown, Aston End
Tue 14 May	D	Jim	19:15	Old Town	White Lion, Walkern
Wed 15 May	D	Pete	19:15	Old Town	The Bell, Codicote
Thu 16 May	D	Jackie	19:15	Old Town	Strathmore Arms, St Pauls Walden
Fri 17 May	D+	Loyd	19:15	Old Town	Friday Fling to Lilley Arms, Lilley
Sat 18 May	D	Paul	14:00	Costello's	Emily's Whitwell
Sun 19 May	A	Pete	09:30	Old Town	1 st stop Jordans Mill, 2 nd Marston Moretaine, 3 rd Barton-le-Clay
Sun 19 May	D	Jackie	10:00	Costello's	Morning Meander
Mon 20 May		Tina	19:45	FMH	Ride Planning Meeting
Wed 22 May	D	Jackie	19:15	Old Town	White Horse, Welwyn
Fri 24 May	D+	Pete	19:15	Old Town	Friday Fling to Rose and Crown, Ashwell
Sat 25 May	D	Jackie	14:00	Costello's	Brewery Tearoom, Walkern
Sun 26 May	C	Jackie	09:30	Old Town	Buntingford
Mon 27 May	B	Paul	09:30	Old Town	1 st stop Rose Café, Hertford, 2 nd The Blackberry Jack, St Albans
Wed 29 May	D	Jim	19:15	Old Town	Orange Tree, Baldock
Fri 31 May	D+	Jill	19:15	Old Town	Friday Fling to Plough, Ley Green
Sat 01 June	D	Robert	14:00	Costello's	Vanstones, Codicote
Sun 02 June	A	Loyd	09:30	Old Town	Woburn Sands
Sun 02 June	D	Jackie	10:00	Costello's	Morning Meander
Wed 05 June	D	Pete	19:15	Old Town	Plough, Ley Green
Fri 07 June	D+	Jill	19:15	Old Town	Friday Fling to Bright Star, Peters Green
Bike Week - www.cyclinguk.org/bikeweek					
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	BBQ Robin Hood and Little John, Rabley Heath
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

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