

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	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
Rides List	Jim Borcherds	07974 576663
Welfare	Nicola Morris	07916 438610
Social Secretary	Jackie Cooper	07850 428856

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

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 rides:

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.

Wednesday Wanders are evening rides to a pub

Start at 19:15 in the Old Town

Friday Flings are faster evening to a pub

Start at 19:15 in the Old Town

Morning Meanders are 2-hour rides with no planned stop.

Start at 10am at Costello's

Other **Sunday** rides vary in length and speed

Be prepared - our ride checklist:

Emergency contact number		Lights
Inner tube	Pump	Tyre levers
Drink	Money	Waterproof
Helmets: We leave it up to you, but our off-road ride leaders feel that they are essential for off-road rides.		

****Your bike must be roadworthy****
Remember to carry lights in winter!

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 – May 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

Spring Bike Week to Public House: up to 24 miles at 10-12 mph (12-14 on Friday)

Date	Leader	Phone	Destination
Mon 13 May	Tina	01438 235881	Stevenage Cycle Way Special, Crown, Aston End
Tue 14 May	Jim	07939 687509	White Lion, Walkern
Wed 15 May	Pete	01462 637718	The Bell, Codicote
Thu 16 May	Jackie	07850 428856	Strathmore Arms, St Pauls Walden
Fri 17 May	Loyd	07921 002224	Friday Fling to Lilley Arms, Lilley

Longer rides – Sundays and Bank Holidays

Start in Old Town at 9:30 unless otherwise stated					
Plans may change due to inclement weather or mechanical problems Contact ride leader if you plan to meet at Coffee or lunch					
Date/Distance	Average Speed	Leader	Phone	Coffee	Lunch
Mon 22 April 34 miles	10-11 mph 16-17 kph	Paul	01438 356584	Rose Café Hertford	Something Lovely Puckeridge
Sun 28 April 37 miles	12 mph 19 kph	Alan	07910 076236	Café Gusto Harpenden	
Sun 05 May 48 miles	12 mph 19 kph	Alan	07910 076236	Something Lovely Puckeridge	White Hill Golf Club
Mon 06 May 38 miles	10-11 mph 16-17 kph	Paul	01438 356584	Emily's Whitwell	Bright Star Peters Green
Sun 12 May 10:00 Start 41 miles	11-13 mph 16-21kph	Robert	01438 214913	10:00 Start	Shuttleworth Old Warden
Sun 12 May	Off Road	Loyd	07921 002224	Royston	
Sun 19 May 75 miles	14-15 mph 22-24 kph	Pete	01462 637718	Jordans Mill	Marston Moretaine
Sun 26 May	TBA	Jackie	07850 428856	Buntingford	
Mon 27 May 41 miles	10-11 mph 16-17 kph	Paul	01438 356584	Rose Café Hertford	Blackberry Jack St Albans

Sunday Morning Meanders: 2 hour loop up to 24 miles at 8-11 mph (13-18kph)

Start 10:00 Costello's (Note new start venue)		
Date	Leader	Phone
05 May	Jackie	07850 428856
19 May	Jackie	07850 428856

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

Saturday Family Starters to Café: up to 15 miles at 8-10 mph (13-16 kph)

Start 14:00 Costello's			
Date	Leader	Phone	Destination or Event
27 April	Paul	01438 356584	Emily's, Whitwell
04 May	Alan	07910 076236	Country Bumpkin, Tewin
11 May	Tina	01438 235881	Esquires, Letchworth
18 May	Paul	01438 356584	Emily's Whitwell
25 May	Jackie	07850 428856	Brewery Tearoom, Walkern

Wednesday Wanders to Public House: up to 24 miles at 10-12 mph (16-19 kph)

Start 19:15 Old Town			
Date	Leader	Phone	Destination or Event
24 April	Pete	01462 637718	Red Lion, Preston
01 May	Robert	01438 214913	White Horse, Burnham Green
08 May	Jackie	07850 428856	Pig and Whistle, Aston
15 May	Pete	01462 637718	The Bell, Codicote
22 May	Jackie	07850 428856	White Horse, Welwyn
29 May	Jim	07939 687509	Orange Tree, Baldock

Friday Flings to Public House: up to 30 miles at 12-14 mph (16-22 kph)

Start 19:15 Old Town			
Date	Leader	Phone	Destination or Event
10 May	Pete	01462 637718	Bull, Cottered
17 May	Loyd	07921 002224	Lilley Arms, Lilley
24 May	Pete	01462 637718	Rose and Crown, Ashwell
31 May	Jill	07816 625901	Plough, Ley Green

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CyclingUK Bike Rides
from Stevenage

