

Coming Events - Full details on website

LONDON FREecycle Saturday 28th July
Off Road Challenge Sunday 12th August
Our CTC Birthday Ride -Saturday 4th August
Cycling UK Birthday Rides 13th to 19th August
Mildenhall Cycling Festival—25-27th August
Henham Audax Events – Sunday 2nd Sept.
Rides Planning Meeting – Tuesday 4th Sept.
Historic Churches Ride – Saturday 8th Sept.
Skills Challenge – Sunday 9th Sept.
Treasure Hunt – 2 distances – Sunday 23rd Sept
Emitremmus and Emit Lite – Sunday 28th October

Ride Makers

Secretary: Jim Brown, 106 Oaks Cross, Stevenage, SG2 8LT

jim@stevenagectc.org.uk 0793 968 7509
Treasurer: Paul Boielle 01438 356584
Rides: Penny Schenkel 0778 781 6434
Website: Tina Walker 01438 235881

Alan	07910 076236	Gary	07341 953043
Jackie	07850 428856	Jason	0744 704 1489
Jim Brown	07939 687509	Jim Borchers	07974 576663
Jill	07816 625901	John C	07747 044536
Loyd	07921 002224	Nicola	0791 643 8610
Paul H	01438 238728	Pete	01462 637718
Penny	07787 816434	Bruce	07778 462263
Robert	01438 214913	Stuart	07710 795182

Please see our essential guide to group cycling. For extra rides, last minute changes and more information about cycling in general visit our website. **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.

Non members are welcome to try a few rides with us. Most rides are free but only Cycling UK members are eligible for the various competitions and to attend and vote at the AGM or become leaders. Cycling UK membership brings lot of benefits, including lower entry fees. **Please join Cycling UK soon** go to www.cyclinguk.org

Road defects? Tell the County Council through www.fillthathole.org.uk A Cycling UK initiative.

www.stevenagectc.org.uk

Cycling UK is the new name for CTC

Cycling UK, the National Cycling Charity, Parklands, Railton Road Guildford GU2 9JX (0844 736 8450). Why not join us? See www.cyclinguk.org for details.

Where we start - Full details on website

Old Town: In Stevenage Old Town next to the war memorial (TL 233255, SG1 3EJ).

Costello's: Fairlands Valley Park. Meet inside or near the café in the sailing centre (TL254242, SG2 0BL).

Saturday Starters are an ideal introduction to group riding. In the summer they are half day afternoon rides from Costello's at 2pm every week getting back about 5.00pm. From November the rides start at 10:30am.

Our ride grades:

The letter indicates distance (miles) and speed:				
A	B	C	D	E
Over 56 Faster	40-55 Moderate	25-39 Slower	up to 24 Gentle	5-6 miles beginner
+ indicates rides of a increased pace eg D+				
⚠ 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!**

Be Warned - Rides will depart 10 mins after published meeting time - don't be late!

BIKE RIDES

from Stevenage

July - August 2018



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

Date	Grade	Leader	Time	Place	Destination or Event
Wed 25 July	D	Robert	19:15	Old Town	Easy Evening to Strathmore Arms, St Pauls Walden
Fri 27 July	D+	Alan	19:15	Old Town	Friday Fling to The Brocket Arms, Ayot St Lawrence
Sat 28 July	A	Gary	08:00	Bragbury End	London Freecycle link ride – prompt start necessary
Sat 28 July	D	Alan	14:00	Costello's	Saturday Starter to Esquires, Letchworth
Sun 29 July	A	Loyd	09:30	Old Town	Woburn Sands – one stop
Wed 1 Aug	D	Jackie	19:15	Old Town	Easy Evening to The Fox, Darley Hall
Fri 3 Aug	D+	Nicola	19:15	Old Town	Friday Fling to The Boot, Dane End
Sat 4 Aug	D	Jackie	14:00	Costello's	CTC BIRTHDAY RIDE to Datchworth Coffee
Sun 5 Aug	A	Pete	09:00	Old Town	Great Bardfield for lunch, 11's at Clavering Lakes
Sun 5 Aug	D	Jackie	10:00	Old Town	Morning Meander
Wed 8 Aug	D	Jackie	19:15	Old Town	Easy Evening to Lilley Arms, Lilley
Fri 10 Aug	D+	Pete	19:15	Old Town	Friday Fling to The Bull, Coterred
Sat 11 Aug	D	Gary	14:00	Costello's	Saturday Starter to Emilys Whitwell
Sun 12 Aug	C	Paul	10:00	Costello's	Off Road Challenge. 50km or 60 km off road route – entry on the day
Wed 15 Aug	D	Jackie	19:15	Old Town	Easy Evening to The George, Ickleford
Fri 17 Aug	D+	Tina	19:15	Old Town	Friday Fling to The Grandison, Bramfield
Sat 18 Aug	D	Paul	14:00	Costello's	Saturday Starter to Country Bumpkin, Tewin
Sun 19 Aug	C	Alan	10:00	Old Town	Tewin Classic Car Show
Wed 22 Aug	D	Tina	19:15	Old Town	Easy Evening to The Bell, Codicote
Fri 24 Aug	D+	Loyd	19:15	Old Town	Friday Fling to The Red Lion, Preston
Sat 25 Aug	D	Alan	14:00	Costello's	Saturday Starter to Vanstones Garden Centre, Codicote
Sat 25 Aug	-	No leader	-	Mildenhall	Cycling Festival – Audax UK (50km, 104km, 160km, 200km, 300km)
Sun 26 Aug	B	Alan	09:30	Old Town	Royston - Baldock
Mon 27 Aug	B/C	Paul	09:30	Costello's	Bank Holiday Jaunt (slow paced ride) to Rose Café, Hertford and Blackberry Jacks in St Albans
Wed 29 Aug	D	Gary	19:15	Old Town	Easy Evening to White Lion, Walkern
Fri 31 Aug	D+	Jill	19:15	Old Town	Friday Fling to The Bull, Watton at Stone
Plan ahead for these activities and events coming up – Lots of variety					
Tues 4 Sept	-	Tina	19:45	SG2 8LT	Ride Leader Meeting (106 Oaks Cross, Stevenage)
Sat 8 Sept	A	Paul	10:00	SG2 0HL	Historic Churches ride (start - St Hugh and St John, Chells)
Sun 9 Sept	D	Stuart Higham		Costello's	Skills Challenge - Pacejudging, hill climb and free-wheel challenges
Sun 23 Sept	D	Jason	09:30	Costello's	Treasure Hunt – 20-25 miles on roads surrounding Stevenage
Sun 23 Sept	D	Tina	10:00	Costello's	Treasure Hunt – staggered start – 10 miles on cycleways
Wed 26 Sept	D	Jackie	19:15	Old Town	Curry Night – book in advance with Jackie
Sun 28 Oct	A/B	Tina	10:00	Costellos	Emitremmus and Emitremmus Lite – 100km and 67km
Summer Holiday Special Starter Rides Series					
Thurs 26 July	D-	Jill	14:00	Costello's	<p>This series of 10 summer holiday daytime rides are especially suitable for beginners and accompanied children.</p> <p>We will do a gentle 5-6 mile route on Stevenage cycleways with some short sections on minor roads to link the cycleway sections. The gentle pace will mean ordinary clothes and footwear will be fine.</p> <p>Costello's cafe will be open before we leave so arrive a little early if you would like to have refreshments before we set off.</p> <p>We will never be far from the start but bring a spare inner tube that fits your bike just in case.</p> <p>Instead of Blazing Saddles points, children can collect points on these rides for a prize and certificate at the end of the summer series.</p>
Tues 31 July	D-	Tina	14:00	Costello's	
Thurs 2 Aug	D-	Tina	14:00	Costello's	
Tues 7 Aug	D-	Jill	10:00	Costello's	
Thurs 9 Aug	D-	Tina	14:00	Costello's	
Tues 14 Aug	D-	Jill	10:00	Costello's	
Thurs 16 Aug	D-	Tina	14:00	Costello's	
Tues 21 Aug	D-	Jill	10:00	Costello's	
Thurs 23 Aug	D-	Tina	14:00	Costello's	
Thurs 30 Aug	D-	Jill	14:00	Costello's	

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