

Coming Events - Full details on website

Skills Challenge – Sunday 9th Sept.

Ventoux at Hertford Theatre – Saturday 22nd Sept.

Treasure Hunt – 2 distances – Sunday 23rd Sept

Cyclists' Curry Crawl – Wednesday 26th September.

Emitremmus and Emit Lite – Sunday 28th October

Big Bike Celebration, Harrogate – Saturday 6th October

Gridiron Weekend, Dorset – Sunday 14th October

Cycling UK Stevenage AGM – Monday 12th November

Rides Planning Meeting – Thursday 18th October

Christmas Lunch & Presentations – Sun. 9th December

Resolution Ride – Tuesday 1st January 2019

Cold Weather Social Events – details TBA

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
Drink	Money
	Tyre levers
	Waterproof

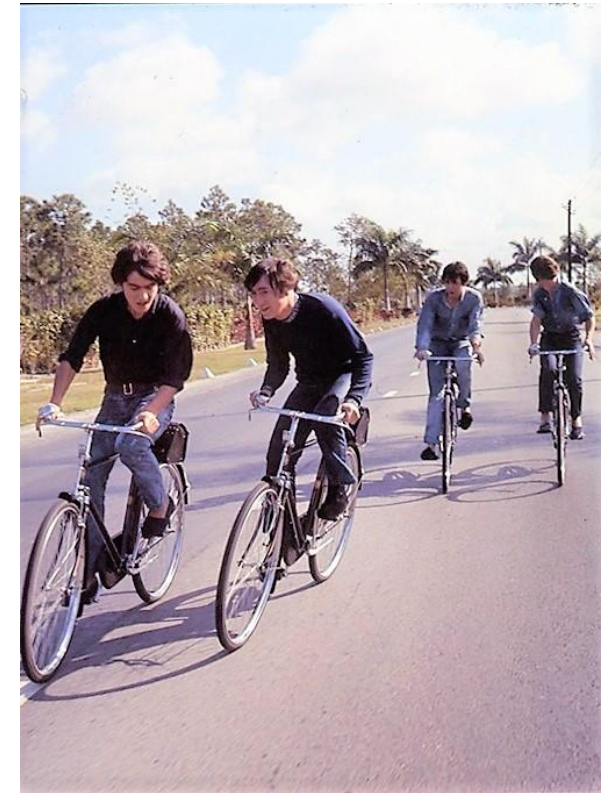
***Your bike must be roadworthy* Remember to carry lights in winter!**

Young people are welcome but please no under 5s riding solo on roads. There must be at least one responsible adult for every child under 8. All under 16s should bring a responsible adult please.

BIKE RIDES

from Stevenage

September - October 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 5 Sep	D	Pete	19:15	Old Town	Easy Evening to the Three Horseshoes, Willian (Please check lights)
Fri 7 Sep	D+	Loyd	19:15	Old Town	Friday Fling to Ardeley (Jolly Waggoner)
Sat 8 Sept	A	Paul	10:00	SG2 OHL	Historic Churches ride (start - St Hugh and St John, Chells)
Sat 8 Sept	D	Penny/Jim	14:00	Costello's	Saturday Starter to Baldock (Café Plus)
Sun 9 Sept	D	Stuart Higham	09:30	Costello's	Skills Challenge - Pacejudging, hill climb and free-wheel challenges
Wed 12 Sept	D	Jackie	19:15	Old Town	Easy Evening to Tewin (Plume of Feathers)
Fri 14 Sept	D+	Jill	19:15	Old Town	Final Friday Fling to the Boot, Kimpton (Please check lights)
Sat 15 Sept	D	Jackie	14:00	Costello's	Saturday Starter to We R Cakes, Woolmer Green
Sun 16 Sept	A	Pete	09:30	Old Town	Graffham Water with elevenses at Willington
Sun 16 Sept	D	Jackie	10:00	Old Town	Morning Meander (about two hours with no planned stop)
Wed 19 Sept	D	Tina	19:15	Old Town	Easy Evening to St Pauls Walden (Strathmore Arms)
Sat 22 Sept	D	Jackie	14:00	Costello's	Saturday Starter to Emily's Whitwell
Sat 22 Sept	Social	N/A	19:45	Hertford	Ventoux at Hertford Theatre. Please talk and book direct.
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	Cyclists' Curry Crawl (L. Wymondley) – book in advance with Jackie
Sat 29 Sept	D	Paul B	14:00	Costello's	Saturday Starter to Church Farm, Ardeley
Sun 30 Sept	C/B	Robert	10:00	Old Town	Old Warden
Wed 3 Oct	D	Nicola	19:15	Old Town	Easy Evening to Willian (Three Horseshoes)
Sat 6 Oct	Event	Cycling UK	10:00	Harrogate	Big Bike Celebration. Please book with Cycling UK
Sat 6 Oct	D	Robert	14:00	Costellos	Saturday Starter to Codicote (Vanstone's)
Sun 7 Oct	D	Jackie	10:00	Old Town	Morning Meander (about two hours with no planned stop)
Sun 7 Oct	D	Jill	12:30	Costello's	Tewin Apples (café at event)
Wed 10 Oct	D	Jackie	19:15	Old Town	Easy Evening to Dane End (Boot)
Sat 13 Oct	D	Tina	14:00	Costello's	Saturday Starter to Letchworth (Esquire)
Sun 14 Oct	Event	Nicola	08:30	Dorset	Gridiron Challenge Ride (100K in the New Forest)
Sun 14 Oct	A	Bruce	09:30	Old Town	St. Neots with elevenses at Willington
Wed 17 Oct	D	Nicola	19:15	Old Town	Easy Evening to Aston (Pig and Whistle)
Thur 18 Oct	Meeting	Tina	19:45	SG1 3JQ	Rides Planning Meeting at Penny's, 4 Hammond Close.
Sat 20 Oct	D	Nicola	14:00	Costello's	Saturday Starter to Whitwell (Emily's Tea Room)
Sun 21 Oct	B	Jill	09:30	Old Town	Wimpole with elevenses at Reed (Silver Ball) (12 mph average)
Sun 21 Oct	D	Jackie	10:00	Old Town	Morning Meander (about two hours with no planned stop)
Wed 24 Oct	D	Jackie	19:15	Old Town	Easy Evening to Preston (Red Lion)
Sat 27 Oct	D	Jim	14:00	Costello's	Saturday Starter to Graveley (Stevenage GC)
Sun 28 Oct	A	Tina	10:00	Costello's	Emitremmus and Emit Lite (100K and 67K). Please enter.
Tue 30 Oct	E	Jill	14:00	Costello's	Half Term Taster (one hour)
Wed 31 Oct	D	Jim	19:15	Old Town	Autumn Amble to Old Knebworth (Lytton Arms)
Thu 1 Nov	E	Jill	14:00	Costello's	Half Term Taster (one hour)
Sat 3 Nov	D	Paul B	10:30	Costello's	Starters Switch To Mornings. Gentle ride to Walkern (Old Brewery).
Sun 4 Nov	B	Pete	09:30	Old Town	Markyate (no planned elevenses)
Wed 7 Nov	D	Pete	19:15	Old Town	Winter Wander (winter destinations are influenced by weather)
Sat 10 Nov	D	Nicola	10:30	Costello's	Saturday Starter to We R Cakes (near Woolmer Green)
Sun 11 Nov	C	Paul B	09:30	Costello's	Offley (Red Lion) with elevenses at Codicote (Wyevale)
Mon 12 Nov	Meeting	Jim	19:45	Springfield	Cycling UK Stevenage AGM. Springfield House SG1 3EJ.
Wed 14 Nov	D	Pete	19:15	Old Town	Winter Wander (winter destinations are influenced by weather)

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