

Coming Events - Full details on website

- FRIDAY FLINGS START** – 12th May
- Stevenage Festival of Cycling** - May to October
- Stevenage Circular** Sunday 18th June
- Bicycle BBQ** Wednesday 21st June
- Dunwich Dynamo** Saturday 9th July
- Welwyn Petit Tour** Sunday 16th July
- Baldock Cycle Challenge** Sunday 23rd July
- London FREE-CYCLE** Saturday 29th July
- RIDE LONDON** Sunday 30th July
- Semaine Federale** Sunday 30th July to 6th August
- Birthday Rides** in Moreton from Monday 7th August
- Off Road Challenge** – Sunday 13th August
- Mildenhall Audax Rides** – Saturday 26th August
- Tour of Britain** –Stage 7 – Sat 9th Sept (Herts)
- Emittremmus Desrever** - Sunday 29th 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 | 07795 163586 |
| Jackie | 07850 428856 | James | 07980 376446 |
| Jim Brown | 07939 687509 | Jim Borcherds | 07974 576663 |
| Jill | 07816 625901 | John C | 07747 044536 |
| Loyd | 07921 002224 | Paul H | 01438 238728 |
| Pete W | 01462 637718 | Penny | 07787 816434 |
| Richard | 07535 962676 | Robert | 01438 214913 |

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

www.stevenagectc.org.uk

Cycling UK is the new name for CTC

CTC, 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 4.30pm

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
and North Hertfordshire
June - August 2017



Stevenage Circular Cycle Ride
Sunday 18th June

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

we are
cycling
UK
www.stevenagectc.org.uk

Updated 16/06/2017

| Date | Grade | Leader | Time | Place | Destination or Event |
|---|-------|-----------|-------|------------|---|
| BIKE WEEK – a ride every day from 10th to 18th June. Lights and warm layers essential for evening rides. | | | | | |
| Sun 18 June | B | Jackie | 10:00 | Old Town | Stevenage Circular enter online |
| Wed 21 June | D | Jackie | 19:15 | Old Town | Bicycle BBQ. Robin Hood and Little John, Rabley Heath. |
| Fri 23 June | D+ | Jackie | 19:15 | Old Town | Friday Fling to North Star, Mardley Hill. Lights and warm layers. |
| Sat 24 June | D | Jackie | 14:00 | Costello's | Saturday Starter to Tewin Village Fete |
| Sun 25 June | A | Pete | 09:30 | Old Town | Saffron Walden |
| Wed 28 June | D | Tina | 19:15 | Old Town | Horns in Bulls Green. Lights and warm layers essential |
| Fri 30 June | D+ | Jill | 19:15 | Old Town | Friday Fling to the Boot, Dane End. Lights and warm layers essential |
| Sat 01 July | D | Gary | 14:00 | Costello's | Saturday Starter to Brewery Tea Room, Walkern |
| Sun 02 July | C | Alan | 10:00 | Old Town | Harpenden |
| Sun 02 July | A+ | Jill | 08:45 | Old Town | St Ives with 11's at Gamlingay, home via Arrington (80 miles, B+ if back by train from Huntingdon) |
| Wed 05 July | D | Jackie | 19:15 | Old Town | The Bell, Codicote. Lights and warm layers essential |
| Fri 07 July | D+ | Jill | 19:15 | Old Town | Friday Fling to Lilley Arms, Lilley. Lights and warm layers essential |
| Sat 08 July | D | Gary | 14:00 | Costello's | Saturday Starter to Benington Fair (http://www.beningtonfair.co.uk/) |
| Sat 08 July | A | No leader | 20:00 | London | Dunwich Dynamo - 200 km ride overnight from London to Dunwich. |
| Sun 09 July | A | Loyd | 09:30 | Old Town | North Weald |
| Sun 09 July | D | Jill | 09:30 | Old Town | Hitchin Lavender Farm Ride - Part of the Cycling UK Festival of Women's Cycling (all riders welcome) – Coffee at Farm. |
| Wed 12 July | D | Jackie | 19:15 | Old Town | The George, Ickelford. Lights and warm layers essential |
| Fri 14 July | D+ | Alan | 19:15 | Old Town | Friday Fling to Musgrave Arms in Apsley End. Lights and warm layers essential |
| Sat 15 July | D | Paul B | 14:00 | Costello's | Saturday Starter to Emilys, Whitwell |
| Sun 16 July | A | Pete | 08:45 | Old Town | Dunstable Downs |
| Wed 19 July | D | Pete | 19:15 | Old Town | Plough, Leys Green. Lights and warm layers essential |
| Fri 21 July | D+ | Jim | 19:15 | Old Town | Friday Fling to Rose and Crown, Ashwell. Lights and warm layers essential |
| Sat 22 July | D | Jackie | 14:00 | Costello's | Saturday Starter to Church Farm, Ardeley |
| Sun 23 July | A/B | Alan | 08:50 | Baldock | Baldock Cycle Challenge (led ride to the start) |
| Tue 25 July | E | Tina | 14:00 | Costello's | Taster Ride - rides for beginners, child-friendly (bring an adult) approximately 5 miles around the cycleways. |
| Wed 26 July | D | Jackie | 19:15 | Old Town | White Lion, Walkern. Lights and warm layers essential |
| Fri 28 July | D+ | Penny | 19:15 | Old Town | Friday Fling to Bright Star, Peters Green. Lights and warm layers essential |
| Sat 29 July | D | Paul B | 14:00 | Costello's | Saturday Starter to Esquires Café, Letchworth |
| Sun 30 July | C | Alan | 10:00 | Old Town | Whitwell |
| Tue 01 Aug | E | Tina | 14:00 | Costello's | Taster Ride - rides for beginners, child-friendly (bring an adult) approximately 5 miles around the cycleways. |
| Wed 2 Aug | D | Loyd | 19:15 | Old Town | The Waggoners, Ardeley. Lights and warm layers essential |
| Sat 05 Aug | D | Gary | 14:00 | Costello's | CTC BIRTHDAY RIDE - We R Cakes, Woolmer Green |
| Sun 06 Aug | B | Alan | 09:30 | Old Town | Buntingford and Whitehill Golf Club |
| Tue 08 Aug | E | Tina | 14:00 | Costello's | Taster Ride - rides for beginners, child-friendly (bring an adult) approximately 5 miles around the cycleways. |
| Wed 9 Aug | D | Pete | 19:15 | Old Town | Plume of Feathers, Tewin. Lights and warm layers essential |
| Sat 12 Aug | D | Gary | 14:00 | Costello's | Saturday Starter to Emilys, Whitwell |
| Sun 13 Aug | B | Paul | 09:30 | Costello's | Off-road Challenge |

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