



Cycling UK Stevenage
(Formerly Stevenage CTC)

News Release 12 June 2018

CIRCULAR CYCLE THIS SUNDAY (17th)

Part of Bike Week and the Stevenage Cycling Festival

It's Bike Week and the headline act is the Stevenage Circular Challenge Ride which you can enjoy this Sunday 17th June. This 50 mile ride is not a race but it is your chance to show you can cycle a half century. To enter please visit www.stevenagectc.org.uk You will get between three and seven hours to complete the ride.

The ride starts from the sailing centre and Costello's Café in Fairlands Valley Park, Six Hills Way, Stevenage, SG2 0BL at 10a.m. and will visit many of the villages and lanes that surround Stevenage. The route includes Walkern, Halls Green, Warrens Green, Chesfield, Graveley, Great Wymondley, Willian, Wilbury Hills, Ickleford, Hexton, Lilley, Whitwell, Codicote, Nup End, Woolmer Green, Datchworth, Watton-at-Stone and Aston End.

There will be check points at Warrens Green, Hexton, Codicote and Watton-at-Stone to keep you on course and on time. Refreshments will be available at some of them.

You can enter the Circular by going to www.stevenagectc.org.uk Entries are only £10.

Most of the other local Bike Week rides are free.

There are still two free evening rides from Old Stevenage evening night in Bike Week. On Thursday Penny Schenkel will take you to Norton (Letchworth) and on Robert Finney leads the Friday Fling to Buntingford. All leave the old bowling green by Springfield House (SG1 3EJ) at 7.15p.m. and should be back about 10p.m. Please bring lights.

On the second Saturday of Bike Week (16th) there will be a Saturday Starter afternoon ride to Tewin and back. Meet at Costello's (SG2 0BL) at 2p.m. There will be a refreshment break in the Country Bumpkin.

Bike Week, delivered by Cycling UK, is an annual opportunity to promote cycling and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'.

Believe it or not, Bike Week first took place in 1923 – 95 years ago! It was, and always has been, a great opportunity to highlight the social, health and environmental benefits of cycling, with a core aim of getting people to give cycling a go all over the UK.

This year it takes place from 9th-17th June, so whether it's for fun, as a means of getting around to work or school, a trip to the local shops or just to visit friends, make Bike Week 2018 the year you get out on your bike!

The Bike Week events in Stevenage are also part of the town's cycling festival which continues until 8th July.

Bike Week started with the Teddy Bears Picnic on Saturday. Riders of all ages were invited to take a furry friend and a picnic for the gentle afternoon ride to Hampson Park. The bears on bicycles left Costello's Café in Fairlands Valley Park at 2p.m. with an accredited leader and sweeper with a radio link and made their way, mostly on cycleways, via Chells, Long Lane, Lanterns Lane and Fairlands Way. No-one gets left behind on Cycling UK rides.

CTC is now Cycling UK, Stevenage CTC is now Cycling UK Stevenage. To register for Cycling UK's tourist competition or to join Cycling UK please go to www.cyclinguk.org

Cycling UK's Saturday Starters are a fantastic introduction to group cycling. The half day rides leave Costello's Café in Fairlands Valley Park (SG2 0BL) at 2p.m. EVERY Saturday. These are rides at a sociable pace with a leader and sweeper linked by radio, and a refreshment stop in a tea room or café.

Then there are the evening rides EVERY Wednesday evening at 7.15p.m. all year round from the green near Springfield House Community Centre in Old Stevenage (SG1 3EJ). You'll be back about 10p.m. Please bring good working lights.

See the website www.stevenagectc.org.uk for the huge variety of Sunday rides. There are also opportunities to enjoy away events and participate in Cycling UK competitions.

Cycling in a group is fun and good for you. Why not have a go this year? There are local CTC rides EVERY Wednesday evening and the Saturday Starters EVERY Saturday all year round.

With Cycling UK people ride with each other not against each other. Newcomers will be welcome but under 16s should bring a responsible adult please. There are accredited ride leaders and sweepers usually with a radio link so no-one gets left behind.

On all evening rides please ensure you have working, effective lights.

You'll find the full programme on www.stevenagectc.org.uk but it includes:

- Evening rides from Old Stevenage at least EVERY Wednesday at 7.15p.m. Meet near Springfield House Community Centre and the war memorial (SG1 3EJ). Expect to cycle a total of about 20 miles with a brief break in a country pub. Back about 10p.m. so please bring lights.
- Starter half day rides from Fairlands Valley Park EVERY Saturday. Meet at Costello's Café (SG2 0BL). Sociable pace with a refreshment break in a café or tea rooms. The Starters are afternoon rides leaving at 2p.m. during the Spring and Summer. In winter they are at 10.30a.m.
- A huge variety of Sunday rides from short half day trips to quite demanding "A" and challenge rides including the Stevenage Start of Summertime Specials and Emitremmus.

- Friday Flings throughout the summer. These are evening rides with a little more “zip” that can get a bit further from Stevenage. Meet in the old town, SG1 3EJ at 7.15p.m. Don't forget your lights.
- Most rides are on lanes and quieter country roads but there are some off road activities. And there's the opportunity to enjoy Cycling UK's national events. The group sends “teams” to away events on a regular basis. The club rides are free but Cycling UK (CTC) would like you to join them after you've enjoyed a few.

Remember Cycling UK ride with each other not against each other. Stevenage Cycling UK group rides have experienced ride makers, a leader and sweeper with a radio link, on the front and back – no-one gets left behind. You can get more details by contacting Penny (07787 816434); Jim (0793 968 7509); Jill (07816 625901) or Tina (01438 235881) or by emailing jim@stevenagectc.org.uk

Cycling with your local CTC group is a great way to get fit and enjoy the local countryside in good company. Cycling is fun, it's good for the environment, sociable and it's also good for you. Stevenage CTC is the local group of Cycling UK – the National Cycling Charity.

ENDS

FACEBOOK: <https://www.facebook.com/CyclingUK>

TWITTER: <https://twitter.com/wearecyclinguk>

HASHTAG: #BikeWeekUK

WEBSITES: www.bikeweek.org.uk and www.stevenagectc.org.uk

More from JIM BROWN 0793 968 7509; Penny Schenkel 07787 816434 or Tina Walker 01438 235881. For national information contact the national Cycling UK press office on 01483 238 315, 07786 320 713 or email publicity@cyclinuk.org

The CTC, now known nationally as Cycling UK, is the national cycling charity. It is run by cyclists for cyclists. The national website is at www.ctc.org.uk

CTC/Cycling UK works to promote cycling by raising public and political awareness of its health, social and environmental benefits, and by working with all communities to help realise those benefits.

CTC/Cycling UK has been protecting and promoting the rights of cyclists since 1878. It now has more members than at any time in its history. CTC is a not-for-profit organisation funded through memberships and donations. We focus on the social side of cycling as well as being a powerful and independent voice on behalf of ALL cyclists. CTC offers a range of

benefits, including insurance and legal advice, for every type of cyclist. By joining CTC YOU are supporting UK cycling and giving us a louder voice on issues that are important to all users of cycles.

Notes to editors:

Cycling UK, the national cycling charity, inspires and helps people to cycle and keep cycling, whatever kind of cycling they do or would like to do. Over a century's experience tells us that cycling is more than useful transport; it makes you feel good, gives you a sense of freedom and creates a better environment for everyone.

Local Website www.stevenagectc.org.uk

To join CTC / Cycling UK visit <http://www.cyclinguk.org> or 'phone 0844 736 8451

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