



Stevenage & North Herts CTC
Part of Cycling UK

News Release 29 October 2018

EMITREMMUS CYCLISTS CHANGE THE CLOCKS **End of Summertime Ride on 28th October**

A cold start did not put hundreds of people off going to Fairlands Valley Park, Stevenage for the “Emitremmus Desrever” cycling challenge on the first day of “wintertime” on Sunday.

Celebrate Cycling and the End of Summertime with the 24th Emitremmus challenge ride from Stevenage this Sunday 28th October.

Organised by the Stevenage group of Cycling UK (formerly CTC, the Cyclists’ Touring Club) this was the 24th Emitremmus. Not a race, it was a 100 kilometre challenge ride to Saffron Walden and back with check points and refreshments available at Hare Street, Saffron Walden and Therfield. Everyone was determined to get to Therfield where there local WI put on a huge spread of cakes and other goodies. There was up to eight hours to get back to Costello’s Café.

The Mayor and Mayoress of Stevenage, Councillors Margaret Notley and Laurie Chester, sent riders on their way at 10a.m.

There was also a shorter, slower 67 kilometre option – Emit Lite. What was forecast to be a bitterly cold and dull day turned out to be a bright Autumn day with sunshine right through to sunset so a great time was had by everyone.



Emitremmus was the final big Cycling UK Stevenage event of this season, and the last event in Cycling UK's Challenge Ride Series 2018. Why Emitremmus? Write down summertime backwards – it's always on the day the clocks change.

If you want to know more about Emitremmus, please contact the organiser Tina Walker (01438 235881) or the route designer and local Cycling UK group secretary Jim Brown (0793 968 7509).

Cycling UK Stevenage runs rides on Wednesdays, Saturdays and Sundays throughout the year for all ages and abilities, and occasional short taster rides on week days during school holidays. You can find their programme on www.stevenagectc.org.uk

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); Nicola (0791 643 8610) or Tina (01438 235881), by visiting www.stevenagectc.org.uk or by emailing jim@stevenagectc.org.uk

Please remember that the Stevenage Saturday Starters switch from afternoon starts to mornings after Emitremmus so this Saturday will be the last 2p.m. start and from 4th November these popular half day rides will set off at 10.30a.m. All from Costello's Café in Fairlands Valley Park (SG2 0BL). Back to afternoons in March as the days get longer.

Cycling with your local Cycling UK 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. Cycling UK Stevenage is the local group of Cycling UK – formerly known as CTC, the National Cycling Charity.

ENDS

More from JIM BROWN 0793 968 7509; Penny (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@cyclingsuk.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.cyclingsuk.org

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

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