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Stevenage & North Herts CTC
Part of Cycling UK

News Release 30 July 2017

WE WILL BE 139 THIS SATURDAY!! **Celebration Ride Plus Tuesday Tasters**



Cycling UK will be 139 years old this Saturday, 5th August and the Stevenage group invite you to an afternoon ride to celebrate.

Just come along to Costello's Café by the lakes in Fairlands Valley Park, SG2 0BL in time for a 2p.m. start.

Cycling UK, known for many years as the Cyclists' Touring Club, was founded in 1878.

The Stevenage ride is to Woolmer Green, where there will be a tea room break, and back. Expect to ride a total of about sixteen miles. There will be an experienced Cycling UK leader and sweeper with a radio link so no-one will get left behind. Cycling UK ride with each other not against each other.

Taster Tuesdays

Want to cycle with others? Here's a great way to start. Cycling UK have some Tuesday Taster rides from Fairlands Valley Park every Tuesday afternoon throughout August.

These are gentle five mile rides on the famous Stevenage cycleways. Meet at Costello's, the café in the park (SG2 0BL) at 2p.m.

Under 16s should bring a responsible adult please. The rides are free and you can just turn up but if you wish you can get more information from Tina Walker on 01438 235881.

If you enjoy the tasters there's lots more cycling from Stevenage this summer. There are **Saturday Starters** every Saturday afternoon at 2p.m. from Costello's Café, Fairlands Valley Park, SG2 0BL. Their 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.

Wednesday Wander evening rides set off from the green from the green outside Springfield House Community Centre, Old Stevenage, SG1 3EJ at 7.15p.m. EVERY Wednesday. Expect a short break in a country pub and to be back in the old town about 10p.m. All evening rides are free.

There are slightly quicker **Friday Flings** from the old town every Friday at 7.15p.m. throughout the summer.

And there's a huge variety of Sunday rides from 20 to 100 miles including challenge events for you to try.

The new programme just published includes some **Tuesday Taster** rides on 25th July; 1st August; 8th August of about five miles around the cycleways. They will leave Costello's Café at 2p.m. and be ideal for beginners and youngsters, under 16s should bring a responsible adult please.

The next big challenge ride from Stevenage will be Emitremmus Desrever on Sunday 29th October, the day the clocks change.

Cycling in a group is fun and good for you. Why not have a go this year?

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

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

More from JIM BROWN 0793 968 7509 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@cyclenguk.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

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