



Stevenage & North Herts CTC
Part of Cycling UK

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CIRCULAR CYCLE IN STEVENAGE THIS SUNDAY It's Bike Week

It's Bike Week and the Stevenage Circular Cycle is this Sunday. It's a half century challenge so if you think you can cycle fifty miles now is your chance to prove it. The circular is not a race, you will get between three and seven hours to complete the ride.

The ride starts from Marriotts Sports Centre, Brittain Way, Stevenage, SG2 8UT 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.

You can enter the Circular by going to www.stevenagectc.org.uk Entries are only £8.

Bike Week in Stevenage started with a Saturday Starter to Datchworth Fete and back; a Cycling UK stand at Stevenage Day and joining in the Ware audax rides which passed close to Stevenage. Then there was an evening ride to Willian on Monday and another to Burnham Green on Tuesday.

Then there are evening rides every night – Monday, Tuesday, Wednesday, Thursday and Friday – every weekday throughout Bike Week. All start on the green outside Springfield House Community Centre, Old Stevenage, SG1 3EJ at 7.15p.m. and go to local villages. Wednesday's ride is to Aston End; Thursday's to Preston and on Friday there's a bit of a "fling" to Ickleford. Expect a short break in a country pub and to be back in the old town about 10p.m. All evening rides are free. Provided you have a roadworthy bike you can just turn up. Please bring good lights for the ride home.

In total contrast to the challenge the following day on Saturday there's the Teddy Bears picnic – bears on bicycles – so bring a bear or other furry and some food. Meet at Costello's Café in Fairlands Valley Park, SG2 0BL at 2p.m. for a very gentle ride to a picnic at Great Ashby Park. Again it's a free ride. Under 16s must bring a responsible adult please.

You can find more details about the Circular, all our rides and the essential guide to riding in a group on www.stevenagectc.org.uk

CTC is now Cycling UK, Stevenage CTC is now Cycling UK Stevenage.

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.

Then there are the evening rides EVERY Wednesday evening at 7.15p.m. 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

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@cyclinguk.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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