



Stevenage & North Herts CTC
Part of Cycling UK

News Release 16 October 2017

CELEBRATE CYCLING WITH EMITREMMUS **End of Summertime Ride on 29th October**

Celebrate Cycling and the End of Summertime with the 23rd Emitremmus challenge ride from Stevenage on Sunday 29th October.

Organised by the Stevenage group of Cycling UK (formerly CTC) hundreds of cyclists will leave Fairlands Valley Park to ride the 100 kilometres to Saffron Walden and back. It's not a race, there will be check points and refreshments available at Hare Street, Saffron Walden and Therfield, and there's up to eight hours to get back to Costello's Café.

There is also a shorter, slower 67 kilometre option – Emit Lite.

Emitremmus is the last in this year's Cycling UK national series of challenge rides. Emitremmus is part of the Tourist Competition. You will find more information, a link to an entry system and many more rides on www.stevenagectc.org.uk

To register for Cycling UK's tourist competition or to join please go to www.cyclinguk.org

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

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@cycllinguk.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.cycllinguk.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.cycllinguk.org> or 'phone 0844 736 8451