



Cycling UK Stevenage
Part of Cycling UK (formerly CTC)

News Release 8 May 2019

HERE COME THE SPRING RIDES **12 rides in 10 days from Stevenage**

Twelve cycle rides from Stevenage in ten days. Here come the Spring rides.

Sunset is moving towards 9p.m. and Cycling UK invite you to enjoy some of their Spring Rides from Stevenage.

They include six weekday evening rides from the old town:

Friday 10th May – the first Friday Fling of 2019 will be to Cottered.

Monday 13th May – Cycleway Special. Explore Stevenage's famous cycleways with a pause in Aston End. A great opportunity for a first evening ride.

Tuesday 14th May – Walkern.

Wednesday 15th May – Codicote.

Thursday 16th May – St Paul's Walden.

Friday 17th May – Friday Fling to Lilley.

All evening rides start from the green near Springfield House Community Centre and the war memorial at 7.15p.m. Please come a few minutes early if this will be your first ride with Cycling UK. Use SG1 3EJ to search for the meeting point.

Expect to cycle a total of about twenty miles with a short break in a country pub. You should be back in the old town about 10p.m. Please bring good lights for the ride home. All are at a sociable pace. The Friday Flings are a little bit more energetic. Monday's exploration of the cycleways will be a bit gentler.

The Spring Rides Week also includes two Saturday Starters. Saturday Starters are ideal for newcomers and those that want a gentle cycle cruise. Youngsters will be very welcome but they must bring a responsible adult.

Saturday Starters meet at Costello's Café in Fairlands Valley Park, search on SG2 0BL, at 2p.m. On Saturday 11th Tina will take you to Letchworth and on Saturday 18th it's Paul to Whitwell. There will be refreshments breaks in a café or tearoom before riding back.

All these rides are free. New riders are welcome and can try a few rides before deciding whether to join Cycling UK. Every ride will have an accredited Cycling UK leader and sweeper with a radio link. No-one gets left behind. You will need to bring some money for the refreshment breaks.

Sundays are a bit more varied and there's a choice of two rides on each of the two Spring Ride Sundays:

On Sunday 12th you can cycle about 45 miles to the Shuttleworth Collection at Old Walden (and back), meet in the old town (SG1 3EJ) ready to go at 10a.m., OR you can rough it with an off road ride to Royston which has the same starting point, the old town, but thirty minutes earlier at 9.30a.m.

Then on the last day of the Spring Rides week, Sunday 19th there's a choice of a morning meander or a more challenging ride to Marston Moretaine. For the "A" ride meet Pete in the old town (SG1 3EJ) in time for a 9.30a.m. start. Be prepared to cycle about 100 kilometres with stops at Jordans Mill, Marston Moretaine and Barton-le-Clay. In contrast to that the morning meander is a two hour, twenty miles wander around the lanes and quieter roads surrounding Stevenage. Meet Jackie at Costello's Café, Fairlands Valley Park (SG2 0BL) in time for a 10a.m. start.

The local Cycling UK group's next challenge event will be the Stevenage Circular Cycle on Sunday 16th June. It's a "half century" of about fifty miles. Then on Sunday 14th July they are helping to organise the Baldock Cycle Challenge.

Now we are into “summertime” why not enjoy a ride with the local Cycling UK group?

There are at least three rides a week from Stevenage including many half day rides that would be ideal for newcomers.

EVERY Saturday afternoon there’s a starter ride from Costello’s. Meet them at Costello's Cafe in Fairlands Valley Park (SG2 0BL) at 2p.m. EVERY week. Saturday Starters have a leader and sweeper with a radio link, no-one gets left behind. Ride at a sociable chatalong pace, maybe a total of about 16 miles. Ideal for newcomers to group riding, the rides are FREE but bring money for a refreshment break.

EVERY Wednesday there’s an evening ride from the Old Town. Meet on the green near Springfield House Community Centre (SG1 3EJ) in time for a 7.15p.m. start EVERY week. Although there is now some light at the start please bring good lights. You can expect to be back at about 10p.m. after cycling 16 to 20 miles and a short break in a country pub.

There is a wide range of rides EVERY Sunday. Most will start from the Old Town or Fairlands Valley Park at 9.30a.m. but the distances, destinations and speeds vary. Best to check the programme which can be found on www.stevenagectc.org.uk Printed programmes are also available.

The Friday Flings start for the summer on 10th May. There will be at least one ride every day during the Spring Rides week (11th to 19th May) and during Bike Week (8th to 16th June). The next challenge ride will be the fifty mile Stevenage Circular on Sunday 16th June.

Young people are very welcome on Cycling UK but those under 18 must have permission from a parent or guardian and those under 13 must bring a responsible adult who will ride with them.

The Stevenage group of Cycling UK have 435 members and organise at least three cycle rides from Stevenage every week throughout the year. There’s a huge variety from tasters

and starters to quite challenging “A” rides and events. Most activities are free and new riders are welcome. You can try five rides before deciding whether to join.

You will find more rides and information 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

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 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. 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.cyclingsuk.org> or 'phone 0844 736 8451

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