



Stevenage & North Herts CTC  
Part of Cycling UK

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## **BIKE WEEK BRILLIANT Scorching on the Circular**

Despite temperatures peaking at 34.2 degrees on the road the last ride of Bike Week, the Stevenage Circular, a Half Century challenge was enjoyed by large numbers of cyclists.

Ten year old George Underhill took the opportunity to raise funds for the Garden House Hospice. He has already raised more than £700 in memory of his mate Ian.

*He said, "I'm George and I'm 10 years old. If you know me you'll already know that I love cycling but this ride is special and that's why I'm asking for your support.*

*Just over 2 months ago someone special to me passed away after fighting cancer. He was my neighbour and my mate. He was amazing and lived his life to his best all of the time. When I went to his funeral he said no flowers please just donations to Garden House Hospice Letchworth. That's where he spent some time and I know what great work they do to give others what they need in so many different ways.*

*So in memory of my mate Ian Cambridge I'm going to try my best just like him and ride 50 miles whilst trying to raise money for this great place. So please give if you can and always try your best whatever you do. Thanks for taking the time to visit my JustGiving page. <https://www.justgiving.com/fundraising/George-Underhill>":*

The Stevenage Circular Cycle was a fifty miles challenge. Everyone got between three and seven hours to complete the ride.

The ride started from Marriotts Sports Centre and included 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.

Hundreds of people enjoyed Bike Week activities organised by Cycling UK (CTC) in Stevenage. The rides included a “prologue” Friday Fling to Dane End on 9<sup>th</sup> June; a Saturday afternoon starter ride to the Datchworth Fete; enjoying some audax rides on Sunday 11<sup>th</sup> plus a display at Stevenage Day; evening rides to Willian, Little Wymondley, Burnham Green, Aston End, Preston, and Ickleford from Monday to Friday; the Bears on Bicycles – Teddy Bears picnic ride on Saturday 17<sup>th</sup> as well as the Circular Cycle.

Bike Week was brilliant. Now the local Cycling UK (formerly CTC) group are starting an exciting a varied programme of at least four rides a week from Stevenage right through the summer. Most are free and you can find all of them on [www.stevenagectc.org.uk](http://www.stevenagectc.org.uk)

They include:

- **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 every Wednesday at 7.15p.m. from the green outside Springfield House Community Centre, Old Stevenage, SG1 3EJ. 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.
- Slightly quicker **Friday Flings** from the old town every Friday at 7.15p.m. throughout the summer.
- A huge variety of Sunday rides.
- The Baldock Cycle Challenge on Sunday 23<sup>rd</sup> July. Cycling UK Stevenage wrote the route and there will be a led ride to the event which will leave the old town at 0850.
- The weekend of 8<sup>th</sup> and 9<sup>th</sup> July will be very busy. Some will be enjoying the overnight Dunwich Dynamo or a long ride to the North Weald but there will also be a Saturday Starter to the Benington Fair and new women cyclists will be particularly

welcome on the Hitchin Lavender Hill Farm Ride – a total of about twenty miles which will leave the old town (SG1 3EJ) at 0930 on Sunday 9<sup>th</sup>.

- The new programme just published includes some **Tuesday Taster** rides on 25<sup>th</sup> July; 1<sup>st</sup> August; 8<sup>th</sup> 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 29<sup>th</sup> October, the day the clocks change. There will be a choice of 100, a metric century, and 67 kilometre rides. Up to 400 cyclists are expected.

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

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.

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](mailto: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](mailto: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](http://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](http://www.stevenagectc.org.uk)**

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

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