

News Release 29 October 2017

HUNDREDS CYCLE EMITREMMUS FROM STEVENAGE **Saturdays Go Mornings From 4th November**

More than three hundred cyclists celebrated the End of Summertime with “Emitremmus Desrever” Cycling UK’s challenge ride from Stevenage.

Started by the Mayor of Stevenage, Councillor Pam Stuart, hundreds of cyclists left Fairlands Valley Park to ride the 100 kilometres to Saffron Walden and back. It was not a race, there were check points with refreshments available at Hare Street, Saffron Walden and Therfield, and participants had up to eight hours to get back to Costello’s Café.

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



Two cyclists from Seattle, Matt and Tricia Daniel, were first back at about 1.30p.m. and were followed in by the hundreds of others happy to have beaten the Emitremmus Challenge and a drop in temperature appropriate for the first day of wintertime until the fantastic super sweepers brought in the last group four hours later at 5.30p.m. with half-an-hour to spare. All were winners.

Teams of ride maker volunteers in Fairlands Valley Park, Hare Street (near Buntingford), Saffron Walden, Therfield and sweeping made the event possible together with the fantastic WI cakes in the Fordham Memorial Hall, Therfield, and valuable help by Gavin Davis, Manager of Fairlands Valley Park and the Mayor of Stevenage.

This was the 23rd Emitremmus. The event was launched by Jim Brown, Secretary of the local Cycling UK (formerly CTC) group and he has organised it every year.

Emitremmus was the last in this year's Cycling UK national series of challenge rides. You will find more rides on www.stevenagectc.org.uk

Why Emitremmus? Write down summertime backwards.

Saturdays Go Mornings

Now the clocks have changed Cycling UK Stevenage's popular Saturday Starter half day rides will start at 10.30a.m.

The weekly rides are ideal for newcomers. Get along to Costello's Café which is by the Sailing Centre (SG2 0BL) in Fairlands Valley Park in time for that 10.30a.m. Expect to ride about 15 miles at a sociable pace with a leader and sweeper who will be linked by radio. No-one gets left behind. This week's ride (4th November) goes to Codicote and back.

The Saturday Starters will go back to 2p.m. in March as the days get longer.

The Wednesday evening rides continue throughout the autumn and winter. Bring good lights and meet near Springfield House Community Centre (SG1 3EJ) in the old town at 7.15p.m. EVERY week. And there are lots of Sunday rides – see 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@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