

SATURDAY STARTERS GO PM **Easy Rides Switch To Afternoons * 200 Rides A Year**

As the days get longer Cycling UK's Stevenage will switch their Saturday Starter easy rides to afternoons from Saturday 3rd March.



These free rides are a great introduction to riding in a group. Each half day ride is about 16 miles with Cycling UK ride makers leading and sweeping. Cycle at a chat along pace AND there will be a refreshment break in a tea room or café. Cycling UK ride with each other not against each other and there's a radio link between front and back to make sure no-one get left behind.

All with roadworthy bikes are welcome but under 16s should take a responsible adult.



Saturday Starters will leave Costello's Café, by the sailing centre in Fairlands Valley Park at 2p.m. EVERY Saturday right through the Spring and Summer to the end of October.

You don't have to have a "good" bike when you start and all sorts of bikes are welcome but make sure yours is roadworthy. You will get advice and tips about equipment when you join a group. Others on the ride will be helpful but carry at least a spare inner tube, pump and tyre levers.

Dress appropriately for the weather and don't forget a waterproof which can double up as an extra layer. Take a drink and remember some money for the refreshment stops.

On 3rd March the ride is to Whitwell while on 10th Jim will take you to the Letchworth Fountains.

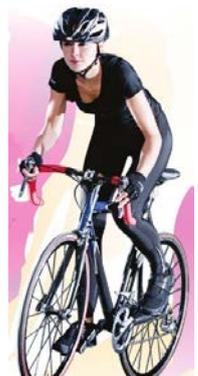
Coming Soon – The Start Of Summertime!

The clocks change on Sunday 25th March and you are invited to cycle the Stevenage Start of Summertime Specials to celebrate. There's a choice of four challenge rides for you to try, and they will launch Cycling UK's 2018 season of events. Please enter these special events in advance. You can find more details from www.stevenagectc.org.uk

Wednesday Wanders

The popular Wednesday evening rides are EVERY week ALL YEAR. 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@cyclingsuk.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.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