

cycling ⁺ BIKE WEEK

JUNE 2008
rides + events

events organised or supported by

ST ALBANS CYCLE CAMPAIGN



Wednesday 4 June 19.30

St Albans Cycle Campaign

Public Meeting & AGM + 10th Birthday!

'Designing for cyclists' Speaker: Alasdair Massie - CTC Right to Ride Representative for North Herts, Chartered engineer, working for a Cambridge based engineering consultancy.

St Albans District Council Offices, Civic Centre,
St Peters Street, St Albans, Hertfordshire AL1 3JE

Saturday 7 June 9.30

CTC's 'Five Miles to Fabulous' - very easy ride for **female** inexperienced or returning cyclists to plant sale and coffee morning at Sleepshyde Methodist Church, out and back along the Alban Way with a little road riding mostly on quieter roads. Meet at Faber Maunsell, Upper Marlborough Road, St Albans, AL1 3UT. Contact: Rona Wightman, email rona.wightman@fabermaunsell.com tel 020 8784 5533 (mornings) 01727 836470 (evenings).

Sunday 8 June 10.00 to 12.30

Visit the St Albans Farmers Market outside the old Town Hall for more details of St Albans Cycle Campaign (STACC) events and free route maps. There will also be free rides on our rickshaw for some lucky people.

Bike Week 14-22 June 2008

Dr Bike all week

Call in for free advice and checkup of your bike in normal opening hours:

Sunday St Albans Cycles, St Brelades Place, Jersey Farm Estate.

Monday-Friday Addiktion and Rock & Road in Victoria Street.

Sunday 15 June 10.30

Sunday 15 June: Dave's Mystery Tour - Join Dave's easy morning bike ride along quiet lanes and off road. Meet on the Alban Way at the Sutton Road crossing, near Morrisons in Hatfield Road. The ride will be about 10-16 miles, to be decided on the day. Further information from Dave Johnson, 01727 831001, email: david.johnson@macegroup.com

Tuesday 17 June 7.30 - 9.30

Bikers' Free Breakfast, supplied by St Albans District Council. Start the day sharing breakfast with fellow cyclists plus bike security marking. In front of the old Town Hall, St Peters St. Contact: Liz Rutherford, 01727 852474.

Following Breakfast: Invitation to join members of the 40+ cycling club for a 25 mile trip (total) to a pub lunch venue at Hooks Cross. Meet at The Quadrant, Marshalswick, St Albans (GR 169086) from **10.00** (for coffee in Simmonds) for a **10.30** start. Led by Doug Nevell (01582 762120 if more details required). Some hills, some traffic free sections, all taken at a relaxed pace. Anticipated home by 16.00. No Charge.

See us at St Albans City Station **17.00-19.00** for bike security marking by police and St Albans Cycle Campaign information. Contact Gwen Tagg, 01727 868685.



free cycle rides for you + family + friends



cycling BIKE WEEK

JUNE 2008

rides + events

Wednesday 18 June 19.30

Join CTC evening ride starting from St Albans War Memorial, St Peter's Street, 12-15 miles. Easy pace to suit all levels. Pub finish in St Albans; lights required. Contact Tom Spaven, 01727 857230.

Thursday 19 June 11.00

A further invitation to join an informal 40+ club ride to a Water End pub for lunch, with a total mileage of approximately 10-12 miles. Meet for casual coffee at the Green Man, Sandridge (GR 1701040). Easy paced. No charge. Further details; phone Doug Nevell 01582 762120.

(evening): A social occasion for family and school cycling groups, including a 6 mile ride, followed by a picnic. Assemble from **18.00** at the Earthworks site in Hixberry Lane, St Albans (GR 179068) for an escorted excursion based on the traffic free Alban Way. Picnic afterwards on a bring-your-own basis (group barbecue facilities available - please advise intent though), otherwise drinks and simple fare provided. Donations only towards any costs incurred. Phone Doug on 01582 762120 for more information.



suitable for all the family!

Saturday 21 June 14.00

Family Afternoon Ride to Wheathampstead, easy pace to play-stop and/or café. Meet at Bernards Heath Play Area. Further information from Rona Wightman, 01727 836470



suitable for all the family!

Sunday 22 June 13.30

Anyone welcome to the traditional end of Bike Week afternoon family ride to Shenley Park, meeting at the Highfield Park car park (GR 172061) off Hill End Lane (opposite Frobisher Road, leading from Drakes Drive). Approx. 12 miles total, some contours, but taken very gently. Much of the route is traffic free (some off road on good tracks). The Park has a play area and a fine cafeteria. Expect to be home by 5.30 pm. Queries to Doug as above.



suitable for all the family!

Sunday 22 June

Ride4aReason: Organised by Verulam Cycling Club, with choice of two routes, 44 miles or 64 miles along waymarked quiet lanes, ride at your own rate. Small fee, some refreshments on route. Starts at Woollams Sports Ground, Harpenden Road, full details at <http://ride4areason.verulamcc.org.uk/>

Sunday 22 June 12.00 - 16.00

STACC stall and rickshaw rides at SADC Festival of Life, outside St Albans Town Hall.

free cycle rides

for you + family + friends

www.bikeweek.org.uk



ST ALBANS CYCLE CAMPAIGN

Phone / text 07960 822867

www.stacc.org.uk email: info@stacc.org.uk
blog: <http://stalbanscopycampaigh.blogspot.com>

Bike week

Guided by NOKIA

