

Runs Co-ordinator:
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Stonehouse Wheelers

RUNS LIST May / June 2022

Secretary:
Susie Dickinson
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Wednesdays

Fairly Flat

Afternoon Ride: 12.00pm Upper Mills. Leader Gerry Chance (01453 827382). Please phone leader to check first. Leisurely ride every Wednesday.

Sun. 01 May

Slightly Hilly

Round the Downs. 1300 Upper Mills. Leader Tony Martin 01452 618930. Frocester, Coaley, Hydegate, Coaley. Tea at the Black Shed.

Sun. 08 May

Slightly Hilly

Berkeley. 1200 Upper Mills. Leader Paul Hennessey 07910 839909. Frocester, Cam, Stinchcombe, Wick Lane, Heathfield, Berkeley. Tea at the Yurt. Return via NCN 41 to Slimbridge, Cambridge, Frocester, Stonehouse.

Sun. 15 May

Hilly

Chavenage. 1300 LRCP. Leader Steve Yates 07967 276404. Chalford, Frampton Mansell, Coates, Tarlton, Rodmarton, Cherington. Tea at Wild Carrot. Return Avening, Nailsworth, track to Dudbridge. 29 miles.

Sun. 22 May

Slightly Hilly

Cotswold Water Park. 1300 Dudbridge. Leader George Malfiggiani 01453 752003. Nailsworth, Avening Road to Minchinhampton, Cherington, Rodmarton, Tarlton, Kemble, Ewen. Tea at Cotswold Country Park. Return Ewen, Coates, Jolly Nice, Minchinhampton, Dudbridge. Estimated 35 miles.

Sun. 29 May

Hilly

Nailsworth Garden Centre. 1300 Dudbridge. Leader Steve Yates 07967 276404. Nymphsfield, Kingscote via David's lane, Cherington, Hampton Fields, Minchinhampton. Tea at Nailsworth Garden Centre. Track to Dudbridge. 24 miles.

Sun. 05 Jun

Slightly Hilly

RIDE 1: Tewkesbury. 1100 Gloucester Docks opposite Tucci's. Leader Jos Dawson-Wood 07917 550524. This ride will take around 5 hours including stops, hence early start. Alney Island, Maisemore, Ashleworth, Forthampton, Bushley, Tewkesbury. Tea at Coffee #1. Return Barton Road, NCN 41/NB to Tredington, Deerhurst. Visit to Odda's Chapel and Deerhurst Saxon Church to see the 'Deerhurst Angel'. Apperley, Alney Island. 40 miles.

Fairly Flat

RIDE 2: Arlingham. 1300 Opposite Stonehouse Town Hall.** Leader Carol Kambites 07816 552171. Standish, Epney. Tea at the Passage Inn. Return Whitminster.

Sun. 12 Jun

Slightly Hilly

A Whistle Stop Tour. 1300 Nailsworth Clock Tower. Leader Geoff Ward 07837 760407. Horsley, Kingscote, Tetbury. Tea at the Whistle Stop Café, Tetbury Goods Shed. Return Cherington, Minchinhampton, Box, Pensile Road, Nailsworth.

Sun. 19 Jun

Slightly Hilly

Ride 1: Hartpury College. 1045 Gloucester Docks OR 0930 opp Stonehouse Town Hall to ride to docks together. Leader Rob Deeley 07887 958510. Tibberton, Upleadon, Corse, Ashleworth. Lunch at Hartpury College (hot selection & snacks, sandwiches, cake, coffee etc). Sit inside or DIY lunch at outside tables. Return to Gloucester Docks.

Fairly Flat

Ride 2: Jumbo Ride. 1300 Dudbridge. Leader Roy Jones 01453 298759. Minchinhampton, Cherington, Tarlton, Kemble. Tea at AV8. Glimpse the Jumbos. Return Cherington, Nailsworth.

Sun. 26 Jun

Fairly Flat

Shepherd's Patch. 1300 Upper Mills. Leader Carol Kambites 07816 552171. Woodend Lane. Tea Black Shed. Return Claypits. 20 miles.

Gradient Descriptions:

Fairly Flat:

Usually towards River Severn, some undulating low hills

Slightly Hilly:

Either one long hill or some moderate hills

Hilly:

Steep hills or many moderate hills

Very Hilly:

Lots of climbing. Bring spare knees

Gentle Reminders:

Please make sure your bike is roadworthy and has mudguards. Carry water and check your lights. Make sure that you carry a little cash or card for the tea stop. Please carry your contact card on all rides. If you have lost it and need a replacement please contact us. Observe the Highway Code.



News and Useful Information:

Starting points for rides:

Stonehouse Town Hall:	Meet Opposite the Town Hall, by the cycle racks.
LRCP:	London Road Car Park by the cycle racks
Dudbridge:	Cycle track next to tunnel
Upper Mills:	Canal bridge at entrance to industrial estate

Two Rides in One Day??

You will have noticed in this programme that there are two rides in one day on the 5th and 19th June. The aim is to introduce more interesting, sometimes longer, rides into the programme, especially during the summer months. However it is understood that not everyone will be able to, nor wish to start at the earlier time and/or do the longer distances which will sometimes be involved. We do not wish to deprive those members of a Sunday club ride, so the solution is to also include a 'normal' run in the afternoon. We hope you like this idea. It is a trial and your feedback is welcome. Please get in touch with Jos Dawson-Wood, Runs Co-ordinator or any committee member.

Bike Week 6-12 June:

Look out for cycling events and promotions in and around the Gloucestershire towns and villages. Check out the Cycling UK website for further information about what you can do to promote or participate in Bike Week.

<https://www.cyclinguk.org/bikeweek>

Tour of Britain:

Gloucestershire will play a starring role when the Tour of Britain, the UK's most prestigious cycle race, heads to the county later this year. It will host the sixth stage of the race on Friday 9 September, marking the first time that the picturesque county will have provided the backdrop for a full day of the event.

With the start and finish locations separated by a little over 10 miles, fans will easily be able to attend both on race day, which will further add to the atmosphere at this free-to-watch sporting spectacle. Stage six's route will head into the Cotswolds before approaching the finish by the historic Gloucester Docks via South Gloucestershire.

The Women's Tour, the UK's most prestigious women's cycle race, will also visit the county in 2022 for a Tewkesbury to Gloucester stage (Wednesday 8 June, albeit using a different route). More details of stage six will be announced in Summer 2022. Tour of Britain website: <https://www.tourofbritain.co.uk/stages/stage-six/>

National Cycling Show:

The show takes place this year at the NEC in Halls 11 and 12 on Saturday and Sunday 18-19 June. General admission is from £10 and can be obtained here <https://nationalcyclingshow.seetickets.com/event/the-national-cycling-show/nec/1859834>. Cycling UK are offering free tickets to the show for a limited time only. To apply for your free tickets, visit:

<https://www.cyclinguk.org/webform/Tickets-National-Cycling-Show> and fill in the form. If you prefer to purchase tickets over the phone here is the number for Raccoon Events: 0203 770 9303.

Reminders for Ride Leaders and Ride Participants:

- Ride Leaders – maintain a steady speed which suits all riders in the group. Be aware of differing levels of age and fitness within the group. If you are leading on an e-bike, be especially aware of this – particularly where there are riders not on e-bikes. Check behind and be prepared to stop occasionally to allow slower riders to catch up.
- Groups should not exceed 6 riders. If there are 7 on a ride, this means splitting into groups of 3 and 4.
- If there is more than one group, try to leave a suitable gap to enable following vehicles to overtake. In the event of a 'tail' building up, do not be tempted to wave them through. Instead, find a safe place where the whole group can stop to allow the tail to pass.

Camera Corner – watch the birdie...



www.stonehousewheelers.org.uk

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