



SUNDAY 28TH OCTOBER

EMITREMMUS DESREVER & EMIT LITE

Cycling UK Stevenage

Last of 2018 Challenge Ride Series

It's been a great summer for cycling. Let's celebrate by riding our bikes on the day the clocks change. There's a choice of two rides.

All rides start at the entrance to Costello's in Fairlands Valley Park. They take in the beautiful countryside of Hertfordshire and Essex and include Dane End, Hare Street, Saffron Walden and Therfield.

The final event in the Challenge Ride series and part of the Cycling UK tourist competition.

To register for the tourist competition go to www.cyclinguk.org

Entries cost £9 for both rides but there is a £2 reduction for Cycling UK members (£1 surcharge for online entries). To encourage you to enter online the cost will be £15 on the day this year.

The new Stevenage Cycle Hub will be open nearby to purchase last minute inner tubes and other basic supplies.

Come and join a cycling celebration of the end of summertime.

we are
cycling
stevenage **UK**



Can you cycle
100 km or 67 km?
Starting from
Fairlands Valley Park,
Stevenage, SG2 0BL.

A challenge, not a race!

Route sheets with
directions provided.

Refreshments
available for purchase
at start and en route.

MORE INFORMATION

www.stevenagectc.org.uk

Facebook
CyclingUKStevenage

Enter online (preferred)
or by post by
22nd October 2018

On the day entry is £15
but only available if there
is still space.

Stevenage and North Herts CTC
Emitremmus and Emit Lite 2018



Or ENTER ONLINE – see <http://www.stevenagectc.org.uk/emitremmus.php>
Sunday 28th October 2018 **Starting at Fairlands Valley Park, Stevenage, SG2 0BL**

Please select your choice of distance:	
100 km <input type="checkbox"/> Start at 1000 BST and complete within 8 hrs	62 km <input type="checkbox"/> Start at 1030 BST and complete within 6 hrs
£9 entry fee (£7 for Cycling UK members*)	£9 entry fee (£7 for Cycling UK members*)

Title		Name			
Address					
Town		Phone			
Post Code		Date of Birth	/	/	
E-mail (print)					
Cycling UK Membership No.*			CUK Member Group		
Emergency Contact Name					
Emergency Contact Number					
Do you have any medical conditions that the race organisers should be aware of? Please note below					

This event is **not a race or trial of speed**. You must follow the rules of the road and show consideration for other road users. The route is on open public roads, is not way-marked or marshalled, the organiser provides no rescue service. Familiarise yourself with the route and note that some routes may be arduous. We suggest carrying lights at all time but they will be required if there is a possibility of still riding in the evening or if the weather is inclement. There are minimum and maximum speeds for each ride which must be adhered to that are indicated in the relevant ride information. Full mudguards are optional but other riders will appreciate you using them.

I have read and understand the above and enclose my entry fee. (All entries on the day will be £15) Cheques should be payable to Cycling UK Stevenage. *If the reduced entry fee is paid, a Cycling UK membership number must be given. If you have not given an email address, please enclose a stamped addressed envelope.			
Signed		Date	

We would like to add you to our rides and events mailing list if you are not already on it. Your details will be used to inform you of future rides and events. Please tick the box if you **DO NOT** wish to be contacted by us

Parental Consent – To be completed by a parent/guardian for riders under the age of 18 as of 23rd October 2017 Please take note of the information on this form and be aware that this is an individual ride without designated ride leaders. I am the parent/guardian of the entrant, have read and understood the information above, and give consent for this entry.			
Name			
Signed		Date	

Please return this form to: **Tina Walker, Emitremmus, 50 Park View, Stevenage, SG2 8PS (07775 538830)**
 Entries should arrive by **22nd October 2018** tina@stevenagectc.org.uk