

Get Cycling for 50 Plus (December 2011 to February 2012)

Please note that rides will NOT take place when there is ice, snow or severe weather



Get Cycling riders at Nine Locks, Brierley Hill

Cycling ...

- Doesn't take up a lot of time.
- Is a means of sustainable transport.
- May be participated in with little or no expertise.
- Increases knowledge of local environment
- Is **FUN**.



Small charge of **£1.00 per session per rider**.

See the back page to find out where, when and how you can become part of a growing number of people benefiting from this activity.

Bicycle!

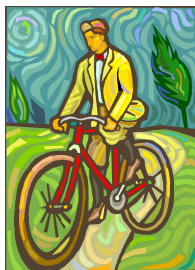


If you don't have a bicycle we can arrange for you to use a bicycle from 'City Can Cycle', a voluntary organisation that renovates bicycles, the contact is John

Lane on 07976 712447. You can either hire a bicycle or make a donation to keep it. Dudley MBC's Road Safety Department also hire out bicycles.

First Ride

Rides include a bicycle check and 'warm up' to assess rider's cycling skill levels within a safe environment with very little traffic. We aim to build the rider's confidence one step at a time and to venture out onto quiet roads, paths and canal towpaths.



Benefits of cycling:

- A cycle ride with us would meet Government recommendations for exercise by adults of 2½ hours moderate or 1¼ hours vigorous exercise per week.
- Reduce the risk and likelihood of life threatening diseases.
- Cycling can increase your feeling of well-being.
- Cycling gives the rider a feeling of exhilaration and happiness.
- Relieves stress.
- Encourages friendship.
- Enhances the senses by breathing in fresh air.
- Experience the local environment.
- And so much more.



The **secret** is to do a little at a time, starting with 30-minutes to 1-hour, somewhere a person feels safe. Discover the local countryside, at a pace where natural sights can be appreciated at leisure.

Questions and suggestions

- Levels of traffic - *Routes will be as quiet as possible.*
- Clothing - *Wear something comfortable.*
- Level of fitness - *Rides will be at a manageable pace.*
- Cost of a bicycle - *Bicycles can be borrowed by prior arrangement.*
- Age - *No upper age limit.*
- Helmet - *Not mandatory but advisable.*
- Refreshments - *Advisable to bring a drink and some money with you.*

For more information contact:
Maggie Thompson
LEAP Over 60 Project Co-ordinator
Age UK Dudley
The Junction, 1 Cradley Road
Netherton
DUDLEY, DY2 9RA
Tel: 01384 343535
email: leapover60@ageukdudley.org.uk

**Cyclists are accompanied by trained Cycling Support Riders
Those not wishing to participate in the full ride will have a support rider
to accompany them on a shorter ride**

****Cycling Support Riders marked (L) and bold are leaders**



Maggie Thompson and Maureen Prosser are now qualified 'Breeze' Network Ride Leaders and will be delivering 2 'ladies only' rides this quarter. Not wanting to stop the men from riding, they too will have 'men only' rides on the same days.

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Date	Start venue	Cycling Support Riders	Destination
Tuesday 6 December 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Patrick Lansley (L) Maggie Thompson Trevor Timmington	Bonded Warehouse circuit (Approx 7.5 miles)
Tuesday 13 December 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Maggie Thompson (L) Maureen Prosser 'Breeze' Ladies only ride	Merry Hill (Approx 6 miles)
Tuesday 13 December 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Trevor Timmington (L) John Clarke Patrick Lansley Men only ride	Willow Tea Rooms (Approx 8 miles)
Tuesday 20 December 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Maureen Prosser (L) Trevor Timmington Frank Price	Stuart Crystal (Approx 3.75 miles)
Tuesday 10 January 10.00 am	King George VI Park (near Bowling Green) Park Lane Kingswinford, DY6 8AY	Maggie Thompson (L) Trevor Timmington Brian Read	Himley (Approx 7 miles)
Tuesday 17 January 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	John Clarke (L) Trevor Timmington Maureen Prosser	Sugar Loaf Lane (Approx 4 miles)
Saturday 21 January 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	John Gardner (L) Maggie Thompson Brian Read	Webbs Garden Centre, Hagley (Approx 10 miles)
Tuesday 24 January 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	Maureen Prosser (L) Brian Read John Clarke	Clent Nurseries (Approx 10 miles)
Tuesday 31 January 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Maggie Thompson (L) Trevor Timmington John Clarke	Jilly's Cafe, Kingswinford (approx 8 miles)
Tuesday 7 February 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Frank Price Trevor Timmington John Clarke, Brian Read	Bicycle Check Session with City Can Cycle
Tuesday 14 February 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	Maureen Prosser (L) Trevor Timmington John Clarke	Ruskin Centre via Old Quarter (Approx 4 miles)
Saturday 18 February 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	Maggie Thompson (L) John Gardner Brian Read	Wolverley (Approx 13.25 miles)
Tuesday 21 February 10.00 am	Dell Stadium Bryce Road, Pensnett DY5 4NR	Frank Price (L) Trevor Timmington Brian Read	Kingswinford via Ketley Road (Approx 6 miles)
Tuesday 28 February 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	Maureen Prosser (L) Maggie Thompson 'Breeze' Ladies only ride	Caunsall (Approx 8 miles)
Tuesday 28 February 10.00 am	Mary Stevens Park (meet at Bandstand) Stourbridge, DY8 2AA	John Clarke (L) Patrick Lansley Trevor Timmington Men only ride	Kinver (Approx 10 miles)