



## Tuesday Rides

**June 2019 to August 2019 -10.00am start £3 each**

(See reverse for codes)

(Please arrive 10 - 15 minutes before the ride is due to start)



DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS/REFRESHMENT STOP	LEAD/SUPPORT RIDERS	A B C		
<b>4th June - PENSNETT</b> The Dell Stadium (The Main Car Park), Bryce Road, Pensnett, DY5 4NE	Ruskin	9	Ruskin (Glass House College)	<b>Alan (L)</b> Val, Richard (s)	B	3M	2
<b>11th June - KINVER</b> Kinver Community Centre, (sports and community association), High street, Kinver, DY7 6ER	Stourport	22	<b>ALL DAY RIDE</b>	<b>Brian (L)</b> Alan, Richard (S)	B	20	1
<b>18th June - BELLBROUGHTON</b> Bellbroughton Recreation Centre, Hartle Lane, Bellbroughton DY9 9SU	Bromsgrove	14.2	Sanders Park Café <b>THIS RIDE WILL BE CHALLENGING</b>	<b>Maggie (L)</b> Barbara, Alan (s)	A	2M	4
<b>25th June - BIRMINGHAM</b> Woodgate Valley Country Park, Clapgate Lane, B32 3DS	Cadbury Bourneville	14	The MAC—Midland Art Centre	<b>Richard (L)</b> Peter, Barbara (S)	B	3M	3
<b>2nd July—KINGSWINFORD</b> King George V1 Park, (Bowling Green Car Park), Park Lane, Kingswinford DY6 8AY	Swindon	8	The Green Man Pub	<b>Karen (L)</b> Val, John (S)	B	3M	1
<b>SUNDAY 7TH JULY - TELFORD</b> Telford Town Park, Brown Elms Car Park TF3 4BX  <b>(Park at top right hand corner next to the ASDA petrol station ) £1 for the day, take ticket on entrance , pay before you leave. Don't use the ASDA car park as it is limited to a maximum of two hours and the penalties for an overstay are considerable!</b>	Ironbridge	14	<b>SPECIAL SUNDAY RIDE WITH A LUNCH BREAK IN IRONBRIDGE</b>	<b>Catherine (L)</b> Alan, John (S)	B	3M	2

## Tuesday Rides

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DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS/REFRESHMENT STOP	LEAD/SUPPORT RIDERS	A B C		
<b>9th July - COSELEY</b> Silver Jubilee Park (hub building), Mason Street, Coseley, WV14 9SZ	Wolverhampton	12	Stafford Street	<b>Brian (L)</b> Peter, Roger (S)	B	20	2
<b>16th July - BREEZE and MENS RIDES</b>							
<b>18th July - HARTLEBURY COMMON</b> Wilden Top Car Park, Hartlebury Road, (B4193) DY13 9JB (There is a steep rise off the Hartlebury Road into the car park driveway which may catch the underside of vehicles approaching too quickly. There is also a steel height restriction barrier on the driveway just before the car park itself)	Stourport	11	<b>THURSDAY EVENING 'SOCIAL' RIDE</b> <b>START TIME 6.30PM</b> <b>(LIGHTS AND REFLECTIVES ESSENTIAL)</b>  <b>WITH REFRESHMENT BREAK AT THE ANGEL PUB</b>	<b>John (L)</b> Richard, Alan (S)	B	3M	3
<b>23rd July - PENSNETT</b> The Dell Stadium (The Main Car Park), Bryce Road, Pensnett, DY5 4NE	Ashwood Nurseries	<b>11</b>	Ashwood Nurseries Cafe	<b>Brian (L)</b> Val, Patrick (S)	A	4M	4
<b>30th July - WOMBOURNE</b> Wombourne Railway Station, Bratch Lane, Wombourne, WV5 9AD	Patshull Park	14	Patshull Park Golf Club	<b>Pam (L)</b> Roger, Catherine (S)	B	2M	3
<b>6th August - STOURBRIDGE</b> Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA	Wolverley	22	Village Tea Rooms	<b>Brian (L)</b> Patrick, John (S)	A	3M	3
<b>13th August - KINVER</b> Kinver Community Centre, (sports and community association), High street, Kinver, DY7 6ER	Wolverley	15	The Lock Tea Room	<b>Maggie (L)</b> Barbara, Peter(S)	A	2M	4
<b>20th August - HALESOWEN</b> Leasowes Park, B62 8DH (meet in car park)		13	Jimmy Mack's	<b>Richard (L)</b> John, Barbara (S)	B	3M	<b>3</b>
<b>27th August - STOURBRIDGE</b> The Bonded Warehouse, Canal Street, Stourbridge, DY8 4LU	Cookley	12	Farmers Den	<b>Pam (L)</b> Alan, John (S)	C	3M	<b>1</b>



The LADIES ONLY 'BREEZE RIDES' are part of Age UK Dudley's Get Cycling for 50 Plus scheme and riders can make a donation on the day if they wish.

HELP AND ASSISTANCE WITH BIKES, AND LIFTS TO AND FROM  
'OUT OF AREA' CYCLE RIDES ARE ALWAYS AVAILABLE

**Breeze Rides—Ladies Only**  
**June 2019 to August 2019 - 10.00am start-FREE** Please arrive 10 - 15 minutes before the ride is due to start)

DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS/REFRESHMENT STOP	SUPPORT RIDERS	A B C		
<b>16th July - HALFPENNY GREEN AIRPORT</b> (Airport Car Park) Stourbridge DY7 5EJ	Tuckhill	12	Toscano's Restaurant at Six Ashes	<b>Maggie (L)</b> Catherine	A	2R	4

**Men Only Rides**  
**June 2019 to August 2019 - 10.00am start - £3 each** Please arrive 10 - 15 minutes before the ride is due to start)

DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS	SUPPORT RIDERS	ABC		
<b>16th July - HALFPENNY GREEN AIRPORT</b> (Airport Car Park) Stourbridge DY7 5EJ	Greens Forge	12	Jilly's Cafe	<b>Alan (L)</b> Peter (S)	B	2M	3

**ITEMS TO CONSIDER WHEN**

**TAKING PART IN RIDES**

HELMET

GLOVES




DRINKS

SPARE INNER TUBE TO FIT YOUR OWN BIKE

# LEAP Over 50 Project

*Get Cycling for 50 Plus*



A B C	<b>Overall Grade</b> A = Intermediate B = Moderate C = Easy
 	Terrain - 1 = Easy, 2 = Mainly Easy, 3 = Possibly Uneven, 4 = Uneven, O = Off Road, R = Road, M = Mixed (Off Road and Road)
	Inclines - 1 = Few or None, 2 = Possibly but few, 3 = Possible, 4 = Definite,
(L)	Leading Support Rider
(S)	Support Rider



For more information please contact:

Health and Wellbeing - LEAP Over 50 Project  
Age UK Dudley  
3 Dudley Court North, The Waterfront, Level Street, Brierley Hill, DY5 1XP

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twitter: @AgeUKDudley

**June to August 2019**

**Programme**