




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



## LEAP Over 50 Project

### *Get Cycling for 50 Plus*



For more information please contact:

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**March to May 2019**

**Programme**

## Tuesday Rides

**March 2019 to May 2019 -10.00am start £3 each**

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

(See reverse for codes)




DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS/REFRESHMENT STOP	LEAD/SUPPORT RIDERS	A B C		
<b>5th March- PENSNETT</b> The Dell Stadium (The Main Car Park), Bryce Road, Pensnett, DY5 4NE	Ruskin	12	Ruskin (Glass House College)	<b>Brian (L)</b> Val, Richard (s)	B	3M	2
<b>12th March - BELLBROUGHTON</b> Bellbroughton Recreation Centre, Hartle Lane, Bellbroughton DY9 9SU	Bromsgrove	14.2	Sanders Park Cafe	<b>Maggie (L)</b> John, Roger (s)	A	2M	4
<b>19th March - KINGSWINFORD</b> King George V1 Park, (Bowling Green Car Park), Park Lane, Kingswinford DY6 8AY	Spittlebrook Windmill	14	Halfpenny Green Vineyard	<b>Alan (L)</b> Peter, Brian (s)	B	2R	4
<b>26th March - STOURBRIDGE</b> Mary Steven's Park (by bandstand), Stourbridge, DY8 2AA	Kinver	12	Highdown Nurseries	<b>Brian (L)</b> Catherine (s) Patrick (s)	B	3M	4
<b>2nd April - ASHWOOD NURSERIES</b> Ashwood Lower Lane, Kingswinford, DY6 0AE	The Heronry	10	Airport Cafe	<b>Catherine (L)</b> Peter, Alan (s) Barbara (s)	A	2R	2
<b>9th April - BIRMINGHAM</b> Woodgate Valley Country Park, Clapgate Lane, B32 3DS	Brindley Place	14	Costa Coffee	<b>Richard (L)</b> Roger (s) Catherine (s)	B	2M	3
<b>16th April- BREEZE AND MEN RIDES</b>			<b>SEE OVER</b>				
<b>23rd April - WOMBOURNE</b> Wombourne Railway Station, Bratch Lane, WV5 9AD	Patshull Park	14	Patshull Park Golf Club	<b>Pam (L)</b> John, Roger (s)	B	2M	3 <b>PTO</b>

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DATE / VENUE	VIA	APPROX MILEAGE	COMMENTS/REFRESHMENT STOP	LEAD/SUPPORT RIDERS	A B C		
<p><b>30th April - BRIERLEY HILL (THE BLUEBELL RIDE)</b> The Waterfront Inn (Wetherspoons) The Waterfront, Brierley Hill DY5 1UA.</p>  <p style="color: red; text-align: center;"><b>PLEASE MEET IN FRONT OF WETHERSPOONS</b></p>	Mushroom Green	8	<p>We will be stopping at Wetherspoon's for refreshments at the <b>end</b> of the cycle ride.</p> <p><b>THIS RIDE MAY INVOLVE SOME WALKING AND PUSHING OF BIKES</b></p> <p>Please be aware that it is up to 3 hours parking on The Waterfront itself.</p> <p>If you follow Waterfront Way round there is a large car park which is behind The Waterfront)</p>	<b>Catherine (L)</b> John, Richard (s)	B	3M	3
<p><b>7th May - BRIDGNORTH</b> Severn Park, 23 Mill Street, Bridgnorth, WV15 5AF</p>	Ironbridge	22	The Tea Emporium <b>CAR PARK IS CARD ONLY PAYMENT. £2.50 FOR OVER 4 HOURS RECOMMENDED.</b>	<b>Alan (L)</b> Brian, Patrick (s)	A	2M	2
<p><b>14th May -KINGSWINFORD</b> King George V1 Park, (Bowling Green Car Park), Park Lane, Kingswinford DY6 8AY</p>	Wombourne	11	Coffee 212	<b>Alan (L)</b> Barbara, Val (s)	B	3M	4
<p><b>21st May - STOURBRIDGE</b> Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA</p>	Clent	12	Clent Nurseries	<b>Brian (L)</b> Val, Richard (s)	B	2R	2
<p><b>28th May - COSELEY</b> Silver Jubilee Park (hub building), Mason Street, Coseley, WV14 9SZ</p>	Wolverhampton		McDonalds	<b>Peter (L)</b> Brian, Pam (s)	B	2M	2

Breeze/Mens Rides overleaf

**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**

<b>Breeze Rides—Ladies Only</b>				<b>Please arrive 10 - 15 minutes before the ride is due to start)</b>			
<b>March 2019 to May 2019 - 10.00am start-FREE</b>							
<b>DATE / VENUE</b>	<b>VIA</b>	<b>APPROX MILEAGE</b>	<b>COMMENTS</b>	<b>SUPPORT RIDERS</b>	<b>A B C</b>		
16th April - HIGHGATE COMMOM Pool Car Park, (where ice-cream van is normally parked) Camp Hill Road DY7 5BS	Upper Farmcote	12.50	Lion o'Morfe Pub	<b>Maggie (L)</b> Catherine (s)	A/B	2R	4

<b>Men Only Rides</b>				<b>Please arrive 10 - 15 minutes before the ride is due to start)</b>			
<b>March 2019 to May 2019 - 10.00am start - £3 each</b>							
<b>DATE / VENUE</b>	<b>VIA</b>	<b>APPROX MILEAGE</b>	<b>COMMENTS</b>	<b>SUPPORT RIDERS</b>	<b>ABC</b>		
16th April - HIGHGATE COMMOM Pool Car Park, (where ice-cream van is normally parked) Camp Hill Road DY7 5BS (car park where ice-cream van normally is)	Enville	12.50	Archie's Attic	<b>Alan (L)</b> Patrick, Richard (s)	B	3R	4