




LEAP Over 50 Project

Get Cycling for 50 Plus



September to November 2019

Programme

A B C	Overall Grade 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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Tuesday Rides

September to November 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		
3rd September - KINVER Kinver Community Centre (sports and community association), High Street, Kinver, DY7 6ER	Stourport	22	ALL DAY RIDE	Alan (L) Pam, Patrick (S)	B	2Ø	1
10th September -STOURBRIDGE Mary Steven's Park, (by bandstand) Stourbridge, DY8 2AA	Clent Nurseries	12	Clent Nurseries Coffee Shop	Pam (L) Barbara, John (S)	B	2Ø	1
17th September - BIRMINGHAM Woodgate Valley Country Park, Clapgate Lane Birmingham, B32 3DS	Brindley Place	14	Costa	Richard (L) Roger, Brian (S)	B	2M	3
24th September - STOURBRIDGE Mary Steven's Park, (by Bandstand) Stourbridge, DY8 2AA	Canals	22	Halfpenny Green Vineyards	Alan (L) Catherine, Richard (S)	A	4M	4
1st October - WOMBOURNE Wombourne Railway Station, Bratch Lane Wombourne, WV5 9AD	Wolverhampton	12	Cupcake Lane	Brian (L) Patrick, Maggie (S)	C	1M	2
8th October - BIRMINGHAM Woodgate Valley Country Park, Clapgate Lane Birmingham, B32 3DS	Cadbury Bournville	14	The MAC - Midlands Art Centre	Richard (L) Alan, Roger (S)	B	3M	3
15th October - BRIDGNORTH Severn Park, 23 Mill Street, Bridgnorth, WV15 5AF	Ironbridge	23	The Greenwood Trust Cafe	Alan(L) Catherine, John (S)	A	2M	2
22nd October—BREEZE and MEN'S RIDE			SEE OVER				
29th October - BRIERLEY HILL The Waterfront Inn, (Weatherspoon's), The Waterfront, Brierley Hill DY5 1UA	Ruskin	9	Please be aware that it is up to 3 hours parking on The Waterfront itself. If you follow Waterfront Way round there is a large car park which is behind The Waterfront)	Pam (L) Peter, John (S)	C	2M	1

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5th November - STOURBRIDGE Mary Steven's Park, (by Bandstand) Stourbridge, DY8 2AA	Kinver	12	Café No. 5	John (L) Alan, Peter (S)	B	3M	4
12th November - PENSNETT The Dell Stadium (The main car park), Bryce Road, Pensnett, DY5 4NE	Canals	8	Willows Tea Room	Alan (L) Val, Patrick (S)	B	3Ø	3
19th November - COSELEY Silver Jubilee Park, (hub building) Mason Street, Coseley, WV14 9SZ	Weddel Wynd	10	Cuppa Joe's Cafe	Maggie (L) Richard, John (S)	B	2/3M	2
26th November - KINGSWINFORD King George V1 Park, (Bowling Green Car Park), Park Lane, Kingswinford DY6 8AY	Lower Penn	12	Railway Café Wombourne	Pam (L) Val, Alan (S)	C	2Ø	2

SEE OVER FOR BREEZE AND MEN'S RIDES

ITEMS TO CONSIDER WHEN TAKING PART IN RIDES

HELMET

GLOVES

SUNCREAM IN HOT WEATHER

DRINKS

SPARE INNER TUBE TO FIT YOUR OWN BIKE

WE NOW HAVE A JUSTGIVING PAGE TO HELP RAISE VITAL FUNDS

Please use the links below

www.justgiving.com/ageukdudley

<https://www.justgiving.com/campaign/ageukdudley>





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
September to November 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		
22nd October - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Pattingham	12.5	Lytchgate Cafe	Maggie (L) Catherine (S)	B	2R	2

Men Only Rides
September to November 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		
22nd October - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Patshull Park	14	Patshull Park Golf Club	Alan (L) Richard (S)	B	2M	3