

A B C	Overall Grade A = Intermediate B = Moderate C = Easy
<input type="checkbox"/> → <input type="checkbox"/>	Terrain - 1 = Easy, 2 = Mainly Easy, 3 = Possibly Uneven, 4 = Uneven
<input type="checkbox"/>	Inclines - 1 = Few or None, 2 = Possibly but few, 3 = Possible, 4 = Definite
✓	Yes
x	No
(L)	Leading Support Rider
(R)	Reserve Support Rider



LEAP Over 50 Project

Get Cycling for 50 Plus



For more information please contact:

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March to May 2016 Programme



Tuesday Rides
March - May 2016 - 10.00am start.

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

(See reverse for code's) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
1st March - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Seisdon / Trysull	10		Maggie (L) Patrick, Val	B	2	3
8th March - MENS/LADIES ONLY			SEE NEXT PAGE				
15th March - PENSNETT The Dell Stadium, Bryce Road, Pensnett, DY5 4NE	McDonalds, Kingswinford	8		Brian (L) Catherine, Pam	B	3	3
22nd March - MENS/LADIES ONLY			SEE NEXT PAGE				
29th March - KINVER Kinver Community Centre, Off Sterrymere Gardens, DY7 6ET	Kidderminster	14		Bob (L) Brian, Pam	B	3	1
5th April - KINGSWINGFORD Ashwood Nurseries, Kingswinford, DY6 0AE	Fabric Barn, Claverley	13	Camp Hill to start	Maggie (L) Bob, Karen	A	2	4
12th April - COSELEY - In Remembrance of John Wilson Silver Jubilee Park (hub building), Mason Street, Coseley, WV12 0SZ	Wolverhampton	12	To Stafford Street	Catherine (L) Brian, Pam	B	2	2
19th April - STOURBRIDGE The Bonded Warehouse, Canal St, Stourbridge, DY8 4LU	Sainsburys, Withymoor	5		Bob (L) Brian, Mary	B	4	4
26th April- NETHERTON Netherton Park (gates by Netherton Arts Centre) Netherton, Dudley, DY2 9EU	Mushroom Green	7	Bluebell Ride	Brian (L) Karen, Patrick	B	2	2
3rd May - HIMLEY Himley Station, Himley Lane (turning by bridge), DY3 4LN	Swindon, Kinver	9		Roger (L) Bob, Pam	B	2	2
10th May - BIRMINGHAM Woodgate Valley Country Park, Clapgate Lane, Birmingham, West Midlands B32 3DS	Birmingham University	8	Along Harbourne Walkway and Bourne Brook Walkway. Route 99% off road.	Roger (L) Catherine, Mary	B	3	1
17th May - MENS/LADIES ONLY			SEE NEXT PAGE				
24th May - BIRMINGHAM Cannon Hill Park, 2 Russell Road, Moseley, Birmingham, West Midlands, B13 8RD	Sainsburys Longbridge	15		Brian (L) Bob, Roger	C	2	1
31st May - WOMBOURNE Wombourne Railway Station, Bratch Lane, WV5 9AD	Sainsburys Wombourne	10		Mary (L) Brian, Val	B	2	2



Breeze Rides - Ladies Only
March to May 2016- 10.00am start.

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

(See reverse for code's) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
8th March - WORDSLEY King George V Park, Lawnswood Road, DY8 5BS	Red House Cone	2-3	'International Women's Day'	Catherine (L) Mary, Val	C	1	1
22nd March - STOURBRIDGE Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA	Caunsall	9	Via The Anchor	Maggie (L) Catherine, Mary	B	3	2
17th May - KINGSWINFORD King George VI Park (Bowling Green), Park Lane, Kingswinford, DY6 8AY	Swindon Bakery	8		Karen (L) Pam, Val	B	3	2

Mens Only
March to May 2016 - 10.00am start.

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

(See reverse for code's) DATE / VENUE	VIA	APPROX MILAGE	COMMENTS	SUPPORT RIDERS	A B C		
8th March - WORDSLEY King George V Park, Lawnswood Road, DY8 5BS	Swindon	6		Bob (L) Roger	B	2	2
22nd March - STOURBRIDGE Mary Stevens Park (by bandstand), Stourbridge, DY8 2AA	Clent	11		Brian (L) Patrick	A	4	4
17th May - KINGSWINFORD King George VI Park (Bowling Green), Park Lane, Kingswinford, DY6 8AY	Wombourne	10		Brian (L) Bob, John J	B	3	2

About International Women's Day (8 March) - <http://www.internationalwomensday.com/>

International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity.

International Women's Day (IWD) has been observed since in the early 1900's - a time of great expansion and turbulence in the industrialized world that saw booming population growth and the rise of radical ideologies. International Women's Day is a collective day of global celebration and a call for gender parity. No one government, NGO, charity, corporation, academic institution, women's network or media hub is solely responsible for International Women's Day. Many organizations declare an annual IWD theme that supports their specific agenda or cause, and some of these are adopted more widely with relevance than others.

"The story of women's struggle for equality belongs to no single feminist nor to any one organization but to the collective efforts of all who care about human rights," says world-renowned feminist, journalist and social and political activist Gloria Steinem. International Women's Day is all about celebration, reflection, advocacy, and action - whatever that looks like globally at a local level. But one thing is for sure, International Women's Day has been occurring for over a century - and is growing annually from strength to strength.

A ride in remembrance of John Wilson - 12th April

Our cycle support riders were keen to lead a ride in remembrance of a fellow rider who sadly passed last year, he was loved by all.

The ride was originally suggested and reced by John, therefore it seemed apt that this ride was chosen. The ride starts at Silver Jubilee Park in Coseley heading to Tastebuds Café in Wolverhampton.

The ride is open to all who would like to come along, whether you knew John or would like to come along to see what John enjoyed so much about cycling, please do join us.

"A genial and very experienced rider, often sharing advice and assistance to other riders. John was full of chatter and enjoyed the comradeship of other participants of Get Cycling for 50+ rides" MaggieT

Forthcoming Events

- ⇒ Thursday 2nd June - All day ride from Kinver to Stourport, around 22 miles
- ⇒ In June LEAP Over 50's Get Cycling programme will be celebrating its 6th year