

North Staffs Cycling

We are a local group of leisure cyclists who like regular rides exploring country lanes and relaxing at cafe stops - see <http://northstaffscycling.btck.co.uk/Rides>

We welcome other cyclists on our:

“Long rides” (50+miles) – there is a monthly programme of Sunday rides (see over) + weekly impromptu rides. These rides suit regular riders and have 1 or 2 café stops. For more information see our website and facebook page or ring Clive Parrott on 07773 669615.

“Medium rides” (25+ miles) – these monthly impromptu Sunday rides are at a gentle pace with 1 café stop. For more information see our facebook or ring Mike Barr on 01782 616243

We are also a **Campaign** group who want to see more people on bikes and better conditions for everyday cycling in North Staffordshire. To support our campaign, see <http://northstaffscycling.btck.co.uk/Campaign> and “like” our facebook “campaign” page or ring Mike Barr or email barr48@btopenworld.com



		Start location
Jan	9.30 am	Silverdale (junction of Silverdale Rd/Cemetery Rd)
Feb	9.30 am	Westport Lake car park
Mar	9.30 am	Barlaston (“Plume of Feathers” PH, Station Road)
Apr	9.30 am	Stockton Brook (Caldon Canal/Leek New Road)
May	9 am	Silverdale (junction of Silverdale Rd/Cemetery Rd)
June	9 am	Caverswall Square
July	9 am	Westport Lake car park
Aug	9 am	Barlaston (“Plume of Feathers” PH, Station Road)
Sept	9 am	Caverswall Square
Oct	9 am	Westport Lake car park
Nov	9 am	Silverdale (junction of Silverdale Rd/Cemetery Rd)
Nov	7.30 pm	North Staffs Cycling AGM
Dec	9.30 am	Barlaston (“Plume of Feathers” PH, Station Road)
Dec	7.00 pm	Annual dinner

THESE RIDES ARE ON THE FIRST SUNDAY OF THE MONTH and the AGM and annual dinner are on the first Wednesday of November & December respectively.

Public liability insurance (PLI): Please note that riders take part at their own risk. NSC is affiliated to Cycling UK and this provides PLI for its ride organisers BUT NOT for individual riders. All riders are **STRONGLY RECOMMENDED** to get their own PLI. NSC can arrange PLI for you via its affiliation to Cycling UK at a cheaper rate than Cycling UK full membership rates but this does NOT GIVE FULL Cycling UK membership benefits (see Cycling UK website).

NSC annual membership is £5. Please send a cheque, payable to “North Staffs Cycling”, to: John Bradbury, 26 Downing Avenue, Newcastle, Staffs ST5 0LB. To arrange individual PLI please ring John Bradbury on 01782 860259.

Name

Address.....

Email & Tel Number.....

