

# Welwyn Hatfield Cycling Newsletter June 2014

Another busy month -

Our stall will be out on Sat June 7th as part of the WGC Healthfest (by the Howards Centre) and again on Sat 21st June as part of the Welwyn Festival.

Do say hello and ask us for advice on cycling, bikes, rides and local information.

On Sun June 8th, we ride the Cole Green Way leaving Morrisons, WGC at 11am to see the Hertford Raft Race and much more.

On Sat 14th June, our social ride to Scotts Grotto in Ware leaving Morrisons, WGC at 11am.

On Sun 29th June, a ride to some lovely gardens at Epping Green. Small admission charge. Leaving Morrisons, WGC at 1pm.

On every ride we always take time out for convivial lunch or tea and (obviously!) cake.

Please bring water and your lock. We ride at the pace of the slowest rider, so don't worry about keeping up.

See <http://www.welhatcycling.org.uk/events.htm#JUN> for more details.

## Ladies

Inspired by the tour last month <http://www.theguardian.com/environment/bike-blog/2014/may/08/womens-tour-race-female-cyclists> some women specific items -

Women only rides, find your nearest one here <http://www.goskyride.com/Breeze/Index>

Watford Cycle Training <http://watfordcyclehub.org.uk/womens-only-cycling-courses/>

Pretty but practical things <https://www.cyclechic.co.uk/>

Beware of the side effects of cycling! <http://totalwomenscycling.com/lifestyle/warning-cycling-can-have-the-following-side-effects-3986/>

## The Tweed Run

Londoners seen out in their finest outfits last month, some great photos <https://tweedrun.exposure.co/the-tweed-run-london-2014-ben-broomfield>

## Norwegian Road Safety Ad

Does behaviour change when driving ? <https://www.youtube.com/watch?v=5Vb0S3W6yOs>

## Gino Bartali

As the 2014 Giro d'Italia finishes, a heartwarming story from wartime Italy <http://www.bbc.co.uk/news/magazine-27333310>

that's all for now,

John

<http://welhatcycling.org.uk>