

## Birthday Rides 2009

 Almost 400 cyclists gathered at Oundle School, set in the rolling countryside of Northamptonshire, for this year's Birthday Rides. Even more turned out for the Birthday Tea at Deene Park for the celebratory cake cutting.

Hosts East Midlands CTC – and in particular Max Scott – laid on a great week of rides that explored the

quiet lanes of Northamptonshire, Leicestershire, Rutland, Lincolnshire and Cambridgeshire. Evening events included a film show, saddlebag sale, quiz night, jazz band and barn dance.

The Birthday Rides have their roots in the 1970s, when CTC decided to run a week-long cycling holiday as a build up to a big celebration on the club's centenary

in 1978. Since then they've been run almost every year, usually on a week that includes 5th August – the date on which CTC was founded at a cyclists' meeting in Harrogate.

Next year's event has yet to find an organiser, and at the Birthday Tea ex-CTC Vice President Pat Strauss put out an appeal for a CTC member group to come forward to host the rides in 2010.

### EVENTS IN BRIEF

#### CYCLE CAMPAIGNS CONFERENCE

CTC, Cyclenation and the Nottingham Cycling Campaign are running a conference for cycle campaigners on Sunday 14th November in Nottingham. The keynote speech will be by John Whitelegg, Professor of both Sustainable Transport and Sustainable Development. There will also be workshops and seminars to share ideas on a range of topics, not least Local Transport Plans. Tickets are £20, including lunch and refreshments. To register visit [www.ctc.org.uk/conference](http://www.ctc.org.uk/conference) or phone National Office.

#### CYCLE JUMBLES

Hull and the New Forest will host cycle jumbles in the next two months. The Bygone Bikes Yorkshire Club 10th Annual Cycle Jumble takes place on 4th October at South Hunsley School, from 10am-2.30pm. Admission £1. The New Forest Cycle Jumble takes place on 14th November at Burley Village Hall in the New Forest, Hants from 10am-2pm. Light refreshments. Admission 50p. To book a stall for either, contact Jim Hatton, 01425 280889.

#### GET MOVING

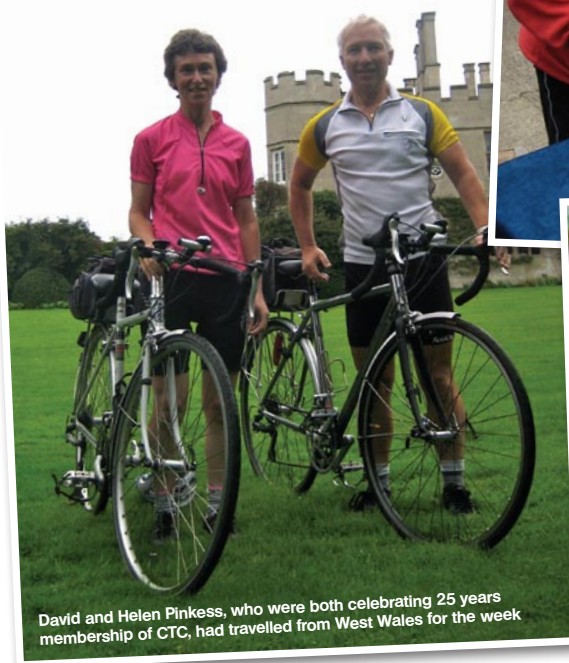
Mental health charity Mind is running a series of events from 3rd-11th October to encourage people to get active to improve their mental wellbeing. Get Moving Week includes organised walks and cycle rides. Find out more at [www.getmovingweek.org.uk](http://www.getmovingweek.org.uk). Next issue Cycle will have an article on why cycling is good for your mental as well as physical health.



The cake was cut by 91-year-old Leonard Gray (right) and 1-year-old Solomon Unwin (with a bit of help from his mum)



How many bikes can you get on a train? If you've booked ahead on the Nene Valley Railway: about 50



David and Helen Pinkess, who were both celebrating 25 years membership of CTC, had travelled from West Wales for the week



Photos by Jim Brown, Chris Williamson & Dan Joyce