OFF BEAT BIKES



FORT WILLIAM, SCOTLAND

What's your New Year challenge?

January 2018

- 1. Hogmanay Swim
- 2. Social Mountain Bike Ride
- 3. Kids Bike and Trail Maintenance Session
- 4. Aonach Mor Uphill Running Race (April)
- 5. Glencoe Mountain Uphill Running Race
- 6. Winter League Dates whats up next?
- 7. No Fuss Events

1. HOGMANAY OPEN WATER SWIM

Come and join us for an open water swim on Hogmanay in Fort William from the Old Fort. Park at the college and jump in the loch by the Old Fort.

The start will be at 2pm. Wetsuits recommended. See more details **here**. All welcome.

HOGMANAY SWIM 2pm on 31st December at the Old Fort, by Lochaber College. All welcome!



Shiver me timbers.....

Make sure you don't shiver your timbers. Wear an Orca wetsuit and get get changed inside a cosy Dryrobe.

No problem to change wrong sizes, we're open every day including New Years Day.
Actual times here.



2. SOCIAL MOUNTAIN BIKE RIDE

Social ride on Thursday 4th January followed by the option of a pint, is suitable for everyone. Come along, enjoy a cycle then join us for a pint and nibbles at The Grog and Gruel. **All welcome**. No need to book, just turn up on the night, 6pm at **Off Beat Bikes** This is a **FREE** event.

Social Mountain Bike Ride from Off Beat Bikes on Thursday 4th January 6pm -8pm



Make Your Nights Brighter!

We have lights available to try and we are selling the best available British brands from Exposure and Hope. There's also Cateye and Knog. With prices from £9 up to £700. Call in and take a look, or book a set to try on our **Social Ride**.

3. KIDS BIKE AND TRAIL MAINTENANCE SESSION

Come along on Sunday 7th January and get some top tips on how to keep your bike on the trail and have a wee blast with some cheery guides and mechanics. This session starts at 2pm until 3.30pm and costs just £5 per child. Age 10 and over. Book your place here





Kids Juniors Clothing Designed in the Highlands!

We have been loving the clothing from Highland based SHREDXS and are delighted they've added some full length trousers to their range for this winter. Call in to see for yourself or give them a try on our **Kids Bike and Trailside Maintenance Session**.

Off Beat Bikes is open everyday including New Years Day.

4. AONACH MOR UPHILL RACE - 14th APRIL 2018

Back by popular demand we will kick start our uphill running series

with a race up the Red route at Nevis Range. 5km of uphill and around 500 metres of ascent.

Great choice for folk new to hill running and FREE gondola ride back down. See more **here**.

Running RaceSaturday 14th April. See more here.

Things That Should Have Been Invented 30 Years Ago

With 30 years of experience racing in all types of events, from Sprint Tri to Ironman, years of Ben Nevis Racing, we wish we had discovered Hoka earlier....

Hoka Clifton 4 for on the road, Hoka Speedgoat 2 for off-road and the Hoka Challenger ATR for somewhere in between! Inov8 Mudclaw 300 for on the hill or the **Riverbank Splodge**!



5. GLENCOE MOUNTAIN UPHILL RUNNING RACE

This new uphill race will use the recently completed access trail at Glencoe Ski Centre. The uphill climb will be around 5km with around 500 metres of ascent. Another great race for those new to hill running. FREE tee shirt and FREE chairlift ride back down to the bottom. Enter now, see here.

Glencoe Mountain Uphill Running Race Saturday 9th June at 2pm



6. WINTER LEAGUE DATES FOR WEST HIGHLAND WHEELERS AND LOCHABER ATHLETIC CLUB

Winter leagues for both running and biking in Fort William are well under way. Coming up next we have the Athletic Club Riverbank Splodge on 7th January and the Wheelers race on 14th January at Glenloy.

Dates for Lochaber Athletic Club are <u>here</u> and for West Highland Wheelers <u>here</u>.

7. <u>RUNDURO</u> OR <u>ENDURO</u>, WHICH ONE WILL YOU CHOOSE?

Those friendly guys at No Fuss are putting on another great selection of races for 2018. Sign up for either of their next events and we'll give you 15% off your next purchase at Off Beat Bikes. Enter the **24th February Runduro** or **10th March Wee Tri** now. Proof of your race entry will be required.





Hope you have a great start to the 2018!

If you're in to swimming, biking or running then don't hesitate to call in to the shop to see all the latest bits, and hear about anything happening in and around Fort William. If you're new to sport or just fancy a try then we'll be happy to offer advice.

Looking forward to seeing you in 2018.

Best wishes, The Off Beat Bikes Team t: +44 1397 704008 e: info@ offbeatbikes.co.uk

NEXT MONTH: SPECIAL OFFERS, SPECIAL EVENTS, ESPECIALLY FOR YOU!

SEE YOU ON THE TRAILS, ON THE HILL OR IN THE LOCH!!

www.offbeatbikes.co.uk

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