

# OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



## Birthday Cake, FREE Bike Wipes, Movie Night

March 2018

1. Evening biking this Thursday at 6pm
2. Come in for FREE Birthday Cake!
3. The Moment - Bike Movie Night
4. Open Water Swim - Good Friday Dip!
5. Mossy goes electric - supprting Scottish Avalanche Information Service (SAIS)
6. Aonach Mor Uphill Running Race (April)
7. Glencoe Mountain Uphill Running Race (June)
8. Winter League Updates for WHW AND LAC
9. NEW Time Trial Dates for 2018



### 1. EVENING BIKING THIS THURSDAY AT 6PM

Evening bike ride and a beer? Come along on **Thursday 1st March at 6pm**. Just turn up at **Off Beat Bikes** ready to bike! There are lights available to borrow if needed. This event is **FREE** so you can save your pennies for a pint at **The Grog and Gruel** afterwards! No need to book.

All welcome.

Mountain Bike Ride from Off Beat Bikes Thursday 1st March 6pm - 8pm ALL WELCOME



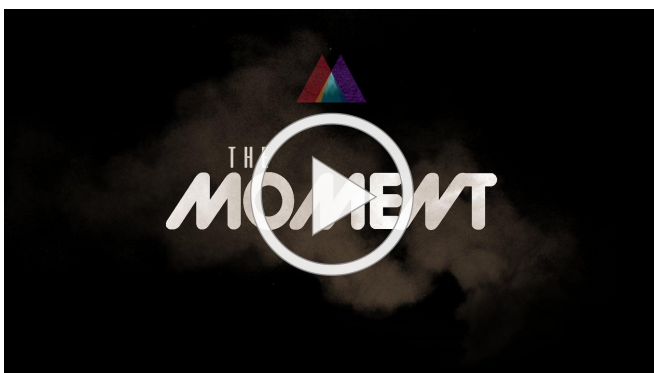
Buy any inner tube and get a box of bamboo hand wipes **FREE!**

Worth £6.99 and they're reusable! Buy in the shop, we're open 7 days.

### 2. COME IN FOR FREE BIRTHDAY CAKE!

Happy Birthday Off Beat Bikes! How quickly has a year gone past! Join us for a slab of cake and a coffee.

**FREE cake** on **Saturday 10th March** - come in and enjoy!



### 3. MOUNTAIN BIKE FILM - THE MOMENT

The story of freeride mountain biking to be shown at **The Lime Tree Hotel and Restaurant**, Fort William on **Saturday 10th March**. Cost is £6.50 per person.

Doors open at 6.30pm for a 7pm start. See more details [here](#) and buy your ticket [here](#).

### 4. OPEN WATER SWIM - GOOD FRIDAY DIP

Join us for a swim at 10am at **The Old Fort** on **Good Friday 31st March**. Come and join us and swim as far as you like.

Visit our website for more events in and around

Easter eggs will taste so much better afterwards!  
See you there at **10am**. All welcome.



Fort William



### 5.MOSSY GOES ELECTRIC - SUPPORTING THE SCOTTISH AVALANCHE INFORMATION SERVICE (SAIS)!

Local Avalanche Expert, Graham Moss, can now reach the snowy slopes of the North Face of Ben Nevis much easier thanks to Off Beat Bikes. Watch him zooming up the track to the Alt na Mullian on his Cube Electric Bike. Read the full story [here](#).

**CUBE Electric Bikes** are bringing a selection to Fort William on

Wednesday 18th APRIL. Register your interest to try one with [nix@offbeatbikes.co.uk](mailto:nix@offbeatbikes.co.uk) or pop into the shop and leave your details; we're open 7 days.



### 6. AONACH MOR UPHILL RACE - 14th APRIL 2018

Run, fast walk or race up the Red route at Nevis Range. It's 5km of uphill and around 500 metres of ascent and a FREE gondola ride back down. [Click here to enter](#).

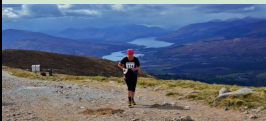
Aonach Mor Uphill Running Race. 14th April. ENTER here.



### 7. GLENCOE MOUNTAIN UPHILL RUNNING RACE- 9th JUNE 2018

Try this NEW race for 2018 on a trail at Glencoe Ski Centre. The uphill climb will be around 500m and distance of 5km. **FREE tee shirt and FREE chairlift ride back down**. [Click here to enter](#).

Glencoe Mountain Uphill Running Race. 9th June. ENTER here.



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

Coming up next, with a clash of dates, are:

**Running Race - Sunday 4th March**- Meet at Nevis Range for a 10km race. 11am start. See [here](#).

**Bike Race - Sunday 4th March**- Strontain Mountain Bike Race organised by West Highland Wheelers. See [here](#).

The Prize Giving for Lochaber Athletic Club is on the 22nd March at Nevis Range while there's more races for the West Highland Wheelers [here](#).



### 1.NEW TIME TRIAL DATES FOR 2018 FROM THE WEST HIGHLAND WHEELERS

It's time to give your road bike out the shed and give it a clean.

Remember it's the first and last Tuesday of the month for the Locheil 10's and all others are in between. See the full line up of dates and locations - [click here](#).

TIME TRIALS 2018 - All at 7pm				
1	TUESDAY	03-Apr	Locheil 10	
2	TUESDAY	24-Apr	Loch Leven	
3	TUESDAY	01-May	Locheil 10	
4	TUESDAY	15-May	Commando Memorial	
5	TUESDAY	29-May	Locheil 10	
6	TUESDAY	05-Jun	Locheil 10	
7	TUESDAY	12-Jun	Laggan Dam	
8	TUESDAY	26-Jun	Locheil 10	
9	TUESDAY	04-Jul	Locheil 10	
10	TUESDAY	10-Jul	Commando	
11	TUESDAY	31-Jul	Locheil 10	
12	TUESDAY	07-Aug	Locheil 10	
13	TUESDAY	14-Aug	Loch Leven	
14	TUESDAY	28-Aug	Locheil 10	

We'd love you to get in touch for any advice on swimming, biking and running.  
Nice people swim, bike and run!

Best wishes,

**The Off Beat Bikes Team**

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*NEXT MONTH: ELECTRIC BIKE TEST NIGHT Wednesday 18th April*

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

[www.offbeatbikes.co.uk](http://www.offbeatbikes.co.uk)

