

# OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



## WORLD CUP TEES, SUN IS OUT, SWIM, BIKE AND RUN!

June 2018

1. **BIKE** UCI World Cup T-Shirts - Official Merchandise
2. **BIKE** Maintenance Classes in association with National Bike Week
3. Social **BIKE** Rides coming up
4. Glencoe Mountain Uphill **RUNNING** Race (June)
5. Lochaber Athletic Club - **RUN** the Half Ben
6. Evening Open Water **SWIM** on Mondays at 6pm
7. Highland Open Water **SWIM** across Loch Linnhe
8. WHW Time Trials - **BIKE**



### 1. UCI MOUNTAIN BIKE WORLD CUP T-SHIRTS - Official Merchandise

We are the exclusive supplier of the UCI MOUNTAIN BIKE WORLD CUP FORT WILLIAM t-shirts. Call in to the shop or purchase from our stall in the World Cup Village at Nevis Range! This is a quality t-shirt available in grey or red and costs £20.

Visit our stand by the Pinemartin Cafe at Nevis Range for t-shirts, hooters and more....

[UCI Mountain Bike World Cup T-shirts](#)

### 2. BIKE MAINTENANCE CLASSES 12TH & 13TH JUNE

We've added **two** bike maintenance classes for June to support National Bike Week! Improve your bike maintenance skills inside the shop with tools and mechanics on hand to help!

**Tuesday 12th and Wednesday 13th June 6pm - 7.30pm.**

These are hands on courses. Bring your own bike along to work on and wear suitable clothing. Expect to get your hands dirty! Cost for a 90 minute session is FREE thanks to the support of Lochaber Environmental Group.

For further details call in or email [info@offbeatbikes.co.uk](mailto:info@offbeatbikes.co.uk) and to book [click here!](#)

Call in to see more; we're open 7 days.



[Book your FREE Cycle Maintenance Session here.](#)

### 3. SOCIAL MOUNTAIN BIKE RIDES

- 6pm Thursday 7th June - Grade: **MODERATE**
- 6pm Thursday 14th June - Grade: **EASY**



Join our evening social bike ride. Just turn up at 6pm at **Off Beat Bikes** ready to bike on Thursday! No need to book. These events are **FREE!**

The easy ride on Thursday 14th June will be flat and slow. Bring some money for a drink in case we need a breather! All welcome.

**Call 01397 704008 or pop in to find out more.**

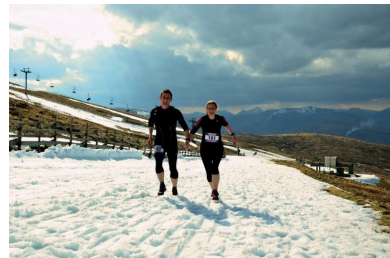
[Find out more about our Swim, Bike and Run events here](#)

#### 4. GLENCOE MOUNTAIN UPHILL RUNNING RACE - 9th June

Will Euan Thorburn win the next uphill race? The 5km Glencoe Mountain Uphill Running Race uses the new track built by Glencoe Ski Centre to climb 500 metres to the Plateau Cafe. This is a great race for those new to hill running!

Tee shirts are for all finishers.

Find out more and enter online [here](#).



[Glencoe Mountain Uphill Running Race. 9th June. ENTER online here.](#)

#### 5. LOCHABER ATHLETIC CLUB RACES

Coming up soon is the famous Triple Hurple. Can you complete all three?

1. 2pm on Saturday 30th June Melantee
2. 12 noon on Sunday 1st July Half Ben
3. 7pm on Monday 2nd July Cow Hill

**LOCHABER ATHLETIC CLUB VESTS (£15) AND TEESHIRTS (£16). ALL SIZES NOW IN STOCK AT OFF BEAT BIKES.**

Call in for more details. We're open 7 days 9am to 5.30pm



[Visit Lochaber Athletic Club website for more details here](#)



#### 6. OPEN WATER SWIM - 6pm on Mondays at the Old Fort

There's a plenty of folk swimming on Monday nights at 6pm. Please come along for a splash in the loch. Park at the West Highland College and then wander along to the Old Fort. From here it's easy to get in the water and there's no set distance. Just swim as far or as little as you like!

We'll put our plans for swimming on Facebook; [see here](#).

[Open Water Swim this Monday. Click here.](#)

#### 7. HIGHLAND OPEN WATER SWIM - LOCH LINNHE

Book your place for 23rd June with

We stock everything you need: safety buoys, goggles, paddles and fins, wetsuits and Dryrobes. Call in and take a look!

Enter a local open water swim event. Highland Open Water Swim are organising an across Loch Linnhe Swim on Saturday 23rd June - [click here](#).

Call in to find out more about local swims; we're open 7 days.



[Highland Open Water Swim - Loch Linnhe details here](#)



### 7.TIME TRIALS still to come

There's still plenty of Locheil 10s, a Laggan Dam, a Commando Memorial and a Loch Leven to come. Next is a Locheil 10 so meet by BSW at 6.30pm for a 7pm start.

See the full line up of dates and locations - [click here](#).

Contact [info@offbeatbikes.co.uk](mailto:info@offbeatbikes.co.uk) for more information or if you fancy helping out!

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	

[Time Trial Dates 2018 details here](#)

And finally, in line with new European regulations we have updated how we look after your details, you can read more about this in our new Privacy Policy displayed on our website [here](#).

If you no longer wish to receive emails about local events and services then please email us back and we will remove you from our list.

Alternatively if you know anyone who might find this news of interest please forward this newsletter on to them.



Best wishes,

**The Off Beat Bikes Team**

t: +44 1397 704008

e: [info@offbeatbikes.co.uk](mailto:info@offbeatbikes.co.uk)

*NEXT MONTH: Will the sun still be shining? How warm will the loch be?*

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

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



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