

# OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



## FREE SWIM, BIKE AND RUN events this month!

May 2018

1. Evening open water **SWIM** on Mondays at 6pm
2. Highland Open Water **SWIM** across Loch Linnhe
3. Social **BIKE** Ride this Thursday
4. **BIKE** service and FREE COFFEE offer
5. Aonach Mor **RUN** Results
6. Glencoe Mountain Uphill **RUNNING** Race (June)
7. WHW Time Trials - **BIKE** What's up next
8. Lochaber Athletic Club - **RUN** What's up next



### 1. OPEN WATER SWIM - Mondays in May at the Old Fort

Come along on Monday nights at 6pm for a splash in the loch. Park at the West Highland College and 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](#).



SWIM CAPS FROM £25

### 2. CALL IN TO SEE OUR WIDE RANGE OF SAFETY BUOYS, GLOVES, SOCKS AND GOGGLES FOR A SWIM IN THE LOCH

We're now stocking wetsuits from Orca, accessories and safety buoys, goggles, paddles and fins from Zone3 and Dryrobe too. Call in to try some on!



WIDE RANGE OF GOGGLES

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; we're open 7 days.

#OFFBEATBIKES  
#WESTHIGHLANDWAY  
#OUTDOORCAPITAL



### 3. SOCIAL BIKING THIS THURSDAY - 6pm 3rd May

Join our MONTHLY evening social bike ride. Just turn up at 6pm at [Off Beat Bikes](#) ready to bike on Thursday! No need to book. This event is **FREE**, join us for a pint at [The Grog and Gruel](#) afterwards!

This month the ride will head up Glan Nevis and along part of the West Highland Way. All welcome.

Call 01397 704008 or pop in to find out more.

Social Biking this Thursday. [Click here](#).

### 4. BIKE SERVICE AND FREE COFFEE

If you've just got your bike out the shed

- Do your brakes squeal? Do your gears crunch?

If the answer is "yes" get in touch. Our mechanics are on hand to help and can offer you **FREE** advice on how to get your favourite bike back to A1 condition.

**SPECIAL MAY OFFER - BRING YOUR BIKE IN FOR A SERVICE AND GET A FREE COFFEE ADELICRAFT OR BLAS RESTAURANT, BUY A COFFEE AT DELICRAFT, AND GET 10% OFF A BIKE SERVICE FOR OFF BEAT BIKES!**

Pop in, give us a call or email [info@offbeatbikes.co.uk](mailto:info@offbeatbikes.co.uk)

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



### 5. AONACH MOR UPHILL RACE - results

There was a great turn out for 5km of uphill! A big well done to those who managed both the NEW Fort William Park Run and then the Aonach Mor Uphill Race! Winner Ewan Thorburn with John Yells and Ricky Lightfoot are pictured here. See results and the race report by [clicking here](#). See race photos of almost everyone thanks to John O'Neill [see here](#).

LOCHABER ATHLETIC CLUB VESTS (£15) AND TEESHIRTS (£16) ARE NOW IN STOCK at OFF BEAT. Open 7 days.

Up next: Glencoe Mountain Uphill Running Race. 9th June. ENTER online here.

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

Our next race is the 5km Glencoe Mountain Uphill Running Race. All welcome to join this new event which starts at Glencoe Mountain Resort Restaurant and finishes close to the Plateau Cafe. There's tees shirts for all taking part too! This is a great race for those new to hill running!

Read more by [clicking here](#).



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



### 7. TIME TRIALS - Loch Eil 10

This week it's the first Tuesday of the month and it's the Locheil 10. There's been a good turnout so far. Local club the West Highland Wheelers has lots going on, join them [here](#).

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

### 8. JOIN FORT WILLIAM PARK RUN

Park Run is now live! Thanks to Helen Smith and her team of volunteers **Fort William Park Run** is now a weekly event. Starting at 9.30am, this FREE fun event is aimed more at participation than a race. Simply register [here](#), print off your bar code and turn up at Nevis Range in time for the race briefing at 9.15am.

Call in for more reassurance that this event is for you!

LOCHABER ATHLETIC CLUB VESTS (£15) AND TEESHIRTS (£16). ALL SIZES NOW IN STOCK.

Call in, we're open 7 days.



May is perfect for the outdoors. The loch is calm, the trails are dry and the views from runs here in Lochaber are amazing.

Best wishes,

**The Off Beat Bikes Team**

t: +44 1397 704008

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



*NEXT MONTH: Way hey, it's the Mountain Bike World Cup!*

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

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



Share



Tweet



Share