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OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



FREE Swims, FREE Massage, Bike Maintenance Class

August 2018

1. **SWIM** in Fresh Water at Bunarkaig
2. **FREE** Taster Massage Sessions
3. **BIKE** Maintenance Class
4. **Ticks: Read the Facts**
5. **RUN** Ben Nevis Race
6. **BIKE** Forged in the Fort T-shirts available again
7. **BIKE** WHW Time Trials
8. **Events Coming up in September**



1.OPEN WATER SWIM - Every Monday in August at Bunarkaig Bay

This great swimming spot is ideal for all levels of swimmer. The fresh water location has great views and it's easy to get into the water. Wetsuits are recommended but not essential. There's no set distance so you can swim a distance that suits you!

For all our swim events see our Facebook page [here](#).

[Fresh Water Swim at Bunarkaig, Monday 6th August at 7pm - click here](#)

2.FREE TASTER MASSAGE SESSIONS - Sunday 19th August at Off Beat Bikes

Chloe from [Fort William Massage Therapy](#) will be at Off Beat Bikes from 2pm to 4pm on Sunday 19th August and will be offering FREE 10 minute taster sessions. Come and discover the benefits of massage and chat to Chloe about the wide range of massages that she can offer.

Book your session by [email](#) or [messenger](#) or [call](#) in to the shop and speak to any of the staff at Off Beat Bikes. They'll be happy to help and we're open 7 days.



[Book your Taster Massage Session for 19th August - click here](#)



3.BIKE MAINTENANCE SESSION Sunday the 26 August at Off Beat Bikes

Book a place on to this introductory class for some top tips on how to look after your bike. Led by top Mechanic, Jon Farmer, you will discover some great ideas and information on how to keep your bike running cleaner and smoother for longer. Bring along your own bike or use one of ours. This event is just £5 for a 90 minute session.

Book through Eventbrite [here](#) or call in to the shop.

[Find out more and book your bike maintenance session - click here](#)

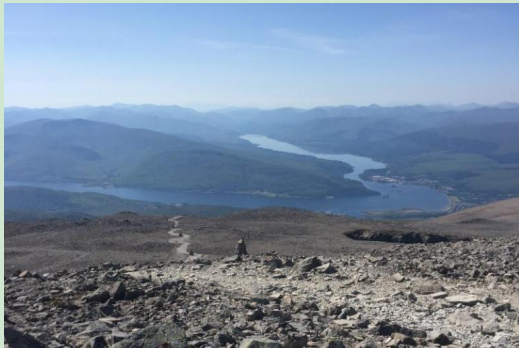


4.READ THE FACTS ON TICKS

Our local GP, Dr Ian Pooleman, kindly visited Off Beat Bikes to tell our staff and customers facts about ticks and their bites. With his knowledge, along with research and information from Forest Enterprise's Safety Officer, John Ireland, we've compiled a webpage full of all the information you need to know to stay safe. Read Tick Facts, Treatment and the Risks online [here](#).

We have printed copies of leaflets in the shop or read the facts online on our website [here](#).

[Tick Facts, Treatment and the Risks - click here](#)



5.BEN NEVIS RACE - 4 WEEKS TO GO

Will Finlay Wild break the long standing record for the Ben Nevis Race on 1st September 2018? What will you be wearing on your feet? Will it be a pair of Inov-8's or the [Hoka Jawz](#), both are very grippy!

**LOCHABER ATHLETIC CLUB VESTS (£15)
AND T-SHIRTS (£16).**

ALL SIZES NOW IN STOCK AT OFF BEAT BIKES.

Ben Nevis Race Entries are now closed but all supporters on the day are welcome! See who is running [here](#).

[Ben Nevis Race Entry List - click here](#)

6.FORGED IN THE FORT T-SHIRT - NEW STOCK AVAILABLE

With so many requests for the Forged in the Fort World Cup t-shirts we've now had more printed.

Colours are red and light grey.

Sizes are small through to extra large and the cost is £20 per T-shirt. Postage to anywhere in the UK costs an additional £3.50.

Call in to purchase or email info@offbeatbikes.co.uk for Mail Order.



[Fort William World Cup T-shirts - click here](#)



7.TIME TRIALS LEFT THIS SEASON

- **Tuesday 14th August** is the Loch Leven Time Trial.

Meet at St Brides Primary School at 6.30pm for a 7pm start.

- **Tuesday 29th August** is the final Locheil 10 Time Trial.

Meet by BSW at 6.30pm for a 7pm start.

Contact **Nix** on **07920051597** or email info@offbeatbikes.co.uk for more

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

information or if you fancy helping out!

[Time Trial Dates 2018 - click here](#)

8. LOCAL EVENTS COMING UP IN SEPTEMBER

1. Ben Nevis Race - Saturday 1st September
2. SDA Race & Scottish Championships at Nevis Range - 1st and 2nd September
3. Ben Resipole Hill Race - Saturday 15th September
4. Sky Race Series - Thursday 13th to Sunday 16th September
5. No Fuss Tour de Ben Nevis - Saturday 22nd September
6. No Fuss Braveheart Tri - Saturday 22nd September

Enjoy every minute of your swim, bike and run. If you're looking for information on products or any events don't hesitate to get in touch!

Best wishes,

The Off Beat Bikes Team

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e: info@offbeatbikes.co.uk



NEXT MONTH: Cycle Maintenance, Ben Nevis Race, End of Season Deals

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

www.offbeatbikes.co.uk



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