

OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



Fresh Water Swim, FREE Electric Bike 2 Work, Tick Facts

July 2018

1. Fresh Water **SWIM 7pm** Monday 9th July at 7pm
2. Lochaline Open Water **SWIM** 15th July
3. **EASY** Social **BIKE** Ride on 6pm Thursday 12th July
4. **Electric BIKE**, FREE Bike to Work Commute thanks to the Big Bike Revival
5. **Electric BIKE rider**, could this be you?
6. **RUN** the Ben Nevis Race and Lochaber Marathon
7. Results of Glencoe Mountain Uphill **RUNNING** Race
8. **WHW** Time Trials - **BIKE**
9. Tick Facts, treatment and the risks



1.FRESH WATER OPEN WATER SWIM - 7pm on Monday 9th July at Bunarkaig Bay

Come along and enjoy this great swimming spot. This fresh water location has great views and it's easy to get in the water. There's no set distance so you can swim as far or as little as you like!

For more information and other plans for swimming see our Facebook page [here](#).

Fresh Water Swim at Bunarkaig, Monday 9th July at 7pm, see [here](#).

2.HIGHLAND OPEN WATER SWIM EVENT AT LOCHALINE

Book your place for 15th July at Lochaline with Highland Open Water Swims

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

Find information about other open water swim events - [click here](#).

Call in and speak to any of the staff at Off Beat Bikes about other local swims; we're open 7 days.



Highland Open Water Swim at Lochaline on 15th July details [here](#)

3. EASY SOCIAL BIKE RIDE

- 6pm Thursday 12th July - Grade: **EASY**

Come along to this EASY social bike ride. Just turn up at 6pm at **Off Beat Bikes** ready to bike! Bring a jacket, spare tube and please wear your helmet. No need to book. This event is **FREE**!

See updates on our Facebook Page [here](#) or pop in to find out more.



Find out more about our easy social bike ride



#bike2work #testbike

4.FREE ELECTRIC BIKE HIRE FOR CYCLING TO WORK

Beat the traffic, cycle to work for free and see how easy it can be going electric for your daily commute. There are 10 hire tickets available from 15th to 22nd July. These tickets are **FREE** to anyone working in and around Fort William! Book your ticket through Eventbrite. Book yours [here](#). We have partnered with the [Big Bike Revival](#) to bring this unique opportunity to Lochaber.

Book your electric bike test for your commute to work here

5.BIKE TO WORK - COULD THIS BE YOU?

Local Mum Mandy Watson recently took the plunge and bought an electric bike. She's had great fun and a life changing experience, Mandy can beat the traffic as she pedals to work and have fun at the weekends out cycling with her husband and son.

Mandy chose a stunning Cube Acid Hybrid 400 Electric Bike and you can read Mandy's story [here](#). Call in for further details about Cube Electric bikes and the bike she bought.

We're open 7 days from 9am to 5.30pm



Read about Mandy and her electric bike here



6A.BEN NEVIS RACE - 9 WEEKS TO GO...

With just 9 weeks to go Foss and Nix took a visit to the summit via the Carn Mor Dearg Arete. The views were outstanding, conditions under foot were ok and the [Hoka Jawz](#) proved very grippy!

To see who's running this year check out the Ben Nevis Race webpage [here](#).

6B.LOCHABER MARATHON - 4 WEEKS TO GO...

Off Beat Bikes stock the Hoka Clifton 4 and the ATR Challenger both suitable for your marathon training. There's still time to enter too. See [here](#).

LOCHABER ATHLETIC CLUB VESTS (£15) AND TEESHIRTS (£16).

ALL SIZES NOW IN STOCK AT OFF BEAT BIKES.

7. GLENCOE MOUNTAIN UPHILL RUNNING RACE - RESULTS

The new Glencoe Mountain Uphill Running Race took place on 9th June 2018 at Glencoe Ski centre climbing up the new access track to the cafe on the plateau. There were some amazing times and Finlay Todd, from Ross County A C, was in fine form striding home in first place. The first lady, Beth Hanson, from Ambleside, finished in second place overall. Feedback from competitors and all involved was good so this is sure to become a regular spot on the hill running calendar. Watch out for the date in 2019!



[See the full results of the Glencoe Mountain Uphill Race here](#)



8.TIME TRIALS JULY & AUGUST

This Tuesday there's another Locheil 10. With another good forecast there should be a few more great times and personal bests. Meet by BSW at 6.30pm for a 7pm start. See the full line up of dates and locations - [click here](#).

Contact **Nix** on **07920051597** or email 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](#)



9.TICK FACTS, TREATMENT AND THE RISKS - 11am TO 1pm 25th JULY

With lots of recent news of ticks and problems caused by their bites we've invited our local GP, Dr Ian Pooleman, to come and tell us more. Topics will include:

1. How can you tell a tick bite?
2. How do you treat a tick bite?
3. How do you remove a tick.

This event is for individuals, outdoor instructors, shop staff, accommodation providers and anyone who may be asked about ticks. Please share and everyone welcome.

[Tick Facts - 11am to 1pm on Wednesday 25th July - click here](#)

We hope you're enjoying the amazing Lochaber weather. West has certainly been the best for a long time this year! Enjoy every minute of your swim, bike and run while this weather lasts!

Best wishes,
The Off Beat Bikes Team
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NEXT MONTH: Countdown to the Ben Race, Massage Event and more

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

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