OFF BEAT BIKES



FORT WILLIAM, SCOTLAND

Results, Time Trials, Jobs and more Swim, Bikes and Runs!

March 2019

- 1. BIKE RESULTS of Bike The Peat Track Challenge
- 2. SWIM Highland Open Water Swim Lismore to Appin
- 3. BIKE Time Trial Dates 2019 Road and Mtb
- 4. RUN Aonach Mor Uphill Running Race (April)
- 5. RUN Glencoe Mountain Uphill Running Race
- 6. JOB VACANCIES HEAD BIKE MECHANIC, SALES ASSISTANT
- 7. Local Events Coming Up



1.RESULTS OF THE PEAT TRACK CHALLENGE

Well done to 7 year old Aaron Tresider who battled hard up the Peat Track getting a little further than 9 year old Isla Cant. They were amazing! Robbie Cant completed the entire uphill section without a foot down unlike Foss who didn't make it even on an electric bike. Lily Cant was unstoppable on the downhill.

Pictured here are the King and Queen of the Mountains, Aaron and Isla, along with the Queen of the Downhill, Lily!

This Peat Track section is included in the summer Time Trials series so if you missed this one there's still plenty of opportunity for you to try this timed section for yourself.

All the dates for the Time Trials are now available - see **here**.

More Dates for Bike The Peat Track Challenge - see here



6.HIGHLAND OPEN WATER LISMORE TO APPIN SWIM

Join the next Highland Open Water Swim. It's the Lismore to Appin on Sunday 17th March. For more about the event - see <u>here.</u>

The NEW Orca 2019 wetsuits have arrived with prices ranging from £129 to £269. Gloves, socks, caps, goggles and lots of other bits are available too. Call in for wetsuit advice and if you would like to try some on. We're open 7 days.

Highland Open Water Swim from Lismore to Appin - see here

	Date	DISTANCE (miles)	Start time (24 hour clock)
1	2 April 2019 - LOCHEL 10	10	19:00
2	4 April 2019 - COUR LOOP (mtb or gravel)	12	19:00
3	9 April 2019 - COMMANDO MEMORIAL	14	19:00
4	18 April 2019 - THE PEAT TRACK CHALLENGE	12	19:00
5	23 April 2019 - LOCH LEVEN	21	19:00
6	30 April 2019 - LOCHEIL 10	10	19:00
7	7 May 2019 - LOCHEIL 10	10	19:00
8	9 May 2019 - COUR LOOP (mtb or gravel)	12	19:00
9	14 May 2019 - COMMANDO MEMORIAL	14	19:00
10	21 May 2019 - THE PEAT TRACK CHALLENGE	2	19:00
11	28 May 2019 - LOCHEIL 10	10	19:00
12	4 June 2019 - LOCHEIL 10	10	19:00
13	11 June 2019 - LAGGAN DAM	18	19:00
14	18 June 2019 - THE PEAT TRACK CHALLENGE	2	19:00
15	25 June 2019 - LOCHEL 10	10	19:00
16	2 July 2019 - LOCHEL 10	10	19:00
17	9 July 2019 - COMMANDO MEMORIAL	14	19:00
18	11 July 2019 - COUR LOOP (mtb or gravel)	12	19:00
19	23 July 2019 - THE PEAT TRACK CHALLENGE	12	19:00
20	30 July 2019 - LOCHEL 10	10	19:00

5.TIME TRIAL DATES 2019

There's no excuse for not getting fit this summer with Time Trials every Tuesday starting on 2nd April with the Locheil 10. There are also a few Cour Loops for the keen mountain bike and gravel bike riders too.

If you would like to take part then come along, join the West Highland Wheelers (<u>click here</u>) and then they'll all be free. Everyone welcome. If you fancy helping with the timing please get in touch with the Race Organiser, Nix. Call Nix on 01397 704008, pop in to the shop or email <u>nix@ offbeatbikes.co.uk</u>

Time Trials dates and locations - see here



2.AONACH MOR UPHILL RUNNING RACE - Saturday 13 April

This is a 5km race with a difference starting at the Pinemartin Cafe and finishing at Nevis Range top cafe.

- FREE t-shirt for all finishers
- FREE gondola ride back down
- Length is 5km and 500metres of ascent
- Cost £12 per person
- Great race for beginners to hill running.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

Aonach Mor Uphill details and enter - click here



4.GLENCOE MOUNTAIN UPHILL RUNNING RACE Saturday 8 June

Come along to this short uphill running race starting at Glencoe Mountain Resort Restaurant and finishing close to the Plateau Cafe with a FREE t-shirt for all finishers

- Length is 5km and 500metres of ascent
- Cost £12 per person
- FREE chairlift return to bottom cafe
- Great race for beginners to hill running.

Give us a call on 01397 704008, call in or email info@offbeatbikes.co.uk We're open 7 days.

Glencoe Mountain Uphill details and enter
- click here

7.JOB VACANCIES

a) **HEAD BIKE MECHANIC** - Permanent

Do you have top mechanic skills and are passionate about biking? Our Head Mechanic, Jon Farmer, is heading to Canada and we are looking to replace him. Qualified with Cytech, Velotech and E-bike Certificates he'll be a hard one to replace. If you have mechanical skills and striving towards qualifications we would love to hear from

you.



Find out more about the Head Bike Mechanic job and how to apply - click here



7.JOB VACANCIES

b) SALES FLOOR - 2 days with more hours in the holidays Are you knowledgable about bikes, running or swimming and fancy working in a fun environment? If you have top customer care skills and are passionate about learning more about these top sports then find out more about this position because we would love to hear from you.

Find out more about the Sales Assistant job and how to apply - click here

8.LOCAL SWIM, BIKE & RUN EVENTS

- 1. Sunday 3rd March Figure of 8 by Lochaber Athletic Club
- 2. Saturday 16th March Wee Triathlon organised by No Fuss Events.
- 3. Sunday 17th March Highland Open Water Appin Swim see here.
- 4. 30th March Ski Enduro organised by No Fuss Events.
- 5. Tuesday 2nd April Locheil Time Trial see here.
- 6. Thursday 4th April Cour Loop Time Trial see here.
- 7. Tuesday 9th April Commando Memorial see here.
- 8. Aonach Mor Uphill Running Race (April) FREE t-shirt see here.
- 9. Glencoe Mountain Uphill Running Race FREE t-shirt see here.
- 10. Park Run every Saturday starts at 9.30am at Nevis Range

We hope you're planning lots of adventures for 2019. If you need any inspiration for your bike packing then call in for ideas on kit and no end of places to visit!

We'll be happy to help! Best wishes from, The Off Beat Bikes Team

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e: info@offbeatbikes.co.uk



NEXT MONTH: Time Trials, Bike Test Days, Uphill Race

SEE YOU ON THE TRAILS, ON THE HILL OR IN THE LOCH!! www.offbeatbikes.co.uk



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