

# OFF BEAT BIKES

FORT WILLIAM, SCOTLAND



Monday Swims, Wolftrax Bike Test Days, Tuesday Time Trials, Glencoe Run!

May 2019



## OPEN WATER SWIM at The Old Fort. 6pm every Monday in May.

Warm weather and flat lochs mean it's time to swim! Get out your old wetsuit and come and join us at The Old Fort every Monday night at 6pm. The Old Fort makes for a nice place to start from and there's no set distance. Come along and swim as far or as little as you like. All welcome. Need to know more, call by the shop or drop us a message.

[Monday Open Water Swims in Loch Linnhe - click here](#)



## TIME TRIALS every Tuesday - next is Locheil 10 Mile

Time trials are going great guns this year. Why not come and join the next one? Next up is the [Loch Eil 10 Mile](#) on Tuesday 7th May. Meet at 6.45pm beside BSW Sawmill for a 7pm start. Competitors are set off at minute intervals so you're only racing against yourself! Call by the shop or email [nix@offbeatbikes.co.uk](mailto:nix@offbeatbikes.co.uk)

[Time Trial Dates 2019 - click here](#)



## AONACH MOR RESULTS AND REPORT

It was a beautiful sunny day for the 68 runners in the Aonach Mor Race. Unfortunately the wind was wild and just too strong for the gondola so this led to a last minute change of course. See the full race report and results on our website - [click here](#).

[Full Aonach Mor Results - click here](#)

## HIGHLAND OPEN WATER SWIMS

The friendly fundraisers from Highland Open Water Swims hosted a great open water swim at Resipole at the



weekend. The 1.6k swim was a challenge for all, raising money for **The Brain Tumour Charity**. Their next swim is at Strontian on Sunday 12th May. Read more about their events and sign up [here](#).

**Highland Open Water Swim at Strontian - [click here](#)**



## **WHYTE BIKES TEST THIS WEEKEND AT LAGGAN WOLFTRAX**

Join us for two days of mountain bike demos at Laggan Wolftrax. There'll be plenty of Whyte Bikes along with lots of other brands, suspension demos, uplift, BBQ and coffee & cakes.

Read more about it [here](#) and If you have any questions just get in touch email [nix@offbeatbikes.co.uk](mailto:nix@offbeatbikes.co.uk)

**See more about the Test Weekend at Laggan Wolftrax - [click here](#)**



## **THE SNOWDROP PROJECT. EMILY KITTLE GOES COAST TO COAST**

Emily Kittle from Ardgour is cycling a 170 mile Coast to Coast to raise money for The Snowdrop Project. To help raise awareness and make extra funds Off Beat Bikes will be having a baking stall outside the front of the shop on 19th May so if you're about please do call by to purchase a cake or two!

**See more about Emily and her fundraising adventure - [click here](#)**



## **GLENCOE MOUNTAIN UPHILL RUNNING RACE - Saturday 8 June**

Sign up for our next race which offers great value for all you hill runners! Enter for just £12 and receive a FREE tshirt and chair lift ride back to the start! Great race for beginners to hill running.

Give us a call on 01397 704008, call in or email [info@offbeatbikes.co.uk](mailto:info@offbeatbikes.co.uk) We're open 7 days.

**Glencoe Mountain Uphill details and enter - [click here](#)**

### **LOCAL SWIM, BIKE & RUN EVENTS**

1. Tues30th April - [Locheil Time Trial](#)
2. All Weekend 4 & 5 May - [Test Day at Wolftrax](#)
3. Mon 6th May - [Swim at the Old Fort](#)

4. Tues 7th May - **Locheil Time Trial**
5. Thursday 9th May - **Cour Loup**
6. Sunday 12 May - **Highland Open Water Swim**
7. Mon 13 May - **Swim at the Old Fort**
8. Tues 14 May - **Commando Memorial**
9. Mon 20 May - **Swim at The Old Fort**
10. Tues 21 May - **The Peat Track Challenge**
11. Mon 20 May - **Swim at The Old Fort**
12. Tues 28 May - **Locheil Time Trial**
13. Saturday 8th June - **Glencoe Mountain Uphill Running Race FREE t-shirt**

**Remember in Brief:**

1. **Park Runs** every Saturday starts at 9.30am at Nevis Range.
2. **Open Water Swims** every Monday
3. **Time Trials (Bike)** every Tuesday

Remember if you need any help or advice about any of the events that are happening over the next month then don't hesitate to drop by the shop. We're open 7 days!

Best wishes from,  
**The Off Beat Bikes Team**  
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*NEXT MONTH: Open Water Swims at Bunarkaig Bay, World Cup and Uphill Race*

**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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