

Bike Yourself Fitter and for FREE!

If you fancy getting a bit more active and want to enjoy cycling in the countryside with likeminded people, all led by trained volunteers, what's stopping you? Probably the thought that you aren't fit enough, that you will hold everyone up & will need to walk up hills. Your bike might even be rusting away in the garage or garden shed. Well now, thanks to Ilkeston Cycle Club, supported by Erewash Borough Council's Cycle for Health programme, these are all the reasons why you should enjoy cycling, be more active and join a very friendly group of people on these fun rides.

We organise a weekly ride starting at 6:45 pm every Monday from Straw's Bridge Car Park at West Hallam (DE7 5FG). It's free to join and is led by trained volunteers. Bikes & safety equipment can be provided free of charge, by prior arrangement. All you need to do is dress in comfortable clothing and perhaps bring a bottle of water.

These rides are for people who think they would benefit from being more active, so you don't need to be able to breeze along on a bike for mile after mile or climb any hill in your path. The sort of person we want to encourage to join our rides are those who may find themselves out of breath after a bit of cycling, or those who might get off and walk up hills. If that describes you or anyone you know, that's great, these are just the sort of people we want to encourage. We have other groups for people who want to pedal a bit further or a bit faster, so there is always somewhere to progress to as your activity levels improve. But to begin with, the main thing is not to worry that you aren't fit enough to join our Cycle for Health ride, you are.

All of the rides last for about one hour & they stick to cycle paths, bridleways and short stretches of quiet roads, so there is no busy traffic to negotiate. The pace of the ride is carefully controlled in order to make sure that no one struggles to keep up and that we can all keep together, chat and enjoy the social side of group cycling. We know that taking the first step and trying something like this can be a bit daunting, so the focus is on encouragement and help and definitely not leaving people to struggle. The only surprise will be how quickly your cycling ability improves!

If you would like to join us on one of these rides or have a question, please contact:

bikerides.icc@gmail.com

Or if you need to borrow a bike:

Kevin Hatton on 0115 9072244 Ext. 4324 or email: kevin.hatton@erewash.gov.uk or follow **Active Erewash on Facebook.**

