

Silver Cyclist's

Cycling for the over 50's



Shouldn't your inner child get out more?



sustrans

JOIN THE MOVEMENT

Course	Getting started & easy bike ride for all levels.	Bike Maintenance – trailside repair course	Guided Cycle Ride (regular rides will take place every Friday 10:00 am – 12:00 noon from 4 th March 2011)
1	Tuesday 30 th November 9:30 – 11:30	Thursday 9 th December 9:30 – 11:30	Friday 17 th December 10:00 – 12:00
2	Tuesday 11 th January 9:30 – 11:30	Thursday 20 th January 9:30 – 11:30	Friday 28 th January 10:00 – 12:00
3	Tuesday 8 th February 9:30 – 11:30	Thursday 17 th February 9:30 – 11:30	Friday 25 th February 10:00 – 12:00
4	Tuesday 8 th March 9:30 – 11:30	Thursday 17 th March 9:30 – 11:30	Friday 25 th March 10:00 – 12:00
5	Tuesday 5 th April 9:30 – 11:30	Thursday 14 th April 9:30 – 11:30	Friday 22 nd April 10:00 – 12:00
6	Tuesday 3 rd May 9:30 – 11:30	Thursday 12 th May 9:30 – 11:30	Friday 20 th May 10:00 – 12:00
7	Tuesday 7 th June 9:30 – 11:30	Thursday 16 th June 9:30 – 11:30	Friday 24 th June 10:00 – 12:00
8	Tuesday 5 th July 9:30 – 11:30	Thursday 14 th July 9:30 – 11:30	Friday 22 nd July 10:00 – 12:00

FREE on road cycle training on a 'one to one' basis is also available on request.

If you don't have a bike don't worry we can loan one to you.

For further information contact Paul Morrison on 01642 803441 or email stocktonactivetravel@sustrans.org.uk