



0 TO 30 MILES IN THREE MONTHS

- Bike gathering cobwebs?
- Want to get fit, lose weight, get healthy?
- Would you like to meet new friends?
- Do you want to gain confidence on your bike?

Then the 0 to 30 mile challenge is for you!

We meet at Hornbeam Park Railway Station, near Harrogate College/Hookstone Road. Our first ride will start off with a welcome and introduction, a bike and safe riding check, and a ride of up to 5 miles along the back roads of Harrogate. The cost? Just £3 to join Wheel Easy.

Make a date in your diary for Saturday 23rd February (or if you can't make the 23rd we will do a repeat run on Saturday 1st March) at 2pm at Hornbeam Park Railway Station Car Park.



For information: www.wheel-easy.org.uk or phone Yvonne Skelton 01423 888326, or email Yvonne.skelton@ntlworld.com

We look forward to meeting you!