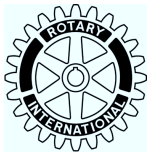




The Rotary Club of Lutterworth



Lutterworth Big Indoor Bike Ride



Sunday 24th February 2019

'Spin Into Spring' at

Lutterworth Sports Centre

Have fun, enjoy the exercise, get fit for summer
& raise money for good causes
[Cystic Fibrosis & Rotary Supported Charities]

Six one hour 'routes' [12noon – 6pm]
guided by Richard Stannard [Sports Centre Instructor]

Entry Fee: £10 per hour Entries via:

- Lutterworth Sports Centre Reception [Cash Only]
- or.....enter online at EntryCentral.com



See below for details



Only 35 bikes available per hour.....book now!

Lutterworth Big Indoor Bike Ride

Sunday 24th February 2019

'Spin into Spring'

- Following the success of last year's Big Indoor Bike Ride, Lutterworth Rotary Club is teaming up again with keen local cyclist and 'spinning' instructor Richard Stannard to encourage anyone who has ever ridden a bike [& those who haven't] to 'Spin into Spring' with him at the **Lutterworth Sports Centre on Sunday 24th February**.
- Using the Sports Centre's 32+ static bikes, Richard will be running 6 one hour sessions [12 noon-6pm] and taking riders on a 'taster' of some of the most famous rides in the UK & beyond.
- Each ride comes with full musical accompaniment [choreographed by Richard] plus the prospect of free refreshments afterwards.
- For those who are regular cyclists this will be an ideal workout in preparation for a spring & summer of 'real' cycling culminating in the **8th Lutterworth Big Bike Ride** provisionally scheduled to be held on **August 18th**. The sessions are, though, suitable for everyone as you take the route at your own pace and do just as much as you want.
- As well as being an enjoyable opportunity to get and keep fit, the event is also being used to **raise funds** for the **Cystic Fibrosis Trust** [particularly in memory of **Tom Farmer**] & for charities at home and abroad that are supported by Lutterworth Rotary Club. This year the club is focussing particularly on raising funds for the **Rainbows Hospice**, the **Lutterworth Share and Care group** and also supporting the education of young people in Kenya through the local charity **Milele**.
- The entry charge is £10 per bike per hour. 'Seats' can be booked via Lutterworth Sports Centre Reception [cash only] or online at EntryCentral.com.
- The six hour schedule features the following scenic routes:

12noon – 1pm



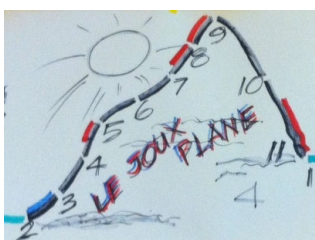
1pm – 2pm



2pm – 3pm



3pm – 4pm



4pm – 5pm



5pm – 6pm

