

POOLE LEISURE CYCLE RIDES - 2012

Short, easy cycle rides from Upton House on first Saturday of the month during summer.

Time: 2:00pm

Location: Meet in front of Upton House with your bike

If you want to join a group on an easy cycle ride around Holes Bay, then come along and join a number of beginners and family cyclists.

The ride is less than 8 miles in total, and there is a short break at Hamworthy Park for refreshments. Most of the ride is either off-road or on quiet residential roads, with only a short section crossing over Poole Bridge. We may even be able to cycle over the new Twin Sails Bridge if this is possible. The rides are suitable for all types of cycle. Everyone is welcome!

There will be a leader and back marker, and nobody will be left behind.

The rides for this year are :

- 7th April
- 5th May
- 2nd June
- 7th July
- 4th August
- 1st September
- 6th October

If possible, please let the Poole Coordinator know that you wish to participate, by sending a message to pool@dcn.org.uk

Poole Heart Support Group rides

PHSG (Poole Heart Support Group) has an active cycle group and perhaps you'd like to take up cycling again but are nervous about joining us? Your caution is understandable, but help is at hand. What we offer to do is to check out your bike and make or advise on repairs if necessary and then go on a few one-to-one trial rides to build up your confidence.

You **must** be a member of PHSG to participate in the rides, which is open to anyone with heart problems and their spouses or partners. Please contact the Secretary, David Anderson, at secretary@poolehsg.org.uk

If you know of any forthcoming rides or events around the Poole area, then please let me know at pool@dcn.org.uk.