

Belles on Bikes @



Tuesdays – leaving at 6.30 from the shop at Concept House, Union Road, Shirley, Solihull, B90 3DX T: 0121 745 2618

Summer Newsletter July 2010

This is being sent to all those that have either come on any Belles Ride in 2009 or 2010 or expressed an interest either through the shop or direct to me. If you do not want to get any more Belles related emails please let me know and I will delete you from the list immediately. Please feel free to pass this on to anyone else you think might be interested

Belles news

Although the change to Tuesday has meant that some of last year's Belles are unable to make the rides, a core of about 10 regular riders has developed with others dipping in and out. Most rides last about an hour and a half and the speed seems to be increasing. But don't let that put you off, we always wait for the slower riders or put on a second shorter slower ride for the less confident. Our aim is to help you get the most out of your bike and increase your fitness and it seems to be working.

If you are looking for riding partner(s) for any other rides drop me an email and I will circulate or add to the next newsletter.

Two of our Belles, Jo and Helen, have recently ridden from London to Paris in 4 days in aid of male cancer charities and Liz and Anne have just completed their first triathlon, including an open water swim. Elaine joined me and a friend on the Birmingham to Oxford ride and beat me up all the hills, must have been the bike I lent her. All of those are relatively new to cycling or returning after a long lay off so congratulations all round. You can read all about London to Paris and get some advice for newbie triathletes on the [blog](http://www.redkitecycles.com) at www.redkitecycles.com

Next Tuesday, 13 July, we are having more of a social ride with a longish stop at a local pub. We will be leaving from the shop as usual about 6.30, a slightly shorter ride will take us to the Bulls Head in Earlswood for about 7.30. Stay there as long as you like but lights would probably be a good idea if you won't be home by 9pm. Everyone welcome.

Would you be interested in one of the new Red Kite Cycles tops? A new design by Euan and Nick for the race team, to go with the revamped logo, has had some good reviews from Belles. If you are interested we will have to order some more so let me know asap. The short sleeve tops will cost £35 which is trade price.

Shop news

We now have the Sidas custom footbeds instock, available for cycling and running shoes, they can make a huge difference to comfort and performance, for more info check out <http://www.conform-able.com/activity.php>

[?sLang=EN&ildAct=4](http://www.conform-able.com/activity.php?sLang=EN&ildAct=4)

Help us to help you. What do you think of the web site, got any comments about the shop (good or bad)? Let us know.

Useful information

Have you got third party insurance? It is a must for all cyclists who ride in groups and is part of both the [British Cycling](http://www.britishcycling.org.uk) and [CTC](http://www.ctc-uk.org) membership packages. If you are not already a member of one of the British Cycling have offered free Bronze level membership to all Belles, or a discount on Silver or Gold membership. Check out the benefits and let me know if you would like a form. We made good use of the free legal service when Euan was knocked off his bike

The wider world

We will be helping out the riders at the start of the [Knowle and Dorridge Lions](http://www.knowleanddorridge.org.uk) Bikeathon at Packwood on Sunday. Come along and do the ride. Start between 9.30 and 11.30 with a choice of 3 signposted routes of around 10, 17 or 28 miles along quiet country lanes,

On Thursday August 5th we are promoting some circuit races at Tudor Grange Park in Solihull in conjunction with the Bromsgrove Olympique CC. These will start at about 18:15 with a 30 min race for 14-17 year olds followed by races of 40 and 50 minutes for different categories of senior riders. So why not come along and give the (Red Kite) riders a cheer? If you have got sharp eyes you could help with the judging.

Sarah