



Interested in getting fit?

Want to hack off your family by threatening to live for ever??

Love to wear lycra next to the skin and look like a dayglo version of Max Wall?

Enjoy a drink with convivial company after exhilarating exercise?

Then **join the BELLINGDON BIKERS**

You don't have to dress like an alien, nor spend a small fortune on carbon fibre bikes and the latest technology to join our happy band.



The two representatives you see pictured prove the efficacy of our intentions since after a summer of 15-20 mile rides a couple of evenings a week last year, they have just managed a 100 kilometre charity ride (the only way you'd get them dressed up like this) around the Chilterns with no obvious lasting effects other than a glow of smug self-satisfaction and sore behinds.

Bellingdon Bikers was started last year by a group of neighbours determined to fight the flab and raise the heart rate (in a mild way) and find a good excuse to socialise with good company at the same time.

We welcome any resident to join our group – no matter how old (our oldest member is into his eighties!) male or female in any stage of fitness (we definitely don't race)

We usually start weekday evenings at 7 p.m. and finish at around 9 p.m. at a local pub (the best bit!)

Details of each outing are e-mailed to members so if you fancy coming along and trying us out – e-mail Andrew Barratt at [asbbis@talk21.com](mailto:asbbis@talk21.com) and join the list.