



# NEWSLETTER

## ELREC Cycling Club



### Foreword

We're thrilled to announce that our funding has been approved for another year, allowing us to further develop and expand our cycling provision following a highly successful year. To help sustain our services, we're introducing an Annual Cycling Club membership fee of £5, which includes exclusive benefits such as free annual bronze bike service plus access to the cycling lessons, led rides, Dr Bike and Maintenance classes plus our e-bike rental fleet. However, we remain committed to ensuring accessibility, so if anyone faces difficulties paying the fee, please don't hesitate to reach out

As we gear up for summer here's a quick update on the activities, Jean Matthieu our enthusiastic volunteers and I have been up to over the last few months and a flavour for some of the things you can expect from us over the summer.

### Cycle Lessons

Our beginner and intermediate cycling lessons, held every Saturday morning at NKS, continue to draw significant attendance.

Booking is now advised due to popularity.



Last year, we empowered over 80 individuals to cycle confidently and proficiently, receiving exceptional feedback. Whether you're a beginner or seeking to enhance your skills, our welcoming and inclusive environment awaits. Contact us directly or join our cycling group on [Meetup](#) for sign-up and further details.

### Led Rides

Graduates from our cycling lessons often join our led rides, held on Fridays and Saturdays with various departure points across the city. These rides explore iconic sites via cycle paths or quiet routes.

Additionally, several cyclists are



gearing up for this year's [Ride To The Sun](#), a 100-mile journey in time of sunrise from Carlisle to Cramond in Edinburgh, , timed to coincide with the Summer Solstice. Follow their journey in future editions of Saddle Up. All our rides are posted on [Meetup](#) and vary in distance and duration, ensuring there is a ride suitable for your interest and fitness level. We are particularly focused on encouraging more families to cycle, hence our Friday rides are shorter and include a break for refreshments to entice the younger riders.







# NEWSLETTER

## ELREC Cycling Club

### E-bike Rental

Our E-bike fleet has just been serviced, and we are pleased to announce that we have added two new E-Bikes thanks to a generous donation from The Energy Trust. Priced at £20 per week, these bikes are ideal for individuals building fitness levels. Guidance and Instruction on usage is available upon request. Reach out for more details or to arrange a trial.



### Dr Bike

Every Friday morning at Drylaw Neighbourhood Centre, we provide a complimentary Dr Bike Check and are able to assist with various servicing needs such as changing brake pads, brake, and gear cables, adjusting gears replacing chains and cassettes, as well as fixing punctures and swapping worn tires. Additionally, we are proud to announce that 8 of our volunteers have recently become accredited Bronze Velotech Mechanics after completing

an intensive 2-day training program and assessment at The Bike Station in Edinburgh. If you know of a community group that could benefit from our services, please don't hesitate to reach out to us. We are excited to expand our offerings and provide a mobile repair service to those in need.







# NEWSLETTER

## ELREC Cycling Club

### Maintenance Classes

Our popular four-week maintenance class will resume in the autumn, providing participants with the skills to service their own bikes. If you are interested or seeking to reserve a spot on the waiting list, please do not hesitate to get in touch.



### Other News

Throughout the summer season, you'll see the Edinburgh Cycling Club participating in different festivals around the City to promote the work we do. We recently attended the the North Edinburgh Arts Festival and will be at the Climate Festival in the Meadows at the end of June Stay updated by checking out our [Facebook](#) and [Instagram](#) pages. Feel free to visit us and greet our team.







# NEWSLETTER

## ELREC Cycling Club

### Volunteering Opportunities

Join our friendly team of volunteers and gain valuable experience in assisting with cycling lessons, led rides, Dr Bike, and maintenance classes. In return, we offer training, development opportunities, and exclusive membership. Reach out to learn more about how you can contribute.



### Get in Touch

Email : [Gerry@elrec.org.uk](mailto:Gerry@elrec.org.uk)

Follow us on : [Facebook](#) and [Instagram](#)

Meetup Link : [Meetup](#)



Please join us at our upcoming events at ELREC !



Wishing you a fantastic summer filled with cycling adventures!