

ALL ABILITY SPORTS FESTIVAL



Try athletics – run, jump, throw.
Try a range of adapted bikes!

WHERE:

Blackbridge Jubilee Athletics Track,
Podsmead Road, Gloucester



WHEN:

Saturday 22nd August 2015
10.00am to 4.00pm.

Also on the day:

Take part in a virtual cycle tour of Gloucestershire

Get inspired - Meet elite athletes and qualified coaches

BBQ and refreshments

Attendance is **FREE**

To find out more email: allabilitysportsfestival@gmail.com

Search for 'All Ability Sports Festival' on Facebook for our event page.

Want to train for the ALL ABILITY CYCLE CHALLENGE?
See overleaf...

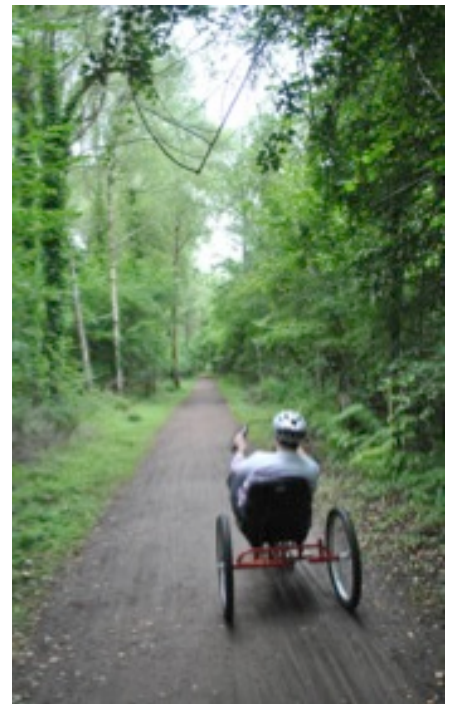


Adapted bikes taster days

for people who are less mobile or disabled with carers, friends and family

WHERE:

Pedalabikeaway Cycle Centre
Cannop Valley
Nr Coleford
GL16 7EH



Try out specially adapted bikes on a trail through the Forest of Dean. Cycle independently or with family, friends or carers.

WHEN:

March	April	May	June
Tues 3 rd	Thurs 16 th	Weds 6 th	Tues 9 th
Wed 25 th	Thurs 30 th	Tues 19 th	Wed 24 th

Two further taster sessions to be held on:

June 20th at the Blackbridge Jubilee Athletics Track, Gloucester
July 26th at the Prince of Wales Stadium, Cheltenham

All sessions are 10am – 3pm and completely FREE

To find out more contact:

MaryClare Faulkner on 01242 512569 /
maryclare.faulkner@leonardcheshire.org

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