

# PROSTATE PEDDLERS OPEN DAY

28th September

From 10:00 am onwards



Church Farm, Aldbury, Tring, HP23 5RS



Guest speaker: Professor Robert Thomas

Free beginner bike rides | Meet the medics | Discover Ashridge

Prostate Peddlers Cycling Club helps individuals and families affected by prostate cancer

# Dealing with prostate cancer?

## We can help you to help yourself

Prostate Peddlers is an exercise club which will help you become both mentally and physically fitter so that you are in the best possible shape and state of mind to keep your cancer at bay.

We warmly invite you to come for a ride and enjoy our 'taster' Open Day in the Ashridge Forest. Please bring suitable clothing for the prevailing weather, your own bicycle if possible although we do have a limited numbers of bicycles for those who don't have one.

## Planned events

**10-11am.** Arrive at the Musette Café. Have a coffee /tea/cakes and meet some Prostate Peddlers.

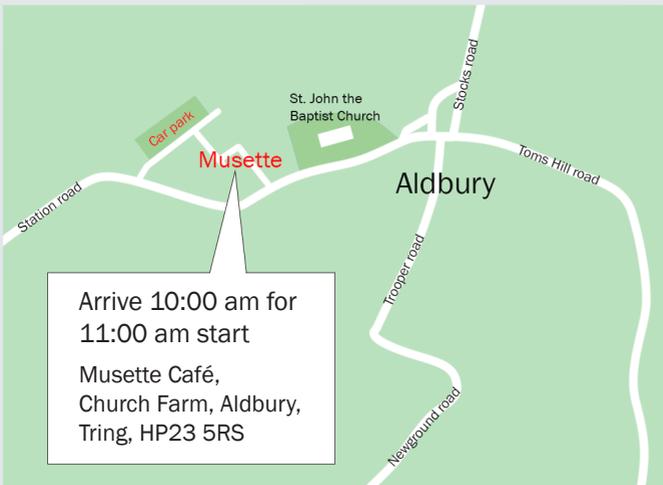
**11-11:30 am.** A brief talk by Professor Robert Thomas followed by a run through the day's rides and agenda

**11:30 onwards** Accompanied rides through Ashridge Forest in two groups for 'rusty/unfit riders' and also for fitter riders.

**13:00-14:30** Have a go at a timed ride on a stationary bike (prizes for being the fastest in category). Talk to medical professionals and discuss your situation with Prostate Peddlers.

## Try out bikes

The Bike Loft of Redbourn and The Lifestyle Centre at Ashridge College who are friends of Prostate Peddlers are lending hybrid, electric and stationary bicycles and there will be examples of new racing and off-road bikes to admire also, based at the welcoming Musette Café in Aldbury. Musette is within walking/cycling distance of Tring station served from Euston, Clapham and Watford.



Partners with



[www.prostatepeddlers.com](http://www.prostatepeddlers.com)

Call Charles Frost on: 07985 913775