



READY...

...FOR A SHREDDY?

WHEN? *13th July, 1400-1700* *28th August, 1100-1600*

WHERE? *Stainburn Forrest, Norwood, Otley LS21 2RA* *Parkwood Springs: Shirecliffe Rd, Sheffield S5 8XA*

WHO? *Anyone aged 11-18, connected to a Quaker community & bring mates!*

WHY? *To build community of young people who have fun, challenge themselves and explore Quaker values.*

LUNCH? *Join us at Harrogate Quaker Meeting beforehand* *Will be provided, BBQ baby!*

COST? *Free, donations toward lunch welcomed*

BIKING ABILITY? *Light to moderate; eg. the ability to emergency stop at moderate speed, the ability to ramp up and down a curb reliably without falling off*

DANGEROUS? *A bit... there will be a first aider and we'll be attentive to risk of feature vs ability; outdoor learning and risk goes hand in hand sometimes, don't be surprised if there's a graze or two*

BIKE? *You'll need one! Tyre width no narrower than 35mm, brakes that work!*

HELMET? *None negotiable.*

PADS? *Recomended but not required, long sleeves and robust trousers are a good idea, as are gloves – many pro-riders use cheap work gloves as they're robust, sticky and disposable.*

TRANSPORT? *Lifts possible from Leeds Bradford*

WHAT NEXT? *Fill in a consent form here; <https://forms.quaker.org.uk/yorkshire-consent-and-information-form/>*

QUESTIONS? *Jonathonb@Quaker.org.uk 07529221651*