



**COMMUNITY  
FOUNDATION**

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YOUR  
ACTIVE**

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**Wheels  
for All**

# GET INTO GEAR WITH THE U'S

**WHO?** Anyone aged 55+ **WHERE?** On the cycling track at Colchester Sports Park, Northern Gateway, Cuckoo Farm Way, Colchester CO4 5YX **WHEN?** Bi-weekly Fridays between 10am-11.30am, starting February 3rd 2023 **COST?** FREE! **WHAT?** A free cycling programme to encourage people over 55 to get cycling. This session will take place on the track at the Colchester Sports Park. This session is for anyone, we have access to bikes with extra support to a traditional two wheeled bike, whatever is comfortable for you

**TO INSPIRE, ENRICH  
AND UNITE OUR COMMUNITIES**

Registered Charity Number: 1159381

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